Lake County School District R-1

THE CENTER
THE CENTER LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	Dec - 1 SPAGHETTI W/ MEAT SAUCE FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON CHEESE,PARMESAN,GRATED	Dec - 2 PEPPERONI PIZZA FRESH VEGGIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON	Dec - 3 CHICKEN NOODLE SOUP CRACKERS, OYSTER FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON	Dec - 4 MACHO NACHOS BLUEBERRY MUFFIN 2.0oz FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON
Dec - 7 CHICKEN,GRILLED ON BUN POTATOES AU GRATIN FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MAYO MUSTARD PICKLE, SLICES	Dec - 8 ITALIAN DIP STICKS FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON	Dec - 9 GRILLED HAM AND CHEESE TOMATO SOUP FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON	Dec - 10 CHILI CON CARNE W/ BEANS CORNBREAD FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON CHEESE, CHEDDAR	Dec - 11 MACARONI AND CHEESE CHICKEN TENDERS FRESH VEGGIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON
Dec - 14 HAMBURGER ON A BUN FRENCH FRIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD	Dec - 15 TACO, SOFT SHELL CHICKEN FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON SALSA	Dec - 16 SUNFLOWER&JELLY SANDWICH YOGURT, variety 4 oz cup FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON	Dec - 17 BEEF AND GRAVY POTATOES, RED MASHED ROLLS,WHEAT FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON	Dec - 18 CORN DOG BAKED BEANS GOLD FISH / .75oz FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ketchup
Dec - 21 NO SCHOOL TODAY	Dec - 22 NO SCHOOL TODAY	Dec - 23 NO SCHOOL TODAY	Dec - 24 NO SCHOOL TODAY	Dec - 25 NO SCHOOL TODAY
Dec - 28 NO SCHOOL TODAY	Dec - 29 NO SCHOOL TODAY	Dec - 30 NO SCHOOL TODAY	Dec - 31 NO SCHOOL TODAY	

USDA AND LAKE COUNTY SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.
* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.