

Lake County School District R-1
HEADSTART -BREAKFAST & SNACK
HEADSTART- BREAKFAST AND SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				Apr - 1 NO SCHOOL TODAY
Apr - 4 CEREAL, VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ANIMAL CRACKERS FRESH VEGGIES RANCH SALAD DRESSING WATER	Apr - 5 GRANOLA BAR WASA BREAD FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, MOZZ, STRING FRUIT, VARIETY WATER	Apr - 6 CEREAL, VARIETY BUTTERMILK FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON BANANA BREAD, whole grain FRUIT, VARIETY WATER	Apr - 7 FRENCH TOAST FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON PRETZEL, SOFT, 2.5oz SUNFLOWER BUTTER FRUIT, VARIETY WATER	Apr - 8 CEREAL, VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON YOGURT, variety 4 oz cup FRUIT, VARIETY WATER
Apr - 11 CEREAL, VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ANIMAL CRACKERS FRESH VEGGIES RANCH SALAD DRESSING WATER	Apr - 12 CHEESY BAGEL WATER CHESTNUTS FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, COTTAGE FRUIT, VARIETY WATER	Apr - 13 CEREAL, VARIETY CURRENTS, DRIED FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CRACKERS, GRAHAM FRUIT, VARIETY WATER	Apr - 14 WAFFLE STICKS FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON HARD BOILED EGG CRACKERS FRUIT, VARIETY WATER	Apr - 15 CEREAL, VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MUFFIN, BLUEBERRY FRUIT, VARIETY WATER
Apr - 18 CEREAL, VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ANIMAL CRACKERS FRESH VEGGIES RANCH SALAD DRESSING WATER	Apr - 19 GRANOLA BAR PARSNIPS FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, MOZZ, STRING FRUIT, VARIETY WATER	Apr - 20 CEREAL, VARIETY UGLI FRUIT FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON BANANA BREAD, whole grain FRUIT, VARIETY WATER	Apr - 21 FRENCH TOAST FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON PRETZEL, SOFT, 2.5oz SUNFLOWER BUTTER FRUIT, VARIETY WATER	Apr - 22 NO SCHOOL TODAY
Apr - 25 CEREAL, VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ANIMAL CRACKERS FRESH VEGGIES RANCH SALAD DRESSING WATER	Apr - 26 GRANOLA BAR TEMPHE, TOFU FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, MOZZ, STRING FRUIT, VARIETY WATER	Apr - 27 CEREAL, VARIETY TASTING PARTY (HEADSTART) FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON BANANA BREAD, whole grain FRUIT, VARIETY WATER	Apr - 28 FRENCH TOAST FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON PRETZEL, SOFT, 2.5oz SUNFLOWER BUTTER FRUIT, VARIETY WATER	Apr - 29 CEREAL, VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON YOGURT, variety 4 oz cup FRUIT, VARIETY WATER

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.