

Lake County School District R-1

JUNIOR/HIGH SCHOOL - BREAKFAST

High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Apr - 1
Apr - 4 BISCUIT SANDWICH, HAM CEREAL, VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat Milk, Chocolate, Fat Free	Apr - 5 WAFFLES, CEREAL, VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat Milk, Chocolate, Fat Free	Apr - 6 MUFFIN CEREAL, VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat Milk, Chocolate, Fat Free	Apr - 7 ENGLISH MUFFIN SAND- sausage CEREAL, VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat Milk, Chocolate, Fat Free	Apr - 8 BREAKFAST BURRITO JALAPENO SALSA CEREAL, VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat Milk, Chocolate, Fat Free
Apr - 11 BISCUIT SANDWICH, HAM CEREAL, VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat Milk, Chocolate, Fat Free	Apr - 12 WAFFLES, CEREAL, VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat Milk, Chocolate, Fat Free	Apr - 13 MUFFIN CEREAL, VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat Milk, Chocolate, Fat Free	Apr - 14 ENGLISH MUFFIN SAND- sausage CEREAL, VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat Milk, Chocolate, Fat Free	Apr - 15 BREAKFAST BURRITO JALAPENO SALSA CEREAL, VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat Milk, Chocolate, Fat Free
Apr - 18 BISCUIT SANDWICH, HAM CEREAL, VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat Milk, Chocolate, Fat Free	Apr - 19 WAFFLES, CEREAL, VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat Milk, Chocolate, Fat Free	Apr - 20 MUFFIN CEREAL, VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat Milk, Chocolate, Fat Free	Apr - 21 ENGLISH MUFFIN SAND- sausage CEREAL, VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat Milk, Chocolate, Fat Free	Apr - 22 BREAKFAST BURRITO JALAPENO SALSA CEREAL, VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat Milk, Chocolate, Fat Free
Apr - 25 BISCUIT SANDWICH, HAM CEREAL, VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat Milk, Chocolate, Fat Free	Apr - 26 WAFFLES, CEREAL, VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat Milk, Chocolate, Fat Free	Apr - 27 MUFFIN CEREAL, VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat Milk, Chocolate, Fat Free	Apr - 28 ENGLISH MUFFIN SAND- sausage CEREAL, VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat Milk, Chocolate, Fat Free	Apr - 29 BREAKFAST BURRITO JALAPENO SALSA CEREAL, VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat Milk, Chocolate, Fat Free

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.