

# Lake County School District R-1

## JUNIOR/HIGH SCHOOLS - LUNCH

Mar 16, 2016

### Lake County High School Lunch Menu

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
|   |   |  |   | Apr - 1<br>NO SCHOOL TODAY  |
| Apr - 4<br>MACHO NACHOS<br>PIZZA, BY THE SLICE<br>CHICKEN,GRILLED ON BUN<br>POTATO BAR<br>GREEN CHILI W/<br>QUESADILLA<br>SALAD BAR, HS<br>FRUIT, VARIETY<br>Milk, Chocolate, Fat Free<br>MILK,1% Lowfat<br>SALSA<br>MAYO<br>MUSTARD<br>ketchup<br>BBQ SAUCE, BOTTLE  | Apr - 5<br>MACHO NACHOS<br>PIZZA, BY THE SLICE<br>CHICKEN,GRILLED ON BUN<br>POTATO BAR<br>GREEN CHILI W/<br>QUESADILLA<br>SALAD BAR, HS<br>FRUIT, VARIETY<br>Milk, Chocolate, Fat Free<br>MILK,1% Lowfat<br>SALSA<br>MAYO<br>MUSTARD<br>ketchup<br>BBQ SAUCE, BOTTLE  | Apr - 6<br>CHEESEBURGER<br>BAKED BEANS<br>FRUIT, VARIETY<br>Milk, Chocolate, Fat Free<br>MILK,1% Lowfat<br>MUSTARD<br>KETCHUP<br>PICKLE, SLICES  | Apr - 7<br>MACHO NACHOS<br>PIZZA, BY THE SLICE<br>CHICKEN,GRILLED ON BUN<br>POTATO BAR<br>GREEN CHILI W/<br>QUESADILLA<br>SALAD BAR, HS<br>FRUIT, VARIETY<br>Milk, Chocolate, Fat Free<br>MILK,1% Lowfat<br>SALSA<br>MAYO<br>MUSTARD<br>ketchup<br>BBQ SAUCE, BOTTLE  | Apr - 8<br>MACHO NACHOS<br>PIZZA, BY THE SLICE<br>CHICKEN,GRILLED ON BUN<br>POTATO BAR<br>GREEN CHILI W/<br>QUESADILLA<br>SALAD BAR, HS<br>FRUIT, VARIETY<br>Milk, Chocolate, Fat Free<br>MILK,1% Lowfat<br>SALSA<br>MAYO<br>MUSTARD<br>ketchup<br>BBQ SAUCE, BOTTLE  |
| Apr - 11<br>MACHO NACHOS<br>PIZZA, BY THE SLICE<br>CHICKEN,GRILLED ON BUN<br>POTATO BAR<br>GREEN CHILI W/<br>QUESADILLA<br>SALAD BAR, HS<br>FRUIT, VARIETY<br>Milk, Chocolate, Fat Free<br>MILK,1% Lowfat<br>SALSA<br>MAYO<br>MUSTARD<br>ketchup<br>BBQ SAUCE, BOTTLE | Apr - 12<br>MACHO NACHOS<br>PIZZA, BY THE SLICE<br>CHICKEN,GRILLED ON BUN<br>POTATO BAR<br>GREEN CHILI W/<br>QUESADILLA<br>SALAD BAR, HS<br>FRUIT, VARIETY<br>Milk, Chocolate, Fat Free<br>MILK,1% Lowfat<br>SALSA<br>MAYO<br>MUSTARD<br>ketchup<br>BBQ SAUCE, BOTTLE | Apr - 13<br>Turkey, Avocado, Cheese<br>Bagel<br>CHIP, MULTIGRAIN,<br>SUNCHIPS<br>FRUIT, VARIETY<br>FRESH VEGGIES<br>Milk, Chocolate, Fat Free<br>MILK,1% Lowfat<br>MAYONNAISE<br>MUSTARD | Apr - 14<br>MACHO NACHOS<br>PIZZA, BY THE SLICE<br>CHICKEN,GRILLED ON BUN<br>POTATO BAR<br>GREEN CHILI W/<br>QUESADILLA<br>SALAD BAR, HS<br>FRUIT, VARIETY<br>Milk, Chocolate, Fat Free<br>MILK,1% Lowfat<br>SALSA<br>MAYO<br>MUSTARD<br>ketchup<br>BBQ SAUCE, BOTTLE | Apr - 15<br>MACHO NACHOS<br>PIZZA, BY THE SLICE<br>CHICKEN,GRILLED ON BUN<br>POTATO BAR<br>GREEN CHILI W/<br>QUESADILLA<br>SALAD BAR, HS<br>FRUIT, VARIETY<br>Milk, Chocolate, Fat Free<br>MILK,1% Lowfat<br>SALSA<br>MAYO<br>MUSTARD<br>ketchup<br>BBQ SAUCE, BOTTLE |
| Apr - 18<br>MACHO NACHOS<br>PIZZA, BY THE SLICE<br>CHICKEN,GRILLED ON BUN<br>POTATO BAR<br>GREEN CHILI W/<br>QUESADILLA<br>SALAD BAR, HS<br>FRUIT, VARIETY<br>Milk, Chocolate, Fat Free<br>MILK,1% Lowfat<br>SALSA<br>MAYO<br>MUSTARD<br>ketchup<br>BBQ SAUCE, BOTTLE | Apr - 19<br>MACHO NACHOS<br>PIZZA, BY THE SLICE<br>CHICKEN,GRILLED ON BUN<br>POTATO BAR<br>GREEN CHILI W/<br>QUESADILLA<br>SALAD BAR, HS<br>FRUIT, VARIETY<br>Milk, Chocolate, Fat Free<br>MILK,1% Lowfat<br>SALSA<br>MAYO<br>MUSTARD<br>ketchup<br>BBQ SAUCE, BOTTLE | Apr - 20<br>BURRITO, BEEF & BEAN<br>FRUIT, VARIETY<br>FRESH VEGGIES<br>Milk, Chocolate, Fat Free<br>MILK,1% Lowfat<br>SALSA<br>WHOLE WHEAT SUGAR<br>COOKIES                              | Apr - 21<br>MACHO NACHOS<br>PIZZA, BY THE SLICE<br>CHICKEN,GRILLED ON BUN<br>POTATO BAR<br>GREEN CHILI W/<br>QUESADILLA<br>SALAD BAR, HS<br>FRUIT, VARIETY<br>Milk, Chocolate, Fat Free<br>MILK,1% Lowfat<br>SALSA<br>MAYO<br>MUSTARD<br>ketchup<br>BBQ SAUCE, BOTTLE | Apr - 22<br>MACHO NACHOS<br>PIZZA, BY THE SLICE<br>CHICKEN,GRILLED ON BUN<br>POTATO BAR<br>GREEN CHILI W/<br>QUESADILLA<br>SALAD BAR, HS<br>FRUIT, VARIETY<br>Milk, Chocolate, Fat Free<br>MILK,1% Lowfat<br>SALSA<br>MAYO<br>MUSTARD<br>ketchup<br>BBQ SAUCE, BOTTLE |

*\*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.

# Lake County School District R-1

## JUNIOR/HIGH SCHOOLS - LUNCH

### Lake County High School Lunch Menu

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| Apr - 25<br><br>MACHO NACHOS<br>PIZZA, BY THE SLICE<br>CHICKEN,GRILLED ON<br>BUN<br>POTATO BAR<br>GREEN CHILI W/<br>QUESADILLA<br>SALAD BAR, HS<br>FRUIT, VARIETY<br>Milk, Chocolate, Fat Free<br>MILK,1% Lowfat<br>SALSA<br>MAYO<br>MUSTARD<br>ketchup<br>BBQ SAUCE, BOTTLE | Apr - 26<br><br>MACHO NACHOS<br>PIZZA, BY THE SLICE<br>CHICKEN,GRILLED ON<br>BUN<br>POTATO BAR<br>GREEN CHILI W/<br>QUESADILLA<br>SALAD BAR, HS<br>FRUIT, VARIETY<br>Milk, Chocolate, Fat Free<br>MILK,1% Lowfat<br>SALSA<br>MAYO<br>MUSTARD<br>ketchup<br>BBQ SAUCE, BOTTLE | Apr - 27<br><br>CHEESEBURGER<br>BAKED BEANS<br>FRUIT, VARIETY<br>Milk, Chocolate, Fat Free<br>MILK,1% Lowfat<br>MUSTARD<br>KETCHUP<br>PICKLE, SLICES | Apr - 28<br><br>MACHO NACHOS<br>PIZZA, BY THE SLICE<br>CHICKEN,GRILLED ON<br>BUN<br>POTATO BAR<br>GREEN CHILI W/<br>QUESADILLA<br>SALAD BAR, HS<br>FRUIT, VARIETY<br>Milk, Chocolate, Fat Free<br>MILK,1% Lowfat<br>SALSA<br>MAYO<br>MUSTARD<br>ketchup<br>BBQ SAUCE, BOTTLE | Apr - 29<br><br>MACHO NACHOS<br>PIZZA, BY THE SLICE<br>CHICKEN,GRILLED ON<br>BUN<br>POTATO BAR<br>GREEN CHILI W/<br>QUESADILLA<br>SALAD BAR, HS<br>FRUIT, VARIETY<br>Milk, Chocolate, Fat Free<br>MILK,1% Lowfat<br>SALSA<br>MAYO<br>MUSTARD<br>ketchup<br>BBQ SAUCE, BOTTLE |

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

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