

Lake County School District R-1

JUNIOR/HIGH SCHOOLS - LUNCH

Lake County High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	Mar - 1 MACHO NACHOS PEPPERONI PIZZA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN POTATO BAR HOT WINGS CORN DOG SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA SANDWICH AND BURGER TOPPI	Mar - 2 SUB SANDWICH CHIPS FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat MAYONNAISE MUSTARD	Mar - 3 MACHO NACHOS PEPPERONI PIZZA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN POTATO BAR HOT WINGS CORN DOG SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA SANDWICH AND BURGER TOPPI	Mar - 4 MACHO NACHOS PEPPERONI PIZZA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN POTATO BAR HOT WINGS CORN DOG SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA SANDWICH AND BURGER TOPPI
Mar - 7 MACHO NACHOS PEPPERONI PIZZA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN POTATO BAR HOT WINGS CORN DOG SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA SANDWICH AND BURGER TOPPI	Mar - 8 MACHO NACHOS PEPPERONI PIZZA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN POTATO BAR HOT WINGS CORN DOG SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA SANDWICH AND BURGER TOPPI	Mar - 9 PIZZA, FRENCH BREAD FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat	Mar - 10 MACHO NACHOS PEPPERONI PIZZA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN POTATO BAR HOT WINGS CORN DOG SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA SANDWICH AND BURGER TOPPI	Mar - 11 MACHO NACHOS PEPPERONI PIZZA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN POTATO BAR HOT WINGS CORN DOG SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA SANDWICH AND BURGER TOPPI
Mar - 14 MACHO NACHOS PEPPERONI PIZZA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN POTATO BAR HOT WINGS CORN DOG SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA SANDWICH AND BURGER TOPPI	Mar - 15 MACHO NACHOS PEPPERONI PIZZA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN POTATO BAR HOT WINGS CORN DOG SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA SANDWICH AND BURGER TOPPI	Mar - 16 TOASTED CHEESE SANDWICH. YOGURT, variety 4 oz cup FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat	Mar - 17 MACHO NACHOS PEPPERONI PIZZA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN POTATO BAR HOT WINGS CORN DOG SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA SANDWICH AND BURGER TOPPI	Mar - 18 MACHO NACHOS PEPPERONI PIZZA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN POTATO BAR HOT WINGS CORN DOG SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA SANDWICH AND BURGER TOPPI

**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.

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Mar - 21 MACHO NACHOS PEPPERONI PIZZA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN POTATO BAR HOT WINGS CORN DOG SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA SANDWICH AND BURGER TOPPI	Mar - 22 MACHO NACHOS PEPPERONI PIZZA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN POTATO BAR HOT WINGS CORN DOG SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA SANDWICH AND BURGER TOPPI	Mar - 23 SUB SANDWICH CHIPS FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat MAYONNAISE MUSTARD	Mar - 24 MACHO NACHOS PEPPERONI PIZZA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN POTATO BAR HOT WINGS CORN DOG SALAD BAR, HS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA SANDWICH AND BURGER TOPPI	Mar - 25 NO SCHOOL TODAY
Mar - 28 NO SCHOOL TODAY	Mar - 29 NO SCHOOL TODAY	Mar - 30 NO SCHOOL TODAY	Mar - 31 NO SCHOOL TODAY	

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

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