

Lake County School District R-1

THE CENTER

THE CENTER LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	Mar - 1 TACO, SOFT SHELL CHICKEN FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON SALSA	Mar - 2 TURKEY & CHEESE SANDWICH CHIP, MULTIGRAIN, SUNCHIPS FRESH VEGGIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MAYO MUSTARD	Mar - 3 BEEF AND GRAVY POTATOES, RED MASHED ROLLS,WHEAT FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON	Mar - 4 CORN DOG BAKED BEANS GOLD FISH / .75oz FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON ketchup
Mar - 7 CHICKEN QUESADILLA CORN FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON SALSA	Mar - 8 SPAGHETTI W/ MEAT SAUCE FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON CHEESE,PARMESAN,GRATED	Mar - 9 PEPPERONI PIZZA FRESH VEGGIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON	Mar - 10 CHICKEN NOODLE SOUP CRACKERS, OYSTER FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON	Mar - 11 MACHO NACHOS BLUEBERRY MUFFIN 2.0oz FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON
Mar - 14 CHICKEN,GRILLED ON BUN FRENCH FRIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MAYO MUSTARD PICKLE, SLICES	Mar - 15 ITALIAN DIP STICKS FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON	Mar - 16 GRILLED HAM AND CHEESE TOMATO SOUP FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON	Mar - 17 TURKEY AND GRAVY MASHED POTATO GREEN BEANS FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON	Mar - 18 MACARONI AND CHEESE CHICKEN TENDERS FRESH VEGGIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON
Mar - 21 HAMBURGER ON A BUN FRENCH FRIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD	Mar - 22 TACO, SOFT SHELL CHICKEN FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON SALSA	Mar - 23 TURKEY & CHEESE SANDWICH CHIP, MULTIGRAIN, SUNCHIPS FRESH VEGGIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MAYO MUSTARD	Mar - 24 CORN DOG BAKED BEANS GOLD FISH / .75oz FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON ketchup	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

**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.