

Lake County School District R-1

JUNIOR/HIGH SCHOOL - BREAKFAST

High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
May - 2 WAFFLES, CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	May - 3 BISCUIT SANDWICH, HAM CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	May - 4 MUFFIN CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	May - 5 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	May - 6 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
May - 9 BISCUIT SANDWICH, HAM CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	May - 10 WAFFLES, CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	May - 11 MUFFIN CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	May - 12 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	May - 13 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
May - 16 BISCUIT SANDWICH, HAM CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	May - 17 WAFFLES, CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	May - 18 MUFFIN CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	May - 19 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	May - 20 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
May - 23 BISCUIT SANDWICH, HAM CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	May - 24 WAFFLES, CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	May - 25 MUFFIN CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	May - 26 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	May - 27 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

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 SCHOOL - BREAKFAST
 High School Breakfast Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
May - 30 NO SCHOOL TODAY	May - 31 WAFFLES, 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.*

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