

Lake County School District R-1

LCIS - LUNCH

Apr 26, 2016

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Lake County Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
May - 2 Teriyaki CHICKEN,GRILLED SAND FRENCH FRIES SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat MAYO MUSTARD PICKLE, SLICES	May - 3 BURRITO, BEEF & BEAN,E GREEN CHILI CORN SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	May - 4 TURKEY & CHEESE SANDWICH CHIP, MULTIGRAIN, SUNCHIPS FRESH VEGGIES FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON MAYO MUSTARD	May - 5 SPAGHETTI W/ MEAT SAUCE ROLLS,WHEAT SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat CHEESE,PARMESAN,GRA TED	May - 6 MAC & CHEESE CHICKEN TENDERS SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON ketchup BARBECUE SAUCE
May - 9 CHICKEN, OVEN FRIED, PARM POTATO SALAD ROLLS,WHEAT SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	May - 10 POSOLE with PORK CHEESE QUESADILLA SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	May - 11 GRILLED HAM AND CHEESE TOMATO SOUP SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	May - 12 TURKEY AND GRAVY MASHED POTATO ROLLS,WHEAT SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	May - 13 PIG IN A BLANKET BAKED BEANS SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat ketchup MUSTARD
May - 16 HAMBURGER ON A BUN FRENCH FRIES SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD PICKLE, SLICES	May - 17 MACHO NACHOS BLUEBERRY MUFFIN 2.0oz SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	May - 18 PEPPERONI PIZZA FRESH VEGGIES FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON RANCH BUTTERMILK DRESSING	May - 19 CHICKEN & GRAVY PENNE PASTA CORN SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	May - 20 BBQ PORK SANDWICH SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON PICKLE, SLICES ICE CREAM, VARIETY CUP
May - 23 Teriyaki CHICKEN,GRILLED SAND FRENCH FRIES SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat MAYO MUSTARD PICKLE, SLICES	May - 24 BURRITO, BEEF & BEAN,E GREEN CHILI CORN SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	May - 25 TURKEY & CHEESE SANDWICH CHIP, MULTIGRAIN, SUNCHIPS FRESH VEGGIES FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON MAYO MUSTARD	May - 26 SPAGHETTI W/ MEAT SAUCE ROLLS,WHEAT SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat CHEESE,PARMESAN,GRA TED	May - 27 MAC & CHEESE CHICKEN TENDERS SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON ketchup BARBECUE SAUCE
May - 30 NO SCHOOL TODAY	May - 31 POSOLE with PORK CHEESE QUESADILLA SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON			

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.