

# Lake County School District R-1

## JUNIOR/HIGH SCHOOL - BREAKFAST

### High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Aug - 22 ENGLISH MUFFIN SANDWICH-HA CEREAL,VARIETY CRACKERS, ASSORTED MUFFIN BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Aug - 23 SMOOTHIE, STAWBERRY BANAN MUFFIN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Aug - 24 FRENCH TOAST STICKS SYRUP,PANCAKE CEREAL,VARIETY CRACKERS, ASSORTED MUFFIN BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Aug - 25 ENGLISH MUFFIN SAND-sausage CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Aug - 26 BREAKFAST BURRITO JALAPENO SALSA CEREAL,VARIETY CRACKERS, ASSORTED MUFFIN BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free
Aug - 29 ENGLISH MUFFIN SANDWICH-HA CEREAL,VARIETY CRACKERS, ASSORTED MUFFIN BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Aug - 30 SMOOTHIE, STAWBERRY BANAN MUFFIN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Aug - 31 FRENCH TOAST STICKS SYRUP,PANCAKE CEREAL,VARIETY CRACKERS, ASSORTED MUFFIN BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Sep - 1 ENGLISH MUFFIN SAND-sausage CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Sep - 2 BREAKFAST BURRITO JALAPENO SALSA CEREAL,VARIETY CRACKERS, ASSORTED MUFFIN BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free
Sep - 5 NO SCHOOL TODAY	Sep - 6 SMOOTHIE, STAWBERRY BANAN MUFFIN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Sep - 7 FRENCH TOAST STICKS SYRUP,PANCAKE CEREAL,VARIETY CRACKERS, ASSORTED MUFFIN BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Sep - 8 ENGLISH MUFFIN SAND-sausage CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Sep - 9 BREAKFAST BURRITO JALAPENO SALSA CEREAL,VARIETY CRACKERS, ASSORTED MUFFIN BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free
Sep - 12 ENGLISH MUFFIN SANDWICH-HA CEREAL,VARIETY CRACKERS, ASSORTED MUFFIN BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Sep - 13 SMOOTHIE, STAWBERRY BANAN MUFFIN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Sep - 14 FRENCH TOAST STICKS SYRUP,PANCAKE CEREAL,VARIETY CRACKERS, ASSORTED MUFFIN BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Sep - 15 ENGLISH MUFFIN SAND-sausage CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Sep - 16 BREAKFAST BURRITO JALAPENO SALSA CEREAL,VARIETY CRACKERS, ASSORTED MUFFIN BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free
Sep - 19 ENGLISH MUFFIN SANDWICH-HA CEREAL,VARIETY CRACKERS, ASSORTED MUFFIN BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Sep - 20 SMOOTHIE, STAWBERRY BANAN MUFFIN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Sep - 21 FRENCH TOAST STICKS SYRUP,PANCAKE CEREAL,VARIETY CRACKERS, ASSORTED MUFFIN BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Sep - 22 ENGLISH MUFFIN SAND-sausage CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Sep - 23 BREAKFAST BURRITO JALAPENO SALSA CEREAL,VARIETY CRACKERS, ASSORTED MUFFIN 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  
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High School Breakfast Menu**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Sep - 26	Sep - 27	Sep - 28	Sep - 29	Sep - 30
ENGLISH MUFFIN SANDWICH-HA CEREAL,VARIETY CRACKERS, ASSORTED MUFFIN BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	SMOOTHIE, STAWBERRY BANAN MUFFIN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	FRENCH TOAST STICKS SYRUP,PANCAKE CEREAL,VARIETY CRACKERS, ASSORTED MUFFIN BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	ENGLISH MUFFIN SAND- sausage CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	BREAKFAST BURRITO JALAPENO SALSA CEREAL,VARIETY CRACKERS, ASSORTED MUFFIN 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

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