

# NATIONAL NUTRITION MONTH

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

1

COUNTRY CHICKEN BOWL  
CHEESEBURGER ON A BUN  
FRUIT, FRESH, ASSTD  
VEGGIES, FRESH, ASSTD  
MILK, 1% LOWFAT  
MILK, SKIM  
SUNCHIPS, CHEDDAR  
SUNCHIPS, ORIGINAL  
CHEDDAR CHEESE  
MAYONNAISE  
MUSTARD  
KETCHUP

2

SACK LUNCH  
FRUIT, FRESH, ASSTD  
VEGGIES, FRESH, ASSTD  
MILK, 1% LOWFAT  
MILK, SKIM  
MUSTARD  
MAYONNAISE

3

SACK LUNCH  
FRUIT, FRESH, ASSTD  
VEGGIES, FRESH, ASSTD  
MILK, 1% LOWFAT  
MILK, SKIM  
MUSTARD  
MAYONNAISE

4

7

WHITE CHICKEN CHILI  
QUESADILLA, CHEESE  
NACHOS WITH GROUND BE  
EF  
FRUIT, FRESH, ASSTD  
VEGGIES, FRESH, ASSTD  
MILK, 1% LOWFAT  
MILK, SKIM  
ROLLS, WHEAT - WG  
JALAPENO PEPPERS

8

WHITE CHICKEN CHILI  
QUESADILLA, CHEESE  
TOASTED HAM & CHEESE S  
ANDWICH  
FRUIT, FRESH, ASSTD  
VEGGIES, FRESH, ASSTD  
MILK, 1% LOWFAT  
MILK, SKIM  
GOLDFISH, CHEDDAR - WG

9

BBQ PULLED PORK SANDWI  
CH  
BAKED CHEESE ZITI  
GARLIC BREAD  
FRUIT, FRESH, ASSTD  
VEGGIES, FRESH, ASSTD  
MILK, 1% LOWFAT  
MILK, SKIM  
BISCUIT - WG  
PICKLE CHIPS  
COLE SLAW

10

BBQ PULLED PORK SANDWI  
CH  
SUB SANDWICH  
FRUIT, FRESH, ASSTD  
VEGGIES, FRESH, ASSTD  
MILK, 1% LOWFAT  
MILK, SKIM  
CHIPS, ASSORTED  
PICKLE CHIPS  
COLE SLAW  
MUSTARD  
MAYONNAISE

11

14

COUNTRY CHICKEN BOWL  
BIG DADDY CHEESE PIZZA  
BIG DADDY PEPPERONI PIZ  
ZA  
FRUIT, FRESH, ASSTD  
VEGGIES, FRESH, ASSTD  
MILK, 1% LOWFAT  
MILK, SKIM  
ROLLS, WHEAT - WG  
CHEDDAR CHEESE

15

COUNTRY CHICKEN BOWL  
CHEESEBURGER ON A BUN  
FRUIT, FRESH, ASSTD  
VEGGIES, FRESH, ASSTD  
MILK, 1% LOWFAT  
MILK, SKIM  
SUNCHIPS, CHEDDAR  
SUNCHIPS, ORIGINAL  
CHEDDAR CHEESE  
MAYONNAISE  
MUSTARD  
KETCHUP

16

SESAME CHICKEN SALAD B  
OWL  
RED ENCHILADA, CHEESE  
FRUIT, FRESH, ASSTD  
VEGGIES, FRESH, ASSTD  
MILK, 1% LOWFAT  
MILK, SKIM  
CRACKERS, ASSTD. (WG)

17

SESAME CHICKEN SALAD B  
OWL  
CRISPY CHICKEN SANDWIC  
H  
FRUIT, FRESH, ASSTD  
VEGGIES, FRESH, ASSTD  
MILK, 1% LOWFAT  
MILK, SKIM  
SUNCHIPS, CHEDDAR  
SUNCHIPS, ORIGINAL  
KETCHUP  
MUSTARD  
MAYONNAISE

18

21

SPRING BREAK

22

SPRING BREAK

23

SPRING BREAK

24

SPRING BREAK

25

SPRING BREAK

28

WHITE CHICKEN CHILI  
QUESADILLA, CHEESE  
NACHOS WITH GROUND BE  
EF  
FRUIT, FRESH, ASSTD  
VEGGIES, FRESH, ASSTD  
MILK, 1% LOWFAT  
MILK, SKIM  
ROLLS, WHEAT - WG  
JALAPENO PEPPERS

29

WHITE CHICKEN CHILI  
QUESADILLA, CHEESE  
TOASTED HAM & CHEESE S  
ANDWICH  
FRUIT, FRESH, ASSTD  
VEGGIES, FRESH, ASSTD  
MILK, 1% LOWFAT  
MILK, SKIM  
GOLDFISH, CHEDDAR - WG

30

BBQ PULLED PORK SANDWI  
CH  
BAKED CHEESE ZITI  
GARLIC BREAD  
FRUIT, FRESH, ASSTD  
VEGGIES, FRESH, ASSTD  
MILK, 1% LOWFAT  
MILK, SKIM  
BISCUIT - WG  
PICKLE CHIPS  
COLE SLAW

31

BBQ PULLED PORK SANDWI  
CH  
SUB SANDWICH  
FRUIT, FRESH, ASSTD  
VEGGIES, FRESH, ASSTD  
MILK, 1% LOWFAT  
MILK, SKIM  
CHIPS, ASSORTED  
PICKLE CHIPS  
COLE SLAW  
MUSTARD  
MAYONNAISE

LAKE COUNTY SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY ORGANIZATION