

Lake County School District R-1

Lake County Middle School Lunch Menu

Apr 22, 2015

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Monday	Tuesday	Wednesday	Thursday	Friday
				May - 1 TOASTED CHEESE SANDWICH TOMATO SOUP SALAD BAR, WP, MS, PITTS FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free RANCH BUTTERMILK DRESSING
May - 4 CHICKEN, ROASTED BROCCHEESE & RICE CASSERO SALAD BAR, WP, MS, PITTS FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free RANCH BUTTERMILK DRESSING	May - 5 NACHOS WITH GROUND BEEF BLUEBERRY MUFFIN 2.0oz CORN SALAD BAR, WP, MS, PITTS FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free RANCH BUTTERMILK DRESSING	May - 6 BURRITO, BEEF & BEAN FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat CHOCOLATE CHIP COOKIE SALSA RANCH BUTTERMILK DRESSING	May - 7 CHILI CON CARNE W/ BEANS CORNBREAD SALAD BAR, WP, MS, PITTS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat RANCH BUTTERMILK DRESSING	May - 8 MACARONI AND CHEESE(NEW) BBQ CHICKEN DRUMSTICKS SALAD BAR, WP, MS, PITTS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat RANCH BUTTERMILK DRESSING
May - 11 CHICKEN,GRILLED ON BUN FRENCH FRIES SALAD BAR, WP, MS, PITTS FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free ketchup MUSTARD PICKLE, SLICES RANCH BUTTERMILK DRESSING	May - 12 ITALIAN DIP STICKS FRUIT, VARIETY SALAD BAR, WP, MS, PITTS Milk, Chocolate, Fat Free MILK,1% Lowfat RANCH BUTTERMILK DRESSING	May - 13 CHICKEN QUESADILLA CHIP, MULTIGRAIN, SUNCHIPS FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA RANCH BUTTERMILK DRESSING	May - 14 SPAGHETTI AND MEAT SAUCE BREAD, ITALIAN SALAD BAR, WP, MS, PITTS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK,1% Lowfat RANCH BUTTERMILK DRESSING	May - 15 BBQ PORK SANDWICH SALAD BAR, WP, MS, PITTS FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free RANCH BUTTERMILK DRESSING ICE CREAM, VARIETY CUP
May - 18 HAMBURGER ON A BUN FRENCH FRIES FRUIT, VARIETY SALAD BAR, WP, MS, PITTS MILK,1% Lowfat Milk, Chocolate, Fat Free ketchup MUSTARD PICKLE, SLICES RANCH BUTTERMILK DRESSING	May - 19 CHICKEN ENCHILADA CASSEROL CINNAMON STICK SALAD BAR, WP, MS, PITTS FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free RANCH BUTTERMILK DRESSING	May - 20 CHEESE PIZZA FRUIT, VARIETY SALAD BAR, WP, MS, PITTS MILK,1% Lowfat Milk, Chocolate, Fat Free RANCH BUTTERMILK DRESSING	May - 21 POSOLE with PORK CHEESE QUESADILLA SALAD BAR, WP, MS, PITTS FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free RANCH BUTTERMILK DRESSING	May - 22 TOASTED CHEESE SANDWICH TOMATO SOUP SALAD BAR, WP, MS, PITTS FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free RANCH BUTTERMILK DRESSING

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.

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Monday	Tuesday	Wednesday	Thursday	Friday
May - 25 NO SCHOOL TODAY	May - 26 NACHOS WITH GROUND BEEF BLUEBERRY MUFFIN 2.0oz CORN SALAD BAR, WP, MS, PITTS FRUIT, VARIETY MILK, 1% Lowfat Milk, Chocolate, Fat Free RANCH BUTTERMILK DRESSING	May - 27 BURRITO, BEEF & BEAN FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK, 1% Lowfat CHOCOLATE CHIP COOKIE SALSA RANCH BUTTERMILK DRESSING	May - 28 CHILI CON CARNE W/ BEANS CORNBREAD SALAD BAR, WP, MS, PITTS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK, 1% Lowfat RANCH BUTTERMILK DRESSING	May - 29 MACARONI AND CHEESE(NEW) BBQ CHICKEN DRUMSTICKS SALAD BAR, WP, MS, PITTS FRUIT, VARIETY Milk, Chocolate, Fat Free MILK, 1% Lowfat RANCH BUTTERMILK DRESSING

USDA AND LAKE COUNTY SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

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