

Lake County School District R-1

Lake County High School Lunch Menu

Aug 18, 2015

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Monday	Tuesday	Wednesday	Thursday	Friday
Aug - 31 HAMBURGER DELUXE CHEESE, AMERICAN SLICED FRENCH FRIES SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat	Sep - 1 STIR FRY FAJITA CHICKEN SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat SOUR CRM,LT CINNAMON APPLE, MINI LOAF	Sep - 2 PIZZA, MINI FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat RANCH BUTTERMILK DRESSING	Sep - 3 BBQ CHICKEN DRUMSTICKS PRETZEL, SOFT, 2.5oz MILD CHEESE SAUCE SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat	Sep - 4 MACHO NACHOS MUFFIN, BLUEBERRY SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA SOUR CRM,LT PEPPERS, JALAPENO
Sep - 7 NO SCHOOL TODAY	Sep - 8 RAVIOLI, CHEESE. mini ROLLS,WHEAT SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat	Sep - 9 TOASTED CHEESE SANDWICH. YOGURT, variety 4 oz cup FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat RANCH BUTTERMILK DRESSING	Sep - 10 CHICKEN CHILI CHILI CON CARNE W/ BEANS CORNBREAD SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat CHEESE, CHEDDAR	Sep - 11 TACO BAR SPANISH RICE SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat
Sep - 14 CHICK ON A BUN, HOT & SPICY CHICKEN,GRILLED ON BUN SPICY ITALIAN POTATO CHUNKS SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat ketchup MAYO MUSTARD LETTUCE & TOMATO PICKLE, SLICES	Sep - 15 ENCHILADA, CHEESE OR BEEF CINNAMON STICK SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat SOUR CRM,LT	Sep - 16 SUB SANDWICH FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat CHIPS MAYONNAISE MUSTARD RANCH BUTTERMILK DRESSING	Sep - 17 CRUNCHY HAWAIIAN CHICKEN W SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat ICE CREAM, VARIETY CUP	Sep - 18 PASTA BAR ROLLS,WHEAT SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat CHEESE,PARMESAN,GRA TED
Sep - 21 HAMBURGER DELUXE CHEESE, AMERICAN SLICED FRENCH FRIES SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat	Sep - 22 STIR FRY FAJITA CHICKEN SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat SOUR CRM,LT CINNAMON APPLE, MINI LOAF	Sep - 23 PIZZA, MINI FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat RANCH BUTTERMILK DRESSING	Sep - 24 BBQ CHICKEN DRUMSTICKS PRETZEL, SOFT, 2.5oz MILD CHEESE SAUCE SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat	Sep - 25 MACHO NACHOS MUFFIN, BLUEBERRY SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA SOUR CRM,LT PEPPERS, JALAPENO
Sep - 28 HOT WINGS TERIYAKI CHICKEN SEASONED RICE SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat	Sep - 29 RAVIOLI, CHEESE. mini ROLLS,WHEAT SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat	Sep - 30 TOASTED CHEESE SANDWICH. YOGURT, variety 4 oz cup FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat RANCH BUTTERMILK DRESSING		

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.