

# Lake County School District R-1

## Middle School Breakfast menu

Aug 18, 2015

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Monday	Tuesday	Wednesday	Thursday	Friday
Aug - 31 FRENCH TOAST MINIS, WW CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 1 SMOOTHIE, STAWBERRY BANAN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 2 BREAKFAST BURRITO W/ SALSA CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 3 PANCAKE MINIS, WW CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 4 ENGLISH MUFFIN SAND- sausage CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON
Sep - 7 NO SCHOOL TODAY	Sep - 8 SMOOTHIE, STAWBERRY BANAN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 9 BREAKFAST BURRITO W/ SALSA CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 10 PANCAKE MINIS, WW CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 11 ENGLISH MUFFIN SAND- sausage CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON
Sep - 14 FRENCH TOAST MINIS, WW CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 15 SMOOTHIE, STAWBERRY BANAN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 16 BREAKFAST BURRITO W/ SALSA CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 17 PANCAKE MINIS, WW CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 18 ENGLISH MUFFIN SAND- sausage CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON
Sep - 21 FRENCH TOAST MINIS, WW CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 22 SMOOTHIE, STAWBERRY BANAN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 23 BREAKFAST BURRITO W/ SALSA CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 24 PANCAKE MINIS, WW CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 25 ENGLISH MUFFIN SAND- sausage CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON
Sep - 28 FRENCH TOAST MINIS, WW CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 29 SMOOTHIE, STAWBERRY BANAN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Sep - 30 BREAKFAST BURRITO W/ SALSA CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY 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.**