

Lake County School District R-1

Lake County Middle School Lunch Menu

Aug 18, 2015

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Monday	Tuesday	Wednesday	Thursday	Friday
Aug - 31 HAMBURGER ON A BUN CHEESE, AMERICAN SLICED FRENCH FRIES FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD PICKLE, SLICES	Sep - 1 SUB SANDWICH CARROT STICKS FRUIT, VARIETY LETTUCE & TOMATO MILK, SKIM 1/2 PINT CARTON MILK, 1% Lowfat MAYO MUSTARD RANCH BUTTERMILK DRESSING	Sep - 2 PIZZA, MINI CUCUMBER, RAW FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK, 1% Lowfat RANCH BUTTERMILK DRESSING	Sep - 3 CORN DOG GOLD FISH CILANTRO BEAN SALAD FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD	Sep - 4 CRUNCHY HAWAIIAN CHICKEN W CHERRY TOMATOES W/ CUCUMB FRUIT, VARIETY CHIPS MILK, SKIM 1/2 PINT CARTON MILK, 1% Lowfat
Sep - 7 NO SCHOOL TODAY	Sep - 8 SUB SANDWICH CARROT STICKS FRUIT, VARIETY LETTUCE & TOMATO MILK, SKIM 1/2 PINT CARTON MILK, 1% Lowfat MAYO MUSTARD RANCH BUTTERMILK DRESSING	Sep - 9 PIZZA, MINI CUCUMBER, RAW FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK, 1% Lowfat RANCH BUTTERMILK DRESSING	Sep - 10 CORN DOG GOLD FISH CILANTRO BEAN SALAD FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD	Sep - 11 CRUNCHY HAWAIIAN CHICKEN W CHERRY TOMATOES W/ CUCUMB FRUIT, VARIETY CHIPS MILK, SKIM 1/2 PINT CARTON MILK, 1% Lowfat
Sep - 14 HAMBURGER ON A BUN CHEESE, AMERICAN SLICED FRENCH FRIES FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD PICKLE, SLICES	Sep - 15 SUB SANDWICH CARROT STICKS FRUIT, VARIETY LETTUCE & TOMATO MILK, SKIM 1/2 PINT CARTON MILK, 1% Lowfat MAYO MUSTARD RANCH BUTTERMILK DRESSING	Sep - 16 PIZZA, MINI CUCUMBER, RAW FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK, 1% Lowfat RANCH BUTTERMILK DRESSING	Sep - 17 CORN DOG GOLD FISH CILANTRO BEAN SALAD FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD	Sep - 18 CRUNCHY HAWAIIAN CHICKEN W CHERRY TOMATOES W/ CUCUMB FRUIT, VARIETY CHIPS MILK, SKIM 1/2 PINT CARTON MILK, 1% Lowfat
Sep - 21 HAMBURGER ON A BUN CHEESE, AMERICAN SLICED FRENCH FRIES FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD PICKLE, SLICES	Sep - 22 SUB SANDWICH CARROT STICKS FRUIT, VARIETY LETTUCE & TOMATO MILK, SKIM 1/2 PINT CARTON MILK, 1% Lowfat MAYO MUSTARD RANCH BUTTERMILK DRESSING	Sep - 23 PIZZA, MINI CUCUMBER, RAW FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK, 1% Lowfat RANCH BUTTERMILK DRESSING	Sep - 24 CORN DOG GOLD FISH CILANTRO BEAN SALAD FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD	Sep - 25 CRUNCHY HAWAIIAN CHICKEN W CHERRY TOMATOES W/ CUCUMB FRUIT, VARIETY CHIPS MILK, SKIM 1/2 PINT CARTON MILK, 1% Lowfat

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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Sep - 28 HAMBURGER ON A BUN CHEESE, AMERICAN SLICED FRENCH FRIES FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD PICKLE, SLICES	Sep - 29 SUB SANDWICH CARROT STICKS FRUIT, VARIETY LETTUCE & TOMATO MILK, SKIM 1/2 PINT CARTON MILK, 1% Lowfat MAYO MUSTARD RANCH BUTTERMILK DRESSING	Sep - 30 PIZZA, MINI CUCUMBER, RAW FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK, 1% Lowfat RANCH BUTTERMILK DRESSING		

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

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