

# Lake County School District R-1

## JUNIOR/HIGH SCHOOL - BREAKFAST

### High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			Oct - 1  ENGLISH MUFFIN SAND-sausage CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Oct - 2  BREAKFAST PIZZA CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free
Oct - 5  FRENCH TOAST MINIS, WW CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Oct - 6  BREAKFAST BURRITO W/ SALSA CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Oct - 7  PANCAKE MINIS, WW CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Oct - 8  ENGLISH MUFFIN SAND-sausage CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Oct - 9  BREAKFAST PIZZA CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free
Oct - 12  FRENCH TOAST MINIS, WW CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Oct - 13  BREAKFAST BURRITO W/ SALSA CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Oct - 14  PANCAKE MINIS, WW CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Oct - 15  ENGLISH MUFFIN SAND-sausage CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Oct - 16  BREAKFAST PIZZA CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free
Oct - 19  NO SCHOOL TODAY	Oct - 20  BREAKFAST BURRITO W/ SALSA CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Oct - 21  PANCAKE MINIS, WW CEREAL,VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat Milk, Chocolate, Fat Free	Oct - 22  NO SCHOOL TODAY	Oct - 23  NO SCHOOL TODAY

*\*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.

**Lake County School District R-1  
JUNIOR/HIGH SCHOOL - BREAKFAST  
High School Breakfast Menu**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Oct - 26 FRENCH TOAST MINIS, WW CEREAL, VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat Milk, Chocolate, Fat Free	Oct - 27 BREAKFAST BURRITO W/ SALSA CEREAL, VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat Milk, Chocolate, Fat Free	Oct - 28 PANCAKE MINIS, WW CEREAL, VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat Milk, Chocolate, Fat Free	Oct - 29 ENGLISH MUFFIN SAND- sausage CEREAL, VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat Milk, Chocolate, Fat Free	Oct - 30 BREAKFAST PIZZA CEREAL, VARIETY SMOOTHIE, STAWBERRY BANAN CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat Milk, Chocolate, Fat Free

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.*