

# Lake County School District R-1

## LCIS - BREAKFAST

Oct 22, 2015

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### Middle School Breakfast menu

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 2 FRENCH TOAST MINIS, WW CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Nov - 3 SMOOTHIE, STAWBERRY BANAN CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Nov - 4 BREAKFAST BURRITO W/ SALSA CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Nov - 5 WAFFLE STICKS CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Nov - 6 ENGLISH MUFFIN SAND- sausage CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON
Nov - 9 FRENCH TOAST MINIS, WW CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Nov - 10 SMOOTHIE, STAWBERRY BANAN CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Nov - 11 BREAKFAST BURRITO W/ SALSA CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Nov - 12 WAFFLE STICKS CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Nov - 13 ENGLISH MUFFIN SAND- sausage CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON
Nov - 16 FRENCH TOAST MINIS, WW CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Nov - 17 SMOOTHIE, STAWBERRY BANAN CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Nov - 18 BREAKFAST BURRITO W/ SALSA CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Nov - 19 WAFFLE STICKS CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON	Nov - 20 ENGLISH MUFFIN SAND- sausage CEREAL, VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON
Nov - 23 NO SCHOOL TODAY	Nov - 24 NO SCHOOL TODAY	Nov - 25 NO SCHOOL TODAY	Nov - 26 NO SCHOOL TODAY	Nov - 27 NO SCHOOL TODAY
Nov - 30 FRENCH TOAST MINIS, WW 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.