

Lake County School District R-1
WEST PARK ELEMENTARY BREAKFAST
West Park Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 2 CEREAL,VARIETY GOLD FISH FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Nov - 3 BREAKFAST BURRITO FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Nov - 4 CEREAL,VARIETY CRACKERS,GRAHAM FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Nov - 5 FRENCH TOAST FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Nov - 6 CEREAL,VARIETY YOGURT, variety 4 oz cup FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat
Nov - 9 CEREAL,VARIETY ANIMAL CRACKERS FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Nov - 10 BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Nov - 11 CEREAL,VARIETY CHEESE, MOZZ, STRING FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Nov - 12 PANCAKES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Nov - 13 CEREAL,VARIETY BLUEBERRY MUFFIN 2.0oz FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat
Nov - 16 CEREAL,VARIETY GOLD FISH FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Nov - 17 BREAKFAST BURRITO FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Nov - 18 CEREAL,VARIETY CRACKERS,GRAHAM FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Nov - 19 FRENCH TOAST FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Nov - 20 CEREAL,VARIETY YOGURT, variety 4 oz cup FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat
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 CEREAL,VARIETY ANIMAL CRACKERS 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.