

Lake County School District R-1

JUNIOR/HIGH SCHOOLS - LUNCH

Nov 18, 2015

Lake County High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	Dec - 1 MACHO NACHOS SOFT SHELL BEEF TACOS SALSA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN SANDWICH AND BURGER TOPPI PIZZA, CHEESE, HS CHEF SALAD HOT WINGS SALAD BAR, HS FRESH FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat	Dec - 2 PEPPERONI PIZZA FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat	Dec - 3 MACHO NACHOS SOFT SHELL BEEF TACOS SALSA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN SANDWICH AND BURGER TOPPI PIZZA, CHEESE, HS CHEF SALAD HOT WINGS SALAD BAR, HS FRESH FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat	Dec - 4 MACHO NACHOS SOFT SHELL BEEF TACOS SALSA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN SANDWICH AND BURGER TOPPI PIZZA, CHEESE, HS CHEF SALAD HOT WINGS SALAD BAR, HS FRESH FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat
Dec - 7 MACHO NACHOS SOFT SHELL BEEF TACOS SALSA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN SANDWICH AND BURGER TOPPI PIZZA, CHEESE, HS CHEF SALAD HOT WINGS SALAD BAR, HS FRESH FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat	Dec - 8 MACHO NACHOS SOFT SHELL BEEF TACOS SALSA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN SANDWICH AND BURGER TOPPI PIZZA, CHEESE, HS CHEF SALAD HOT WINGS SALAD BAR, HS FRESH FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat	Dec - 9 TOASTED CHEESE SANDWICH. YOGURT, variety 4 oz cup FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat	Dec - 10 MACHO NACHOS SOFT SHELL BEEF TACOS SALSA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN SANDWICH AND BURGER TOPPI PIZZA, CHEESE, HS CHEF SALAD HOT WINGS SALAD BAR, HS FRESH FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat	Dec - 11 MACHO NACHOS SOFT SHELL BEEF TACOS SALSA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN SANDWICH AND BURGER TOPPI PIZZA, CHEESE, HS CHEF SALAD HOT WINGS SALAD BAR, HS FRESH FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat
Dec - 14 MACHO NACHOS SOFT SHELL BEEF TACOS SALSA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN SANDWICH AND BURGER TOPPI PIZZA, CHEESE, HS CHEF SALAD HOT WINGS SALAD BAR, HS FRESH FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat	Dec - 15 MACHO NACHOS SOFT SHELL BEEF TACOS SALSA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN SANDWICH AND BURGER TOPPI PIZZA, CHEESE, HS CHEF SALAD HOT WINGS SALAD BAR, HS FRESH FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat	Dec - 16 SUB SANDWICH CHIPS FRUIT, VARIETY FRESH VEGGIES Milk, Chocolate, Fat Free MILK,1% Lowfat MAYONNAISE MUSTARD	Dec - 17 MACHO NACHOS SOFT SHELL BEEF TACOS SALSA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN SANDWICH AND BURGER TOPPI PIZZA, CHEESE, HS CHEF SALAD HOT WINGS SALAD BAR, HS FRESH FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat	Dec - 18 MACHO NACHOS SOFT SHELL BEEF TACOS SALSA CHICK ON A BUN, HOT & SPICY HAMBURGER ON A BUN SANDWICH AND BURGER TOPPI PIZZA, CHEESE, HS CHEF SALAD HOT WINGS SALAD BAR, HS FRESH FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat
Dec - 21 NO SCHOOL TODAY	Dec - 22 NO SCHOOL TODAY	Dec - 23 NO SCHOOL TODAY	Dec - 24 NO SCHOOL TODAY	Dec - 25 NO SCHOOL TODAY
Dec - 28 NO SCHOOL TODAY	Dec - 29 NO SCHOOL TODAY	Dec - 30 NO SCHOOL TODAY	Dec - 31 NO SCHOOL TODAY	

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.