

# Lake County School District R-1

## LCIS - BREAKFAST

Nov 18, 2015

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### Middle School Breakfast menu

Monday	Tuesday	Wednesday	Thursday	Friday
	Dec - 1 SMOOTHIE, STAWBERRY BANAN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Dec - 2 BREAKFAST BURRITO W/ SALSA CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Dec - 3 WAFFLE STICKS CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Dec - 4 ENGLISH MUFFIN SAND- sausage CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON
Dec - 7 BREAKFAST PIZZA, SAUSAGE CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Dec - 8 SMOOTHIE, STAWBERRY BANAN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Dec - 9 BREAKFAST BURRITO W/ SALSA CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Dec - 10 WAFFLE STICKS CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Dec - 11 ENGLISH MUFFIN SAND- sausage CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON
Dec - 14 BREAKFAST PIZZA, SAUSAGE CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Dec - 15 SMOOTHIE, STAWBERRY BANAN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Dec - 16 BREAKFAST BURRITO W/ SALSA CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Dec - 17 WAFFLE STICKS CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Dec - 18 ENGLISH MUFFIN SAND- sausage CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON
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.