

Lake County School District R-1

THE CENTER

THE CENTER LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				Jan - 1 NO SCHOOL TODAY
Jan - 4 NO SCHOOL TODAY	Jan - 5 HAMBURGER ON A BUN FRENCH FRIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD	Jan - 6 PEPPERONI PIZZA FRESH VEGGIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON	Jan - 7 CHICKEN NOODLE SOUP CRACKERS, OYSTER FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON	Jan - 8 MACHO NACHOS BLUEBERRY MUFFIN 2.0oz FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON
Jan - 11 CHICKEN,GRILLED ON BUN FRENCH FRIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MAYO MUSTARD PICKLE, SLICES	Jan - 12 ITALIAN DIP STICKS FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON	Jan - 13 GRILLED HAM AND CHEESE TOMATO SOUP FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON	Jan - 14 CHILI CON CARNE W/ BEANS CORNBREAD FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON CHEESE, CHEDDAR	Jan - 15 MACARONI AND CHEESE CHICKEN TENDERS FRESH VEGGIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON
Jan - 18 NO SCHOOL TODAY	Jan - 19 TACO, SOFT SHELL CHICKEN FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON SALSA	Jan - 20 SUNFLOWER&JELLY SANDWICH YOGURT, variety 4 oz cup FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON	Jan - 21 BEEF AND GRAVY POTATOES, RED MASHED ROLLS,WHEAT FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON	Jan - 22 CORN DOG BAKED BEANS GOLD FISH / .75oz FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ketchup
Jan - 25 HAMBURGER ON A BUN FRENCH FRIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD	Jan - 26 SPAGHETTI W/ MEAT SAUCE FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON CHEESE,PARMESAN,GRA TED	Jan - 27 PEPPERONI PIZZA FRESH VEGGIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON	Jan - 28 CHICKEN NOODLE SOUP CRACKERS, OYSTER FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON	Jan - 29 MACHO NACHOS BLUEBERRY MUFFIN 2.0oz FRUIT, VARIETY FRESH VEGGIES 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.