

**Lake County School District R-1**  
**HEADSTART -BREAKFAST & SNACK**  
**HEADSTART- BREAKFAST AND SNACK MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 1 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ANIMAL CRACKERS FRESH VEGGIES RANCH SALAD DRESSING WATER	Feb - 2 CHEESY BAGEL CHEESE, GOUDA FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, COTTAGE FRUIT, VARIETY WATER	Feb - 3 CEREAL,VARIETY JICAMA FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CRACKERS,GRAHAM FRUIT, VARIETY WATER	Feb - 4 WAFFLE STICKS FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON HARD BOILED EGG CRACKERS FRUIT, VARIETY WATER	Feb - 5 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MUFFIN, BLUEBERRY FRUIT, VARIETY WATER
Feb - 8 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ANIMAL CRACKERS FRESH VEGGIES RANCH SALAD DRESSING WATER	Feb - 9 GRANOLA BAR CHEESE, GOUDA FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, MOZZ, STRING FRUIT, VARIETY WATER	Feb - 10 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON BANANA BREAD MINIS FRUIT, VARIETY WATER	Feb - 11 NO SCHOOL TODAY	Feb - 12 NO SCHOOL TODAY
Feb - 15 NO SCHOOL TODAY	Feb - 16 CHEESY BAGEL CHEESE, GOUDA FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, COTTAGE FRUIT, VARIETY WATER	Feb - 17 CEREAL,VARIETY JICAMA FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CRACKERS,GRAHAM FRUIT, VARIETY WATER	Feb - 18 WAFFLE STICKS FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON HARD BOILED EGG CRACKERS FRUIT, VARIETY WATER	Feb - 19 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MUFFIN, BLUEBERRY FRUIT, VARIETY WATER
Feb - 22 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ANIMAL CRACKERS FRESH VEGGIES RANCH SALAD DRESSING WATER	Feb - 23 GRANOLA BAR CHEESE, GOUDA FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, MOZZ, STRING FRUIT, VARIETY WATER	Feb - 24 CEREAL,VARIETY JICAMA FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON BANANA BREAD MINIS FRUIT, VARIETY WATER	Feb - 25 FRENCH TOAST FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON PRETZEL, SOFT, 2.5oz SUNFLOWER BUTTER FRUIT, VARIETY WATER	Feb - 26 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON YOGURT, variety 4 oz cup FRUIT, VARIETY WATER
Feb - 29 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ANIMAL CRACKERS FRESH VEGGIES RANCH SALAD DRESSING WATER				

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.**