

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

Monday	Tuesday	Wednesday	Thursday	Friday
	Mar - 1 CHEESY BAGEL CHEESE, GOUDA FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, COTTAGE FRUIT, VARIETY WATER	Mar - 2 CEREAL,VARIETY JICAMA FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CRACKERS,GRAHAM FRUIT, VARIETY WATER	Mar - 3 WAFFLE STICKS FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON HARD BOILED EGG CRACKERS FRUIT, VARIETY WATER	Mar - 4 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MUFFIN, BLUEBERRY FRUIT, VARIETY WATER
Mar - 7 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ANIMAL CRACKERS FRESH VEGGIES RANCH SALAD DRESSING WATER	Mar - 8 GRANOLA BAR CHEESE, GOUDA FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, MOZZ, STRING FRUIT, VARIETY WATER	Mar - 9 CEREAL,VARIETY JICAMA FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON BANANA BREAD, whole grain FRUIT, VARIETY WATER	Mar - 10 FRENCH TOAST FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON PRETZEL, SOFT, 2.5oz SUNFLOWER BUTTER FRUIT, VARIETY WATER	Mar - 11 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON YOGURT, variety 4 oz cup FRUIT, VARIETY WATER
Mar - 14 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ANIMAL CRACKERS FRESH VEGGIES RANCH SALAD DRESSING WATER	Mar - 15 CHEESY BAGEL CHEESE, GOUDA FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, COTTAGE FRUIT, VARIETY WATER	Mar - 16 CEREAL,VARIETY JICAMA FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CRACKERS,GRAHAM FRUIT, VARIETY WATER	Mar - 17 WAFFLE STICKS FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON HARD BOILED EGG CRACKERS FRUIT, VARIETY WATER	Mar - 18 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MUFFIN, BLUEBERRY FRUIT, VARIETY WATER
Mar - 21 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ANIMAL CRACKERS FRESH VEGGIES RANCH SALAD DRESSING WATER	Mar - 22 GRANOLA BAR CHEESE, GOUDA FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, MOZZ, STRING FRUIT, VARIETY WATER	Mar - 23 CEREAL,VARIETY JICAMA FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON BANANA BREAD, whole grain FRUIT, VARIETY WATER	Mar - 24 FRENCH TOAST FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON PRETZEL, SOFT, 2.5oz SUNFLOWER BUTTER FRUIT, VARIETY WATER	Mar - 25 NO SCHOOL TODAY
Mar - 28 NO SCHOOL TODAY	Mar - 29 NO SCHOOL TODAY	Mar - 30 NO SCHOOL TODAY	Mar - 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.