

Lake County School District R-1

LCIS - BREAKFAST

Mar 16, 2016

Page 1

Middle School Breakfast menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Apr - 1 NO SCHOOL TODAY
Apr - 4 SMOOTHIE, STAWBERRY BANAN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Apr - 5 BREAKFAST BURRITO SALSA CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Apr - 6 SAUSAGE SANDWICH CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Apr - 7 WAFFLES, CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Apr - 8 MUFFIN, BLUEBERRY CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON
Apr - 11 SMOOTHIE, STAWBERRY BANAN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Apr - 12 BREAKFAST BURRITO SALSA CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Apr - 13 SAUSAGE SANDWICH CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Apr - 14 WAFFLES, CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Apr - 15 MUFFIN, BLUEBERRY CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON
Apr - 18 SMOOTHIE, STAWBERRY BANAN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Apr - 19 BREAKFAST BURRITO SALSA CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Apr - 20 SAUSAGE SANDWICH CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Apr - 21 WAFFLES, CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Apr - 22 MUFFIN, BLUEBERRY CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON
Apr - 25 SMOOTHIE, STAWBERRY BANAN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Apr - 26 BREAKFAST BURRITO SALSA CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Apr - 27 SAUSAGE SANDWICH CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Apr - 28 WAFFLES, CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Apr - 29 MUFFIN, BLUEBERRY CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat 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.