

# Lake County School District R-1

## LCIS - LUNCH

Mar 16, 2016

Page 1

### Lake County Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Apr - 1  NO SCHOOL TODAY
Apr - 4  HAMBURGER ON A BUN FRENCH FRIES SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD PICKLE, SLICES	Apr - 5  MACHO NACHOS BLUEBERRY MUFFIN 2.0oz SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Apr - 6  PEPPERONI PIZZA FRESH VEGGIES FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON RANCH BUTTERMILK DRESSING	Apr - 7  CHICKEN & GRAVY PENNE PASTA CORN SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Apr - 8  BBQ PORK SANDWICH SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON PICKLE, SLICES ICE CREAM, VARIETY CUP
Apr - 11  CHICKEN,GRILLED ON BUN FRENCH FRIES SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat MAYO MUSTARD PICKLE, SLICES	Apr - 12  BURRITO, BEEF & BEAN,E GREEN CHILI CORN SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Apr - 13  TURKEY & CHEESE SANDWICH CHIP, MULTIGRAIN, SUNCHIPS FRESH VEGGIES FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON MAYO MUSTARD	Apr - 14  SPAGHETTI W/ MEAT SAUCE ROLLS,WHEAT SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat CHEESE,PARMESAN,GRA TED	Apr - 15  MACARONI AND CHEESE CHICKEN TENDERS SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON ketchup BARBECUE SAUCE
Apr - 18  CHICKEN, OVEN FRIED POTATO SALAD ROLLS,WHEAT SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Apr - 19  POSOLE with PORK CHEESE QUESADILLA SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Apr - 20  GRILLED HAM AND CHEESE TOMATO SOUP SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Apr - 21  TURKEY AND GRAVY MASHED POTATO ROLLS,WHEAT SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Apr - 22  PIG IN A BLANKET BAKED BEANS SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat ketchup MUSTARD
Apr - 25  HAMBURGER ON A BUN FRENCH FRIES SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD PICKLE, SLICES	Apr - 26  MACHO NACHOS BLUEBERRY MUFFIN 2.0oz SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Apr - 27  PEPPERONI PIZZA FRESH VEGGIES FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON RANCH BUTTERMILK DRESSING	Apr - 28  CHICKEN & GRAVY PENNE PASTA CORN SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Apr - 29  BBQ PORK SANDWICH SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON PICKLE, SLICES ICE CREAM, VARIETY CUP

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.