

Lake County School District R-1

LCIS - BREAKFAST

Feb 16, 2016

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Middle School Breakfast menu

Monday	Tuesday	Wednesday	Thursday	Friday
	Mar - 1 SMOOTHIE, STAWBERRY BANAN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Mar - 2 MUFFIN, BLUEBERRY CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Mar - 3 WAFFLES, CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Mar - 4 SAUSAGE SANDWICH CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON
Mar - 7 BREAKFAST PIZZA, SAUSAGE CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Mar - 8 SMOOTHIE, STAWBERRY BANAN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Mar - 9 MUFFIN, BLUEBERRY CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Mar - 10 WAFFLES, CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Mar - 11 SAUSAGE SANDWICH CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON
Mar - 14 BREAKFAST PIZZA, SAUSAGE CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Mar - 15 SMOOTHIE, STAWBERRY BANAN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Mar - 16 MUFFIN, BLUEBERRY CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Mar - 17 WAFFLES, CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Mar - 18 SAUSAGE SANDWICH CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON
Mar - 21 BREAKFAST PIZZA, SAUSAGE CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Mar - 22 SMOOTHIE, STAWBERRY BANAN CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Mar - 23 MUFFIN, BLUEBERRY CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Mar - 24 WAFFLES, CEREAL,VARIETY CRACKERS, ASSORTED BAGEL, WHOLE WHEAT CREAM CHEESE FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	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.