

# Lake County School District R-1

## LCIS - LUNCH

Feb 16, 2016

### Lake County Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	Mar - 1 BEEF TACO SPANISH RICE SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat SALSA	Mar - 2 TURKEY & CHEESE SANDWICH CHIP, MULTIGRAIN, SUNCHIPS FRESH VEGGIES FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON MAYO MUSTARD	Mar - 3 BEEF AND GRAVY NOODLES GREEN BEANS SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Mar - 4 CORN DOG BAKED BEANS GOLD FISH / .75oz SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat
Mar - 7 CHICKEN QUESADILLA CORN SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat SALSA	Mar - 8 SPAGHETTI W/ MEAT SAUCE ROLLS,WHEAT SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat CHEESE,PARMESAN,GRA TED	Mar - 9 PEPPERONI PIZZA FRESH VEGGIES FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON RANCH BUTTERMILK DRESSING	Mar - 10 CHICKEN NOODLE SOUP CRACKERS, OYSTER SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Mar - 11 MACHO NACHOS BLUEBERRY MUFFIN 2.0oz SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON
Mar - 14 CHICKEN,GRILLED ON BUN FRENCH FRIES SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat MAYO MUSTARD PICKLE, SLICES	Mar - 15 ITALIAN DIP STICKS SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON ICE CREAM, VARIETY CUP	Mar - 16 GRILLED HAM AND CHEESE TOMATO SOUP SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	Mar - 17 TURKEY AND GRAVY MASHED POTATO ROLLS,WHEAT SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON	Mar - 18 MACARONI AND CHEESE CHICKEN TENDERS SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON ketchup BARBECUE SAUCE
Mar - 21 HAMBURGER ON A BUN FRENCH FRIES SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD PICKLE, SLICES	Mar - 22 BEEF TACO SPANISH RICE SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat SALSA	Mar - 23 TURKEY & CHEESE SANDWICH CHIP, MULTIGRAIN, SUNCHIPS FRESH VEGGIES FRUIT, VARIETY MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON MAYO MUSTARD	Mar - 24 CORN DOG BAKED BEANS GOLD FISH / .75oz SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat	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.