

# Lake County School District R-1

## JUNIOR/HIGH SCHOOLS - LUNCH

### Lake County High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Aug - 22  CHICK ON A BUN, HOT & SPICY HAMBURGER DELUXE HOT DOG ON A BUN FRENCH FRIES SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat MAYO MUSTARD ketchup PICKLE, SLICES RANCH DRESSING	Aug - 23  MACHO NACHOS TACO, BEEF, SOFT SHELL CHICKEN QUESADILLA SPANISH RICE SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA RANCH DRESSING	Aug - 24  SUB SANDWICH TOASTED CHEESE SANDWICH BBQ PORK SANDWICH, hs CHIP, MULTIGRAIN, SUNCHIPS SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat MAYO MUSTARD RANCH DRESSING	Aug - 25  PIZZA, BY THE SLICE STROMBOLI WITH TOMATO SAU STUFFED SHELLS SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat ICE CREAM, VARIETY CUP RANCH DRESSING	Aug - 26  CHICKEN TENDERS HOT WINGS BBQ CHICKEN DRUMSTICKS ROLLS,WHEAT SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat ketchup BBQ SAUCE, BOTTLE RANCH DRESSING
Aug - 29  CHICK ON A BUN, HOT & SPICY HAMBURGER DELUXE HOT DOG ON A BUN FRENCH FRIES SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat MAYO MUSTARD ketchup PICKLE, SLICES RANCH DRESSING	Aug - 30  MACHO NACHOS TACO, BEEF, SOFT SHELL CHICKEN QUESADILLA SPANISH RICE SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA RANCH DRESSING	Aug - 31  SUB SANDWICH TOASTED CHEESE SANDWICH BBQ PORK SANDWICH, hs CHIP, MULTIGRAIN, SUNCHIPS SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat MAYO MUSTARD RANCH DRESSING	Sep - 1  PIZZA, BY THE SLICE STROMBOLI WITH TOMATO SAU STUFFED SHELLS SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat ICE CREAM, VARIETY CUP RANCH DRESSING	Sep - 2  CHICKEN TENDERS HOT WINGS BBQ CHICKEN DRUMSTICKS ROLLS,WHEAT SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat ketchup BBQ SAUCE, BOTTLE RANCH DRESSING
Sep - 5  NO SCHOOL TODAY	Sep - 6  MACHO NACHOS TACO, BEEF, SOFT SHELL CHICKEN QUESADILLA SPANISH RICE SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA RANCH DRESSING	Sep - 7  SUB SANDWICH TOASTED CHEESE SANDWICH BBQ PORK SANDWICH, hs CHIP, MULTIGRAIN, SUNCHIPS SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat MAYO MUSTARD RANCH DRESSING	Sep - 8  PIZZA, BY THE SLICE STROMBOLI WITH TOMATO SAU STUFFED SHELLS SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat ICE CREAM, VARIETY CUP RANCH DRESSING	Sep - 9  CHICKEN TENDERS HOT WINGS BBQ CHICKEN DRUMSTICKS ROLLS,WHEAT SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat ketchup BBQ SAUCE, BOTTLE RANCH DRESSING
Sep - 12  CHICK ON A BUN, HOT & SPICY HAMBURGER DELUXE HOT DOG ON A BUN FRENCH FRIES SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat MAYO MUSTARD ketchup PICKLE, SLICES RANCH DRESSING	Sep - 13  MACHO NACHOS TACO, BEEF, SOFT SHELL CHICKEN QUESADILLA SPANISH RICE SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA RANCH DRESSING	Sep - 14  SUB SANDWICH TOASTED CHEESE SANDWICH BBQ PORK SANDWICH, hs CHIP, MULTIGRAIN, SUNCHIPS SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat MAYO MUSTARD RANCH DRESSING	Sep - 15  PIZZA, BY THE SLICE STROMBOLI WITH TOMATO SAU STUFFED SHELLS SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat ICE CREAM, VARIETY CUP RANCH DRESSING	Sep - 16  CHICKEN TENDERS HOT WINGS BBQ CHICKEN DRUMSTICKS ROLLS,WHEAT SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat ketchup BBQ SAUCE, BOTTLE RANCH DRESSING

*\*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.

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Sep - 19 CHICK ON A BUN, HOT & SPICY HAMBURGER DELUXE HOT DOG ON A BUN FRENCH FRIES SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat MAYO MUSTARD ketchup PICKLE, SLICES RANCH DRESSING	Sep - 20 MACHO NACHOS TACO, BEEF, SOFT SHELL CHICKEN QUESADILLA SPANISH RICE SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA RANCH DRESSING	Sep - 21 SUB SANDWICH TOASTED CHEESE SANDWICH BBQ PORK SANDWICH, hs CHIP, MULTIGRAIN, SUNCHIPS SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat MAYO MUSTARD RANCH DRESSING	Sep - 22 PIZZA, BY THE SLICE STROMBOLI WITH TOMATO SAU STUFFED SHELLS SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat ICE CREAM, VARIETY CUP RANCH DRESSING	Sep - 23 CHICKEN TENDERS HOT WINGS BBQ CHICKEN DRUMSTICKS ROLLS,WHEAT SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat ketchup BBQ SAUCE, BOTTLE RANCH DRESSING
Sep - 26 CHICK ON A BUN, HOT & SPICY HAMBURGER DELUXE HOT DOG ON A BUN FRENCH FRIES SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat MAYO MUSTARD ketchup PICKLE, SLICES RANCH DRESSING	Sep - 27 MACHO NACHOS TACO, BEEF, SOFT SHELL CHICKEN QUESADILLA SPANISH RICE SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat SALSA RANCH DRESSING	Sep - 28 SUB SANDWICH TOASTED CHEESE SANDWICH BBQ PORK SANDWICH, hs CHIP, MULTIGRAIN, SUNCHIPS SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat MAYO MUSTARD RANCH DRESSING	Sep - 29 PIZZA, BY THE SLICE STROMBOLI WITH TOMATO SAU STUFFED SHELLS SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat ICE CREAM, VARIETY CUP RANCH DRESSING	Sep - 30 CHICKEN TENDERS HOT WINGS BBQ CHICKEN DRUMSTICKS ROLLS,WHEAT SALAD BAR W/ FRUIT Milk, Chocolate, Fat Free MILK,1% Lowfat ketchup BBQ SAUCE, BOTTLE RANCH DRESSING

USDA AND LAKE COUNTY SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

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