

Lake County School District R-1

HEADSTART -BREAKFAST & SNACK

Aug 8, 2016

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HEADSTART- BREAKFAST AND SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		Aug - 24 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CRACKERS,GRAHAM FRUIT, VARIETY WATER	Aug - 25 MUFFIN FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON HARD BOILED EGG CRACKERS FRUIT, VARIETY WATER	Aug - 26 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MUFFIN, BLUEBERRY FRUIT, VARIETY WATER
Aug - 29 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ANIMAL CRACKERS FRESH VEGGIES RANCH DRESSING WATER	Aug - 30 GRANOLA BAR FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, MOZZ, STRING FRUIT, VARIETY WATER	Aug - 31 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON BANANA BREAD, whole grain FRUIT, VARIETY WATER	Sep - 1 WAFFLE STICKS FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON PRETZEL, SOFT, 2.5oz SUNFLOWER BUTTER FRUIT, VARIETY WATER	Sep - 2 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MUFFIN, BLUEBERRY FRUIT, VARIETY WATER
Sep - 5 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ANIMAL CRACKERS FRESH VEGGIES RANCH DRESSING WATER	Sep - 6 CHEESY BAGEL FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, COTTAGE FRUIT, VARIETY WATER	Sep - 7 CEREAL,VARIETY CURRENTS, DRIED FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CRACKERS,GRAHAM FRUIT, VARIETY WATER	Sep - 8 MUFFIN FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON HARD BOILED EGG CRACKERS FRUIT, VARIETY WATER	Sep - 9 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MUFFIN, BLUEBERRY FRUIT, VARIETY WATER
Sep - 12 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ANIMAL CRACKERS FRESH VEGGIES RANCH DRESSING WATER	Sep - 13 GRANOLA BAR FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, MOZZ, STRING FRUIT, VARIETY WATER	Sep - 14 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON BANANA BREAD, whole grain FRUIT, VARIETY WATER	Sep - 15 BREAKFAST BURRITO FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON PRETZEL, SOFT, 2.5oz SUNFLOWER BUTTER FRUIT, VARIETY WATER	Sep - 16 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MUFFIN, BLUEBERRY FRUIT, VARIETY WATER
Sep - 19 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ANIMAL CRACKERS FRESH VEGGIES RANCH DRESSING WATER	Sep - 20 CHEESY BAGEL FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, COTTAGE FRUIT, VARIETY WATER	Sep - 21 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CRACKERS,GRAHAM FRUIT, VARIETY WATER	Sep - 22 MUFFIN FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON HARD BOILED EGG CRACKERS FRUIT, VARIETY WATER	Sep - 23 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MUFFIN, BLUEBERRY FRUIT, VARIETY WATER
Sep - 26 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ANIMAL CRACKERS FRESH VEGGIES RANCH DRESSING WATER	Sep - 27 GRANOLA BAR FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, MOZZ, STRING FRUIT, VARIETY WATER	Sep - 28 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON BANANA BREAD, whole grain FRUIT, VARIETY WATER	Sep - 29 WAFFLE STICKS FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON PRETZEL, SOFT, 2.5oz SUNFLOWER BUTTER FRUIT, VARIETY WATER	Sep - 30 CEREAL,VARIETY FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MUFFIN, BLUEBERRY FRUIT, VARIETY WATER

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.