

Lake County School District R-1

LCIS - LUNCH

Aug 5, 2016

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Lake County Middle School Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| | | Aug - 24 PEPPERONI PIZZA SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON ICE CREAM, VARIETY CUP RANCH DRESSING | Aug - 25 BREAKFAST FOR LUNCH SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat SYRUP,PANCAKE RANCH DRESSING | Aug - 26 SUNFLOWER&JELLY SANDWICH YOGURT, variety 4 oz cup SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON RANCH DRESSING |
| Aug - 29 HAMBURGER ON A BUN FRENCH FRIES SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat MUSTARD ketchup PICKLE, SLICES RANCH DRESSING | Aug - 30 TACO, BEEF, SOFT SHELL SALSA CORN SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON RANCH DRESSING | Aug - 31 CHICKEN ALFREDO WITH A TWIS ROLLS,WHEAT SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON RANCH DRESSING | Sep - 1 BBQ PORK SANDWICH CHIP, MULTIGRAIN, SUNCHIPS SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat RANCH DRESSING | Sep - 2 HOT DOG ON A BUN BAKED BEANS SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD RANCH DRESSING |
| Sep - 5 NO SCHOOL TODAY | Sep - 6 MACHO NACHOS BLUEBERRY MUFFIN 2.0oz SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON SALSA RANCH DRESSING | Sep - 7 SPAGHETTI AND MEAT SAUCE BREADSTICK, WW SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON RANCH DRESSING CHEESE,PARMESAN,GRATED | Sep - 8 TURKEY AND GRAVY MASHED POTATO ROLLS,WHEAT SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat RANCH DRESSING | Sep - 9 TOASTED CHEESE SANDWICH TOMATO SOUP SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON RANCH DRESSING |
| Sep - 12 CHICK ON A BUN PASTA SALAD SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON RANCH DRESSING MAYO MUSTARD | Sep - 13 CHILI CHEESE PIE CORNBREAD SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON RANCH DRESSING | Sep - 14 PEPPERONI PIZZA SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON ICE CREAM, VARIETY CUP RANCH DRESSING | Sep - 15 BREAKFAST FOR LUNCH SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat SYRUP,PANCAKE RANCH DRESSING | Sep - 16 SUNFLOWER&JELLY SANDWICH YOGURT, variety 4 oz cup SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON RANCH DRESSING |
| Sep - 19 HAMBURGER ON A BUN FRENCH FRIES SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat MUSTARD ketchup PICKLE, SLICES RANCH DRESSING | Sep - 20 TACO, BEEF, SOFT SHELL SALSA CORN SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON RANCH DRESSING | Sep - 21 CHICKEN ALFREDO WITH A TWIS ROLLS,WHEAT SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON RANCH DRESSING | Sep - 22 BBQ PORK SANDWICH CHIP, MULTIGRAIN, SUNCHIPS SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK,1% Lowfat RANCH DRESSING | Sep - 23 HOT DOG ON A BUN BAKED BEANS SALAD BAR W/ FRUIT MILK,1% Lowfat MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD 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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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| Sep - 26 | Sep - 27 | Sep - 28 | Sep - 29 | Sep - 30 |
| CHICKEN NUGGETS MACARONI AND CHEESE (NEW) SALAD BAR W/ FRUIT MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON RANCH DRESSING ketchup | MACHO NACHOS BLUEBERRY MUFFIN 2.0oz SALAD BAR W/ FRUIT MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON SALSA RANCH DRESSING | SPAGHETTI AND MEAT SAUCE BREADSTICK, WW SALAD BAR W/ FRUIT MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON RANCH DRESSING CHEESE, PARMESAN, GRATED | TURKEY AND GRAVY MASHED POTATO ROLLS, WHEAT SALAD BAR W/ FRUIT MILK, SKIM 1/2 PINT CARTON MILK, 1% Lowfat RANCH DRESSING | TOASTED CHEESE SANDWICH TOMATO SOUP SALAD BAR W/ FRUIT MILK, 1% Lowfat MILK, SKIM 1/2 PINT CARTON RANCH DRESSING |

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

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