

# Lake County School District R-1

## THE CENTER

### THE CENTER LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		Aug - 24 PEPPERONI PIZZA FRUIT, VARIETY FRESH VEGGIES MILK, 1% Lowfat	Aug - 25 BREAKFAST FOR LUNCH FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON	Aug - 26 SUNFLOWER&JELLY SANDWICH YOGURT, variety 4 oz cup FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON
Aug - 29 HAMBURGER ON A BUN FRENCH FRIES FRUIT, VARIETY MILK, 1% Lowfat MUSTARD ketchup PICKLE, SLICES	Aug - 30 TACO, BEEF, SOFT SHELL SALSA CORN FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON	Aug - 31 MACARONI AND CHEESE(NEW) CHICKEN NUGGETS FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON ketchup	Sep - 1 ITALIAN DIP STICKS FRUIT, VARIETY SALAD, TOSSED RANCH DRESSING	Sep - 2 HOT DOG ON A BUN BAKED BEANS FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD
Sep - 5 NO SCHOOL TODAY	Sep - 6 MACHO NACHOS CORN FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON	Sep - 7 SPAGHETTI AND MEAT SAUCE BREADSTICK, WW FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, PARMESAN, GRA TED	Sep - 8 TURKEY AND GRAVY MASHED POTATO ROLLS, WHEAT FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON	Sep - 9 TOASTED CHEESE SANDWICH TOMATO SOUP FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON
Sep - 12 CHICK ON A BUN FRESH VEGGIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON MAYO MUSTARD PICKLE, SLICES	Sep - 13 COWBOY MACARONI, FRESH VEGGIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON	Sep - 14 PEPPERONI PIZZA FRUIT, VARIETY FRESH VEGGIES MILK, 1% Lowfat	Sep - 15 BREAKFAST FOR LUNCH FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON	Sep - 16 SUNFLOWER&JELLY SANDWICH YOGURT, variety 4 oz cup FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON
Sep - 19 HAMBURGER ON A BUN FRENCH FRIES FRUIT, VARIETY MILK, 1% Lowfat MUSTARD ketchup PICKLE, SLICES	Sep - 20 TACO, BEEF, SOFT SHELL SALSA CORN FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON	Sep - 21 MACARONI AND CHEESE(NEW) CHICKEN NUGGETS FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON ketchup	Sep - 22 ITALIAN DIP STICKS FRUIT, VARIETY SALAD, TOSSED RANCH DRESSING	Sep - 23 HOT DOG ON A BUN BAKED BEANS FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON ketchup MUSTARD
Sep - 26 CHICKEN ALFREDO FRESH VEGGIES FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON	Sep - 27 MACHO NACHOS CORN FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON	Sep - 28 SPAGHETTI AND MEAT SAUCE BREADSTICK, WW FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON CHEESE, PARMESAN, GRA TED	Sep - 29 TURKEY AND GRAVY MASHED POTATO ROLLS, WHEAT FRUIT, VARIETY MILK, SKIM 1/2 PINT CARTON	Sep - 30 TOASTED CHEESE SANDWICH TOMATO SOUP FRUIT, VARIETY FRESH VEGGIES MILK, SKIM 1/2 PINT CARTON

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.