



Monday	Tuesday	Wednesday	Thursday	Friday
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1

CEREAL, CHEX, ORGI. (WG)
 CEREAL, CHEX CINNAMON (WG)
 CEREAL, CHEERIOS, ORIG. (WG)
 EGG, HARD-BOILED
 FRUIT, FRESH, ASSTD
 MILK, 1% LOWFAT
 MILK, SKIM

2

ENGLISH MUFFIN W/ SAUSAGE
 STRING CHEESE, MOZZ
 FRUIT, FRESH, ASSTD
 MILK, SKIM
 MILK, 1% LOWFAT

3

BAGEL (WG)
 CREAM CHEESE
 FRUIT, FRESH, ASSTD
 MILK, SKIM
 MILK, 1% LOWFAT

4

PUMPKIN BREAD - WG
 EGG, HARD-BOILED
 FRUIT, FRESH, ASSTD
 MILK, 1% LOWFAT
 MILK, SKIM

5

8

CEREAL, CHEX, ORGI. (WG)
 CEREAL, CHEX CINNAMON (WG)
 CEREAL, CHEERIOS, ORIG. (WG)
 EGG, HARD-BOILED
 FRUIT, FRESH, ASSTD
 MILK, 1% LOWFAT
 MILK, SKIM

9

BISCUIT, HAM & CHEESE
 CHEESE, STRING
 FRUIT, FRESH, ASSTD
 MILK, 1% LOWFAT
 MILK, SKIM

10

FRENCH TOAST STICKS
 STRING CHEESE, MOZZ
 FRUIT, FRESH, ASSTD
 MILK, 1% LOWFAT
 MILK, SKIM

11

BANANA BREAD - WG
 YOGURT, CHERRY VANILLA
 FRUIT, FRESH, ASSTD
 MILK, 1% LOWFAT
 MILK, SKIM

12

15

CEREAL, CHEX, ORGI. (WG)
 CEREAL, CHEX CINNAMON (WG)
 CEREAL, CHEERIOS, ORIG. (WG)
 EGG, HARD-BOILED
 FRUIT, FRESH, ASSTD
 MILK, 1% LOWFAT
 MILK, SKIM

16

ENGLISH MUFFIN W/ SAUSAGE
 STRING CHEESE, MOZZ
 FRUIT, FRESH, ASSTD
 MILK, SKIM
 MILK, 1% LOWFAT

17

BAGEL (WG)
 CREAM CHEESE
 FRUIT, FRESH, ASSTD
 MILK, SKIM
 MILK, 1% LOWFAT

18

PUMPKIN BREAD - WG
 EGG, HARD-BOILED
 FRUIT, FRESH, ASSTD
 MILK, 1% LOWFAT
 MILK, SKIM

19

22

CEREAL, CHEX, ORIG. (WG)
CEREAL, CHEX CINNAMON (WG)
CEREAL, CHEERIOS, ORIG. (WG)
EGG, HARD-BOILED
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

23

BISCUIT, HAM & CHEESE
CHEESE, STRING
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

24

THANKSGIVING BREAK

25

THANKSGIVING BREAK

26

29

CEREAL, CHEX, ORIG. (WG)
CEREAL, CHEX CINNAMON (WG)
CEREAL, CHEERIOS, ORIG. (WG)
EGG, HARD-BOILED
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

30

ENGLISH MUFFIN W/ SAUSA
GE
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, SKIM
MILK, 1% LOWFAT

LAKE COUNTY SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY ORGANIZATION