

Lakeport Unified School District

NOVEMBER 2018 High School Breakfast Menu

Oct 24, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1 Croissant Egg & Cheese Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Nov - 2 Eng. Muffin & PB & J Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety
Nov - 5 French Toast Syrup Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Nov - 6 Egg, Sausage Burrito Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Nov - 7 Potato Bake Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Nov - 8 Pancakes with Fruit Syrup Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Nov - 9 Cardinal Sandwich Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety
Nov - 12 HOLIDAY	Nov - 13 Biscuit and Gravy Casserole Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Nov - 14 Yogurt w/ Granola Bagel Variety Cream Cheese Variety Cereal Variety Fresh Fruit Variety Orange Juice Milk- Variety	Nov - 15 Pancake on a Stick Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Nov - 16 Waffle Sticks Syrup Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety
Nov - 19 NO SCHOOL TODAY	Nov - 20 NO SCHOOL TODAY	Nov - 21 NO SCHOOL TODAY	Nov - 22 NO SCHOOL TODAY	Nov - 23 NO SCHOOL TODAY
Nov - 26 Buttermilk Bar Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Nov - 27 Potato Bake Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Nov - 28 Breakfast Scramble Pizza Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Nov - 29 Pancakes with Fruit Syrup Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Nov - 30 Cardinal Sandwich Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety

In operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age, or handicap. If you believe you have been discriminated against write immediately to the Secretary of Agriculture, Washington D.C. 20250

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.