

Lakeport Unified School District

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 Croissant Egg & Cheese Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Oct - 2 Waffle Sticks Syrup Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Oct - 3 Biscuits & Gravy with Sausage Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Oct - 4 Breakfast Scamble Pizza Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Oct - 5 Potato Bake Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety
Oct - 8 NO SCHOOL TODAY	Oct - 9 French Toast Syrup Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Oct - 10 Breakfast Burrito Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Oct - 11 Pancakes with Fruit Syrup Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Oct - 12 Sausage & Cheese Muffins Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety
Oct - 15 Oatmeal Oatmeal Toppings Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Oct - 16 Egg and Cheese Biscuit Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Oct - 17 Muffin Variety Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Oct - 18 Yogurt w/ Granola Bagel Variety Cream Cheese Variety Cereal Variety Fresh Fruit Variety Orange Juice Milk- Variety	Oct - 19 Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety
Oct - 22 Pancake on a Stick Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Oct - 23 Eng. Muffin & PB & J Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Oct - 24 Potato Bake Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Oct - 25 Breakfast Scamble Pizza Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Oct - 26 Quiche Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety
Oct - 29 Waffle Sticks Syrup Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Oct - 30 Biscuit and Gravy Casserole Bagel Variety Cream Cheese Variety Cereal Variety Yogurt w/ Granola Fresh Fruit Variety Orange Juice Milk- Variety	Oct - 31 Buttermilk Bar 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.