

# Lakeport Unified School District

## September 2019 K-8th Grade Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	Sep - 3 Biscuit and Gravy Casserole Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Sep - 4 Egg & Saus Tomados Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety Salsa	Sep - 5 French Toast Syrup Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Sep - 6 Parfait Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Sep - 9 Pancake on a Stick Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Sep - 10 Breakfast Slider Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Sep - 11 Sausage Breakfast Pizza Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Sep - 12 Waffle Sticks Syrup Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Sep - 13 Croissant Ham & Cheese Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Sep - 16 Yogurt and Granola Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Sep - 17 Egg, Sausage Burrito Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Sep - 18 Muffin Variety Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Sep - 19 Eng. Muffin & PB & J Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Sep - 20 Biscuit and Gravy Casserole Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Sep - 23 Buttermilk Bar Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Sep - 24 Parfait Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Sep - 25 Potato Bake Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Sep - 26 Oatmeal Oatmeal Toppings Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Sep - 27 Pancake on a Stick Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Sep - 30 Muffin Variety Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted 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.