

Lakeport Unified School District

September 2019 - High School Breakfast Menu

Jul 17, 2019

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

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

**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.**

TICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and is 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.