

Welcome Autumn



Monday

Tuesday

Wednesday

Thursday

Friday

1

BREAKFAST BURRITO WITH SAUSAGE
BAGEL, WHEAT
CEREAL, VARIETY, BOWL
CHEESE, CREAM
FRUIT, FRESH ASSORTED
FRUIT JUICE, ASSORTED
MILK, 1% Lowfat
MILK, Skim
CRACKERS, ASSORTED

2

PANCAKE WRAPPED SAUSAGE (2)
SYRUP, PANCAKE
BAGEL, WHEAT
CEREAL, VARIETY, BOWL
CHEESE, CREAM
FRUIT, FRESH ASSORTED
FRUIT JUICE, ASSORTED
MILK, 1% Lowfat
MILK, Skim
CRACKERS, ASSORTED

3

ENGLISH MUFFIN WITH SAUSAGE
BAGEL, WHEAT
CEREAL, VARIETY, BOWL
CHEESE, CREAM
FRUIT, FRESH ASSORTED
FRUIT JUICE, ASSORTED
MILK, 1% Lowfat
MILK, Skim
CRACKERS, ASSORTED

4

FRENCH TOAST STICKS
MINI PANCAKES, MAPLE
BAGEL, WHEAT
CEREAL, VARIETY, BOWL
CHEESE, CREAM
FRUIT, FRESH ASSORTED
FRUIT JUICE, ASSORTED
MILK, 1% Lowfat
MILK, Skim
CRACKERS, ASSORTED

7

MUFFIN, ASSORTED 4 OZ
BAGEL, WHEAT
CEREAL, VARIETY, BOWL
CHEESE, CREAM
FRUIT, FRESH ASSORTED
FRUIT JUICE, ASSORTED
MILK, 1% Lowfat
MILK, Skim
CRACKERS, ASSORTED

8

BREAKFAST BURRITO WITH SAUSAGE
BAGEL, WHEAT
CEREAL, VARIETY, BOWL
CHEESE, CREAM
FRUIT, FRESH ASSORTED
FRUIT JUICE, ASSORTED
MILK, 1% Lowfat
MILK, Skim
CRACKERS, ASSORTED

9

PANCAKE WRAPPED SAUSAGE (2)
SYRUP, PANCAKE
BAGEL, WHEAT
CEREAL, VARIETY, BOWL
CHEESE, CREAM
FRUIT, FRESH ASSORTED
FRUIT JUICE, ASSORTED
MILK, 1% Lowfat
MILK, Skim
CRACKERS, ASSORTED

10

ENGLISH MUFFIN WITH SAUSAGE
BAGEL, WHEAT
CEREAL, VARIETY, BOWL
CHEESE, CREAM
FRUIT, FRESH ASSORTED
FRUIT JUICE, ASSORTED
MILK, 1% Lowfat
MILK, Skim
CRACKERS, ASSORTED

11

FRENCH TOAST STICKS
MINI PANCAKES, MAPLE
BAGEL, WHEAT
CEREAL, VARIETY, BOWL
CHEESE, CREAM
FRUIT, FRESH ASSORTED
FRUIT JUICE, ASSORTED
MILK, 1% Lowfat
MILK, Skim
CRACKERS, ASSORTED

14

MUFFIN, ASSORTED 4 OZ
BAGEL, WHEAT
CEREAL, VARIETY, BOWL
CHEESE, CREAM
FRUIT, FRESH ASSORTED
FRUIT JUICE, ASSORTED
MILK, 1% Lowfat
MILK, Skim
CRACKERS, ASSORTED

15

BREAKFAST BURRITO WITH SAUSAGE
BAGEL, WHEAT
CEREAL, VARIETY, BOWL
CHEESE, CREAM
FRUIT, FRESH ASSORTED
FRUIT JUICE, ASSORTED
MILK, 1% Lowfat
MILK, Skim
CRACKERS, ASSORTED

16

PANCAKE WRAPPED SAUSAGE (2)
SYRUP, PANCAKE
BAGEL, WHEAT
CEREAL, VARIETY, BOWL
CHEESE, CREAM
FRUIT, FRESH ASSORTED
FRUIT JUICE, ASSORTED
MILK, 1% Lowfat
MILK, Skim
CRACKERS, ASSORTED

17

ENGLISH MUFFIN WITH SAUSAGE
BAGEL, WHEAT
CEREAL, VARIETY, BOWL
CHEESE, CREAM
FRUIT, FRESH ASSORTED
FRUIT JUICE, ASSORTED
MILK, 1% Lowfat
MILK, Skim
CRACKERS, ASSORTED

18

NO SCHOOL TODAY

21

NO SCHOOL TODAY

22

BREAKFAST BURRITO WITH SAUSAGE
BAGEL, WHEAT
CEREAL, VARIETY, BOWL
CHEESE, CREAM
FRUIT, FRESH ASSORTED
FRUIT JUICE, ASSORTED
MILK, 1% Lowfat
MILK, Skim
CRACKERS, ASSORTED

23

PANCAKE WRAPPED SAUSAGE (2)
SYRUP, PANCAKE
BAGEL, WHEAT
CEREAL, VARIETY, BOWL
CHEESE, CREAM
FRUIT, FRESH ASSORTED
FRUIT JUICE, ASSORTED
MILK, 1% Lowfat
MILK, Skim
CRACKERS, ASSORTED

24

ENGLISH MUFFIN WITH SAUSAGE
BAGEL, WHEAT
CEREAL, VARIETY, BOWL
CHEESE, CREAM
FRUIT, FRESH ASSORTED
FRUIT JUICE, ASSORTED
MILK, 1% Lowfat
MILK, Skim
CRACKERS, ASSORTED

25

FRENCH TOAST STICKS
MINI PANCAKES, MAPLE
BAGEL, WHEAT
CEREAL, VARIETY, BOWL
CHEESE, CREAM
FRUIT, FRESH ASSORTED
FRUIT JUICE, ASSORTED
MILK, 1% Lowfat
MILK, Skim
CRACKERS, ASSORTED

28

MUFFIN, ASSORTED 4 OZ
BAGEL, WHEAT
CEREAL, VARIETY, BOWL
CHEESE, CREAM
FRUIT, FRESH ASSORTED
FRUIT JUICE, ASSORTED
MILK, 1% Lowfat
MILK, Skim
CRACKERS, ASSORTED

29

BREAKFAST BURRITO WITH SAUSAGE
BAGEL, WHEAT
CEREAL, VARIETY, BOWL
CHEESE, CREAM
FRUIT, FRESH ASSORTED
FRUIT JUICE, ASSORTED
MILK, 1% Lowfat
MILK, Skim
CRACKERS, ASSORTED

30

PANCAKE WRAPPED SAUSAGE (2)
SYRUP, PANCAKE
BAGEL, WHEAT
CEREAL, VARIETY, BOWL
CHEESE, CREAM
FRUIT, FRESH ASSORTED
FRUIT JUICE, ASSORTED
MILK, 1% Lowfat
MILK, Skim
CRACKERS, ASSORTED

31

ENGLISH MUFFIN WITH SAUSAGE
BAGEL, WHEAT
CEREAL, VARIETY, BOWL
CHEESE, CREAM
FRUIT, FRESH ASSORTED
FRUIT JUICE, ASSORTED
MILK, 1% Lowfat
MILK, Skim
CRACKERS, ASSORTED

LAKE COUNTY SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY ORGANIZATION