

Lakeport Unified School District

December Preschool Menu Breakfast

Nov 29, 2021

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Monday	Tuesday	Wednesday	Thursday	Friday
		Dec - 1 Daily Yogurt Bar Assorted Cereal Variety String Cheese Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 2 Egg Casserole Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 3 Egg, Sausage Burrito Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Dec - 6 Muffin Variety Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 7 Pancakes with Sausage Assorted Cereal Variety String Cheese Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 8 Tropical Smoothie with Kale Assorted Cereal Variety Fresh Fruit Assorted Milk- Variety	Dec - 9 Potato Bake Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 10 Sausage Breakfast Pizza Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Dec - 13 Buttermilk Bar Assorted Cereal Variety String Cheese Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 14 French Toast Sticks Assorted Cereal Variety String Cheese Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 15 Yogurt and Granola Assorted Cereal Variety String Cheese Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 16 Veggie Frittata Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 17 Muffin Variety Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Dec - 20 Winter Break	Dec - 21 Winter Break	Dec - 22 Winter Break	Dec - 23 Winter Break	Dec - 24 Winter Break
Dec - 27 Winter Break	Dec - 28 Winter Break	Dec - 29 Winter Break	Dec - 30 Winter Break	Dec - 31 Winter Break

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.

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Monday	Tuesday	Wednesday	Thursday	Friday
		Dec - 1 Bacon Potato & Cheese Soup in a Bread Bowl Salad Cup Fresh Fruit Variety Milk- Variety	Dec - 2 Chicken Enchilada Cass. Green Beans Fresh Fruit Assorted Milk- Variety	Dec - 3 W.G. Corn Dog Celery Sticks Fresh Fruit Variety Milk- Variety
Dec - 6 BBQ Hamburger w/ Cheese Corn Lettuce Tomato Pickles Fresh Fruit Variety Milk- Variety	Dec - 7 Chicken Alfredo Garlic Bread Salad Cup Fresh Fruit Variety Milk- Variety	Dec - 8 Tomato Soup & Grilled Cheese Sammy Celery Sticks Fresh Fruit Assorted Milk- Variety Cracker Oyster	Dec - 9 Teriyaki Rice & Veggie Bowl Fresh Fruit Variety Milk- Variety Egg Roll	Dec - 10 Burrito Spanish Rice Milk- Variety Carrot Sticks Apple Crisp
Dec - 13 BBQ Hamburger w/ Cheese Corn Lettuce Tomato Pickles Fresh Fruit Variety Milk- Variety	Dec - 14 Lasagna Breadsticks Fresh Fruit Assorted Milk- Variety Salad Cup	Dec - 15 Chicken Noodle Soup Fresh Fruit Variety Milk- Variety Fresh Roll	Dec - 16 Baked Chicken Mashed Potatoes & Gravy Corn Fresh Fruit Variety Milk- Variety Fresh Roll	Dec - 17 Uncrustable Carrot Sticks Fresh Fruit Variety Milk- Variety Goldfish Pretzel
Dec - 20 Winter Break	Dec - 21 Winter Break	Dec - 22 Winter Break	Dec - 23 Winter Break	Dec - 24 Winter Break
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December K-8 Breakfast Menu

Nov 29, 2021

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Monday	Tuesday	Wednesday	Thursday	Friday
		Dec - 1 Daily Yogurt Bar Assorted Cereal Variety String Cheese Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 2 Egg Casserole Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 3 Egg, Sausage Burrito Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Dec - 6 Muffin Variety Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 7 Pancakes with Sausage Assorted Cereal Variety String Cheese Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 8 Tropical Smoothie with Kale Assorted Cereal Variety Fresh Fruit Assorted Milk- Variety	Dec - 9 Potato Bake Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 10 Sausage Breakfast Pizza Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Dec - 13 Buttermilk Bar Assorted Cereal Variety String Cheese Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 14 French Toast Sticks Assorted Cereal Variety String Cheese Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 15 Yogurt and Granola Assorted Cereal Variety String Cheese Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 16 Veggie Frittata Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 17 Muffin Variety Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Dec - 20 Winter Break	Dec - 21 Winter Break	Dec - 22 Winter Break	Dec - 23 Winter Break	Dec - 24 Winter Break
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December K-8 Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
		Dec - 1 Bacon Potato & Cheese Soup in a Bread Bowl Salad Cup Fresh Fruit Variety Milk- Variety	Dec - 2 Chicken Enchilada Cass. Green Beans Fresh Fruit Assorted Milk- Variety	Dec - 3 W.G. Corn Dog Celery Sticks Fresh Fruit Variety Milk- Variety
Dec - 6 BBQ Hamburger w/ Cheese Corn Lettuce Tomato Pickles Fresh Fruit Variety Milk- Variety	Dec - 7 Chicken Alfredo Garlic Bread Salad Cup Fresh Fruit Variety Milk- Variety	Dec - 8 Tomato Soup & Grilled Cheese Sammy Celery Sticks Fresh Fruit Assorted Milk- Variety Cracker Oyster	Dec - 9 Teriyaki Rice & Veggie Bowl Fresh Fruit Variety Milk- Variety Egg Roll	Dec - 10 Burrito Spanish Rice Milk- Variety Carrot Sticks Apple Crisp
Dec - 13 BBQ Hamburger w/ Cheese Corn Lettuce Tomato Pickles Fresh Fruit Variety Milk- Variety	Dec - 14 Lasagna Breadsticks Fresh Fruit Assorted Milk- Variety Salad Cup	Dec - 15 Chicken Noodle Soup Fresh Fruit Variety Milk- Variety Fresh Roll	Dec - 16 Baked Chicken Mashed Potatoes & Gravy Corn Fresh Fruit Variety Milk- Variety Fresh Roll	Dec - 17 Uncrustable Carrot Sticks Fresh Fruit Variety Milk- Variety Goldfish Pretzel
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December High School Breakfast Menu

Nov 29, 2021

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Monday	Tuesday	Wednesday	Thursday	Friday
		Dec - 1 Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety String Cheese Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 2 Egg Casserole Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 3 Egg, Sausage Burrito Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Dec - 6 Muffin Variety Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 7 Pancakes with Sausage Assorted Cereal Variety String Cheese Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 8 Tropical Smoothie with Kale Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg Fresh Fruit Assorted Milk- Variety	Dec - 9 Potato Bake Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 10 Sausage Breakfast Pizza Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Dec - 13 Buttermilk Bar Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety String Cheese Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 14 French Toast Sticks Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety String Cheese Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 15 Yogurt and Granola Breakfast Sandwich Bar Choice of Meat or egg String Cheese Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 16 Veggie Frittata Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Dec - 17 Muffin Variety Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
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		Dec - 1 Bacon Potato & Cheese Soup in a Bread Bowl Loaded Baked Potato W/ Toppings Salad Cup Fresh Fruit Variety Milk- Variety	Dec - 2 Chicken Enchilada Cass. Pasta Bar w/ Choice of Meats & Sauces Bosco's Cheese Sticks Green Beans Fresh Fruit Assorted Milk- Variety	Dec - 3 W.G. Corn Dog Celery Sticks Fresh Fruit Variety Milk- Variety
Dec - 6 BBQ Hamburger w/ Cheese Sidewinders BBQ Lettuce Tomato Pickles Fresh Fruit Variety Milk- Variety	Dec - 7 Taco bar with choice of Chicken, Beef & Toppings Spanish Rice Refried Beans Fresh Fruit Variety Milk- Variety	Dec - 8 Tomato Soup & Grilled Cheese Sammy Loaded Baked Potato W/ Toppings Celery Sticks Fresh Fruit Assorted Milk- Variety Cracker Oyster	Dec - 9 Chicken Alfredo Pasta Bar w/ Choice of Meats & Sauces Bosco's Cheese Sticks Salad Cup Fresh Fruit Variety Milk- Variety	Dec - 10 Burrito Spanish Rice Milk- Variety Carrot Sticks Apple Crisp
Dec - 13 Grilled Cheese Sandwich Buffalo Chicken Wings Cole Slaw Fresh Fruit Variety Milk- Variety	Dec - 14 Lasagna Bosco's Cheese Sticks Fresh Fruit Assorted Milk- Variety Salad Cup	Dec - 15 Chicken Noodle Soup Loaded Baked Potato W/ Toppings Fresh Fruit Variety Milk- Variety Fresh Roll	Dec - 16 Baked Chicken Mashed Potatoes & Gravy Corn Fresh Fruit Variety Milk- Variety Fresh Roll	Dec - 17 Uncrustable Carrot Sticks Fresh Fruit Variety Milk- Variety Goldfish Pretzel
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December Supper Program Menu

Nov 29, 2021

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Monday	Tuesday	Wednesday	Thursday	Friday
		Dec - 1 Chicken Enchilada Cass. Green Beans Fresh Fruit Assorted Milk- Variety	Dec - 2 W.G. Corn Dog Celery Sticks Fresh Fruit Variety Milk- Variety Strawberry Shortcake	Dec - 3 Bacon Potato & Cheese Soup in a Bread Bowl Salad Cup Fresh Fruit Variety Milk- Variety
Dec - 6 Tomato Soup & Grilled Cheese Sammy Celery Sticks Fresh Fruit Assorted Milk- Variety Cracker Oyster	Dec - 7 Teriyaki Rice & Veggie Bowl Fresh Fruit Variety Milk- Variety Egg Roll	Dec - 8 Chicken Alfredo Garlic Bread Salad Cup Fresh Fruit Variety Milk- Variety	Dec - 9 Burrito Spanish Rice Milk- Variety Carrot Sticks Apple Crisp	Dec - 10 BBQ Hamburger w/ Cheese Corn Lettuce Tomato Pickles Fresh Fruit Variety Milk- Variety
Dec - 13 Uncrustable Carrot Sticks Fresh Fruit Variety Milk- Variety Goldfish Pretzel	Dec - 14 BBQ Hamburger w/ Cheese Corn Lettuce Tomato Pickles Fresh Fruit Variety Milk- Variety	Dec - 15 Lasagna Breadsticks Fresh Fruit Assorted Milk- Variety Salad Cup	Dec - 16 Chicken Noodle Soup Fresh Fruit Variety Milk- Variety Fresh Roll	Dec - 17 BBQ Hamburger w/ Cheese Corn Lettuce Tomato Pickles Fresh Fruit Variety Milk- Variety
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