

Lakeport Unified School District

February Preschool Menu Breakfast

Jan 31, 2022

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
	Feb - 1 Waffle Sticks Syrup String Cheese Fresh Fruit Assorted Milk- Variety Orange Juice	Feb - 2 French Toast Sticks Assorted Cereal Variety String Cheese Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 3 Potato Bake Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 4 Egg, Sausage Burrito Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Feb - 7 Muffin Variety Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 8 Sausage & Cheese Muffins Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 9 Biscuits & Gravy with Sausage Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 10 Veggie Frittata Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 11 NO SCHOOL TODAY
Feb - 14 Heart Health Week Avacodo Toast on Multigrain bread Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 15 Heart Health Week Veggie Frittata Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 16 Heart Health Week Tropical Smoothie with Kale GRANOLA Fresh Fruit Assorted Milk- Variety	Feb - 17 Heart Health Week Chia Seed Yogurt & Berry Parfait Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 18 Heart Health Week Heart shaped Pancakes with Strawberry sauce Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Feb - 21 NO SCHOOL TODAY	Feb - 22 Biscuits & Gravy with Sausage Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 23 French Toast Sticks Assorted Cereal Variety String Cheese Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 24 Veggie Frittata Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 25 Sausage Breakfast Pizza Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Feb - 28 Pancake on a Stick Syrup 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.

Lakeport Unified School District

February Preschool Lunch Menu

Jan 31, 2022

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
	Feb - 1 W.G. Corn Dog Green Beans Fresh Fruit Variety Milk- Variety	Feb - 2 Chicken Tortilla Soup Topped w/ Tortilla chips Carrot Sticks Fresh Fruit Variety Milk- Variety Cracker Oyster	Feb - 3 BBQ Hamburger w/ Cheese Sidewinders BBQ Lettuce Tomato Pickles Fresh Fruit Variety Milk- Variety	Feb - 4 W.G. Flatbread Pizza Salad Cup Fresh Fruit Variety Milk- Variety Blueberry Crisp
Feb - 7 Grilled Cheese Sandwich Carrot Sticks Fresh Fruit Variety Milk- Variety Doritos Cheese	Feb - 8 Calzone Refried Beans Fresh Fruit Variety Milk- Variety	Feb - 9 Lasagna Bosco's Cheese Sticks Salad Cup Fresh Fruit Variety Milk- Variety	Feb - 10 Grilled Chicken Patty Sidewinders BBQ Lettuce Tomato Pickles Fresh Fruit Variety Milk- Variety	Feb - 11 NO SCHOOL TODAY
Feb - 14 Heart Health Week Chipotle Veggie Burrito Avacodo & Mango Salsa Fresh Fruit Assorted Milk- Variety	Feb - 15 Heart Health Week Oriental Chicken Salad Salad Bar Fresh Fruit Variety Milk- Variety Fresh Roll	Feb - 16 Heart Health Week Veggie Pizza with a Cauliflower Crust Salad Bar Fresh Fruit Variety Milk- Variety	Feb - 17 Heart Health Week Korean BBQ Veggi Bowl Fresh Fruit Variety Milk- Variety	Feb - 18 Heart Health Week Crunchy Hawaiian Wrap Fresh Fruit Variety Milk- Variety
Feb - 21 NO SCHOOL TODAY	Feb - 22 Pretzel dog French Fries Fresh Fruit Variety Milk- Variety	Feb - 23 Grilled Cheese Sandwich MIXED VEGETABLES Fresh Fruit Variety Milk- Variety	Feb - 24 Calzone Peas & Carrots Fresh Fruit Variety Milk- Variety	Feb - 25 Grab & Go P.B & J Sammy w/ Veggie, Fruit & Chips Fresh Fruit Variety Carrot Sticks Milk- Variety
Feb - 28 Pepperoni Hot Pocket Salad Cup Fresh Fruit 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.

Lakeport Unified School District

February K-8 Breakfast Menu

Jan 31, 2022

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
	Feb - 1 Waffle Sticks Syrup String Cheese Fresh Fruit Assorted Milk- Variety Orange Juice	Feb - 2 French Toast Sticks Assorted Cereal Variety String Cheese Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 3 Potato Bake Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 4 Egg, Sausage Burrito Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Feb - 7 Muffin Variety Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 8 Sausage & Cheese Muffins Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 9 Biscuits & Gravy with Sausage Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 10 Veggie Frittata Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 11 NO SCHOOL TODAY
Feb - 14 Heart Health Week Avacodo Toast on Multigrain bread Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 15 Heart Health Week Veggie Frittata Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 16 Heart Health Week Tropical Smoothie with Kale GRANOLA Fresh Fruit Assorted Milk- Variety	Feb - 17 Heart Health Week Chia Seed Yogurt & Berry Parfait Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 18 Heart Health Week Heart shaped Pancakes with Strawberry sauce Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Feb - 21 NO SCHOOL TODAY	Feb - 22 Biscuits & Gravy with Sausage Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 23 French Toast Sticks Assorted Cereal Variety String Cheese Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 24 Veggie Frittata Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 25 Sausage Breakfast Pizza Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Feb - 28 Pancake on a Stick Syrup 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.

Lakeport Unified School District

February K-8 Lunch Menu

Jan 31, 2022

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
	Feb - 1 W.G. Corn Dog Green Beans Fresh Fruit Variety Milk- Variety	Feb - 2 Chicken Tortilla Soup Topped w/ Tortilla chips Carrot Sticks Fresh Fruit Variety Milk- Variety Cracker Oyster	Feb - 3 BBQ Hamburger w/ Cheese Sidewinders BBQ Lettuce Tomato Pickles Fresh Fruit Variety Milk- Variety	Feb - 4 W.G. Flatbread Pizza Salad Cup Fresh Fruit Variety Milk- Variety Blueberry Crisp
Feb - 7 Grilled Cheese Sandwich Carrot Sticks Fresh Fruit Variety Milk- Variety Doritos Cheese	Feb - 8 Calzone Refried Beans Fresh Fruit Variety Milk- Variety	Feb - 9 Lasagna Bosco's Cheese Sticks Salad Cup Fresh Fruit Variety Milk- Variety	Feb - 10 Grilled Chicken Patty Sidewinders BBQ Lettuce Tomato Pickles Fresh Fruit Variety Milk- Variety	Feb - 11 NO SCHOOL TODAY
Feb - 14 Heart Health Week Chipotle Veggie Burrito Avacodo & Mango Salsa Fresh Fruit Assorted Milk- Variety	Feb - 15 Heart Health Week Oriental Chicken Salad Salad Bar Fresh Fruit Variety Milk- Variety Fresh Roll	Feb - 16 Heart Health Week Veggie Pizza with a Cauliflower Crust Salad Bar Fresh Fruit Variety Milk- Variety	Feb - 17 Heart Health Week Korean BBQ Veggi Bowl Fresh Fruit Variety Milk- Variety	Feb - 18 Heart Health Week Crunchy Hawaiian Wrap Fresh Fruit Variety Milk- Variety
Feb - 21 NO SCHOOL TODAY	Feb - 22 Pretzel dog French Fries Fresh Fruit Variety Milk- Variety	Feb - 23 Grilled Cheese Sandwich MIXED VEGETABLES Fresh Fruit Variety Milk- Variety	Feb - 24 Calzone Peas & Carrots Fresh Fruit Variety Milk- Variety	Feb - 25 Grab & Go P.B & J Sammy w/ Veggie, Fruit & Chips Fresh Fruit Variety Carrot Sticks Milk- Variety
Feb - 28 Pepperoni Hot Pocket Salad Cup Fresh Fruit 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.

Lakeport Unified School District

February High School Breakfast Menu

Jan 31, 2022

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
	Feb - 1 Waffle Sticks Syrup String Cheese Fresh Fruit Assorted Milk- Variety Orange Juice	Feb - 2 French Toast Sticks Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety String Cheese Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 3 Potato Bake Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 4 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
Feb - 7 Muffin Variety Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 8 Sausage & Cheese Muffins Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 9 Biscuits & Gravy with Sausage Daily Yogurt Bar Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 10 Veggie Frittata Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 11 NO SCHOOL TODAY
Feb - 14 Heart Health Week Avacodo Toast on Multigrain bread Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 15 Heart Health Week Veggie Frittata Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 16 Heart Health Week Tropical Smoothie with Kale GRANOLA Fresh Fruit Assorted Milk- Variety	Feb - 17 Heart Health Week Chia Seed Yogurt & Berry Parfait Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 18 Heart Health Week Heart shaped Pancakes with Strawberry sauce Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety
Feb - 21 NO SCHOOL TODAY	Feb - 22 Biscuits & Gravy with Sausage Daily Yogurt Bar Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 23 French Toast Sticks Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety String Cheese Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 24 Veggie Frittata Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg Assorted Cereal Variety Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Feb - 25 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
Feb - 28 Pancake on a Stick Syrup Daily Yogurt Bar Breakfast Sandwich Bar Choice of Meat or egg 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.

Lakeport Unified School District

February High School Lunch Menu

Jan 31, 2022

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
	Feb - 1 W.G. Corn Dog Green Beans Fresh Fruit Variety Milk- Variety	Feb - 2 Chicken Tortilla Soup Topped w/ Tortilla chips Carrot Sticks Loaded Baked Potato W/ Toppings Fresh Fruit Variety Milk- Variety Cracker Oyster	Feb - 3 BBQ Hamburger w/ Cheese Sidewinders BBQ Lettuce Tomato Pickles Fresh Fruit Variety Milk- Variety	Feb - 4 W.G. Flatbread Pizza Salad Cup Fresh Fruit Variety Milk- Variety Blueberry Crisp
Feb - 7 Grilled Cheese Sandwich Carrot Sticks Fresh Fruit Variety Milk- Variety Doritos Cheese	Feb - 8 Calzone Refried Beans Fresh Fruit Variety Milk- Variety	Feb - 9 Lasagna Bosco's Cheese Sticks Salad Cup Fresh Fruit Variety Milk- Variety	Feb - 10 Grilled Chicken Patty Sidewinders BBQ Lettuce Tomato Pickles Fresh Fruit Variety Milk- Variety	Feb - 11 NO SCHOOL TODAY
Feb - 14 Heart Health Week Chipotle Veggie Burrito Avacodo & Mango Salsa Fresh Fruit Assorted Milk- Variety	Feb - 15 Heart Health Week Oriental Chicken Salad Salad Bar Fresh Fruit Variety Milk- Variety Fresh Roll	Feb - 16 Heart Health Week Veggie Pizza with a Cauliflower Crust Salad Bar Fresh Fruit Variety Milk- Variety	Feb - 17 Heart Health Week Korean BBQ Veggi Bowl Fresh Fruit Variety Milk- Variety	Feb - 18 Heart Health Week Crunchy Hawaiian Wrap Grab & Go Salad Chef, Asian, or Garden Fresh Fruit Variety Milk- Variety
Feb - 21 NO SCHOOL TODAY	Feb - 22 Pretzel dog French Fries Grab & Go Wrap w/ Veggies, Fruit & Chips Carrot Sticks Fresh Fruit Variety Milk- Variety	Feb - 23 Grilled Cheese Sandwich MIXED VEGETABLES Fresh Fruit Variety Milk- Variety	Feb - 24 Calzone Pasta Bar w/ Choice of Meats & Sauces Peas & Carrots Fresh Fruit Variety Milk- Variety	Feb - 25 Grab & Go P.B & J Sammy w/ Veggie, Fruit & Chips Fresh Fruit Variety Carrot Sticks Milk- Variety
Feb - 28 Pepperoni Hot Pocket Salad Cup Fresh Fruit 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.

Lakeport Unified School District

February Supper Program Menu

Jan 31, 2022

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
	Feb - 1 W.G. Flatbread Pizza Salad Cup Fresh Fruit Variety Milk- Variety Blueberry Crisp	Feb - 2 BBQ Hamburger w/ Cheese Sidewinders BBQ Lettuce Tomato Pickles Fresh Fruit Variety Milk- Variety	Feb - 3 Chicken Tortilla Soup Topped w/ Tortilla chips Carrot Sticks Fresh Fruit Variety Milk- Variety Cracker Oyster	Feb - 4 W.G. Corn Dog Green Beans Fresh Fruit Variety Milk- Variety
Feb - 7 Grilled Chicken Patty Sidewinders BBQ Lettuce Tomato Pickles Fresh Fruit Variety Milk- Variety	Feb - 8 Grilled Cheese Sandwich Carrot Sticks Fresh Fruit Variety Milk- Variety Doritos Cheese	Feb - 9 Calzone Refried Beans Fresh Fruit Variety Milk- Variety	Feb - 10 Lasagna Bosco's Cheese Sticks Salad Cup Fresh Fruit Variety Milk- Variety	Feb - 11 NO SCHOOL TODAY
Feb - 14 Heart Health Week Veggie Pizza with a Cauliflower Crust Salad Bar Fresh Fruit Variety Milk- Variety	Feb - 15 Heart Health Week Chipotle Veggie Burrito Avacodo & Mango Salsa Fresh Fruit Assorted Milk- Variety	Feb - 16 Heart Health Week Oriental Chicken Salad Salad Bar Fresh Fruit Variety Milk- Variety Fresh Roll	Feb - 17 Heart Health Week Crunchy Hawaiian Wrap Fresh Fruit Variety Milk- Variety	Feb - 18 Heart Health Week Korean BBQ Veggi Bowl Fresh Fruit Variety Milk- Variety
Feb - 21 NO SCHOOL TODAY	Feb - 22 Grab & Go P.B & J Sammy w/ Veggie, Fruit & Chips Fresh Fruit Variety Carrot Sticks Milk- Variety	Feb - 23 Calzone Peas & Carrots Fresh Fruit Variety Milk- Variety	Feb - 24 Grilled Cheese Sandwich MIXED VEGETABLES Fresh Fruit Variety Milk- Variety	Feb - 25 Pretzel dog French Fries Fresh Fruit Variety Milk- Variety
Feb - 28 Burrito Carrot Sticks Fresh Fruit Variety Milk- Variety Goldfish Pretzel				

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.