

Upper Lake Unified High School Breakfast Menu August 2019

2019

Monday	Tuesday	Wednesday	Thursday	Friday
		Aug - 14 Oatmeal Assorted Cereal Variety Graham Crackers Fruit Juice Assorted Fresh Fruit Assorted Milk- Variety	Aug - 15 Chicken and Waffels Assorted Cereal Variety Graham Crackers Fruit Juice Assorted Fresh Fruit Assorted Milk- Variety	Aug - 16 Egg, Sausage and Cheese Tornado Assorted Cereal Variety Graham Crackers Fresh Fruit Assorted Milk- Variety
Aug - 19 Egg and Sausage Burrito Assorted Cereal Variety Graham Crackers Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Aug - 20 Biscuits & Gravy with Sausage Assorted Cereal Variety Graham Crackers Fruit Juice Assorted Fresh Fruit Assorted Milk- Variety	Aug - 21 Fruit & Yogurt Smoothie Assorted Cereal Variety Graham Crackers Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Aug - 22 Scrambled Eggs With Ham and Cheese English Muffin Assorted Cereal Variety Graham Crackers Fruit Juice Assorted Fresh Fruit Assorted Milk- Variety	Aug - 23 Homemade Breakfast Pizza Assorted Cereal Variety Graham Crackers Fruit Juice Assorted Fresh Fruit Assorted Milk- Variety
Aug - 26 Pancakes with Sausage Assorted Cereal Variety Graham Crackers Fruit Juice Assorted Fresh Fruit Assorted Milk- Variety	Aug - 27 Sausage & Cheese McMuffin Assorted Cereal Variety Graham Crackers Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Aug - 28 Bagel & Cream Cheese Assorted Cereal Variety Graham Crackers Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Aug - 29 Hashbrown W/ Ham & Cheese Breakfast Bake Assorted Cereal Variety Graham Crackers Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety	Aug - 30 Egg and Sausage Burrito Assorted Cereal Variety Graham Crackers Fresh Fruit Assorted Fruit Juice Assorted Milk- Variety

In Operation of child feeding programs, no child will be discriminated against because of race, sex, 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.