



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

1

*No School*

2

*Cereal – Variety*  
**Breakfast Rounds**  
*Seasonal Fruit*

3

*Cereal – Variety*  
**Mini Donuts**  
*Seasonal Fruit*

4

*Cereal – Variety*  
**Sausage N’ Pancake wrap**  
*Seasonal Fruit*

5

*Cereal – Variety*  
**Apple Crisp**  
*Seasonal Fruit*

8

*Cereal – Variety*  
**French Toast**  
*Seasonal Fruit*

9

*Cereal – Variety*  
**Cereal Bar**  
*Seasonal Fruit*

10

*Cereal – Variety*  
**Muffin**  
*Seasonal Fruit*

11

*Cereal – Variety*  
**Waffles**  
*Seasonal Fruit*

12

*No School*

15

*Cereal – Variety*  
**Eggs n Sausage**  
*Seasonal Fruit*

16

*Cereal – Variety*  
**Breakfast Pizza**  
*Seasonal Fruit*

17

*Cereal – Variety*  
**Bagels**  
*Seasonal Fruit*

18

*Cereal – Variety*  
**Breakfast sandwich**  
*Seasonal Fruit*

19

*Cereal – Variety*  
**Pop Tart**  
*Seasonal Fruit*

22

*Cereal – Variety*  
**Pancakes & Sausage Links**  
*Seasonal Fruit*

23

*Cereal – Variety*  
**Breakfast Burrito**  
*Seasonal Fruit*

24

*Cereal – Variety*  
**PB & J**  
*Seasonal Fruit*

25

*Cereal – Variety*  
**Loaded Hashbrowns**  
*Seasonal Fruit*

26

*Cereal – Variety*  
**Banana crumb cake**  
*Seasonal Fruit*

29

*Cereal – Variety*  
**Nutrigrain Bar**  
*Seasonal Fruit*

30

*Cereal – Variety*  
**Muffin**  
*Seasonal Fruit*

31

*Cereal – Variety*  
**Danish**  
*Seasonal Fruit*

Breakfast Beverage: 1% or Skim White Milk, 100% Juice  
Lunch Beverage: FF Chocolate, 1% or Skim White Milk  
This institution is an equal opportunity provider

Breakfast: Gr 7-12 Cafeteria (7:30am)  
Gr 1-6 Classroom (7:30am)  
Gr PK & Kdg Cafeteria (8:00am)




**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**

*No School*

**1**

*Chicken Patty Sandwich  
Veg/Salad Bar  
Fruit*

**2**

*Meat Loaf  
Mash potatoes & Gravy  
Veg/Salad Bar  
Fruit*

**3**

*Taco's or Taco salad  
Veg/Salad Bar  
Fruit*

**4**

*Tomato Soup  
Grilled Cheese  
Veg/Salad Bar  
Fruit*

**5**

*Fish Sticks  
Potato Salad  
Veg/Salad Bar  
Fruit*

**8**

*Turkey & Gravy  
Au gratin Potato  
Veg/Salad Bar  
Fruit*

**9**

*Spaghetti & Meatballs  
Veg/Salad Bar  
Fruit*

**10**

*Corn Dogs  
Veg/Salad Bar  
Fruit*

**11**

*No School*

**12**

*Chicken Dumpling Soup  
Warm Cheese Stix  
Veg/Salad Bar  
Fruit*

**15**

*Taco Casserole  
Veg/Salad Bar  
Fruit*

**16**

*Salisbury Steak  
Mash Potatoes & gravy  
Veg/Salad Bar  
Fruit*

**17**

*Chicken Nuggets  
Veg/Salad Bar  
Fruit*

**18**

*Hamburger  
Sweet Potato Puffs  
Veg/Salad Bar  
Fruit*

**19**

*Chili  
Beef Vegetable Soup  
Veg/Salad Bar  
Fruit*

**22**

*Cold Lunch Meat Sandwiches  
Veg/Salad Bar  
Fruit*

**23**

*Swedish Meatballs  
Over Rice  
Veg/Salad Bar  
Fruit*

**24**

*Ravioli  
Veg/Salad Bar  
Fruit*

**25**

*Macaroni & Chees  
Polish Sausage  
Veg/Salad Bar  
Fruit*

**26**

*Cheese Pizza - EL  
Stuff crusted Pizza - HS  
Veg/Salad Bar  
Fruit*

**29**

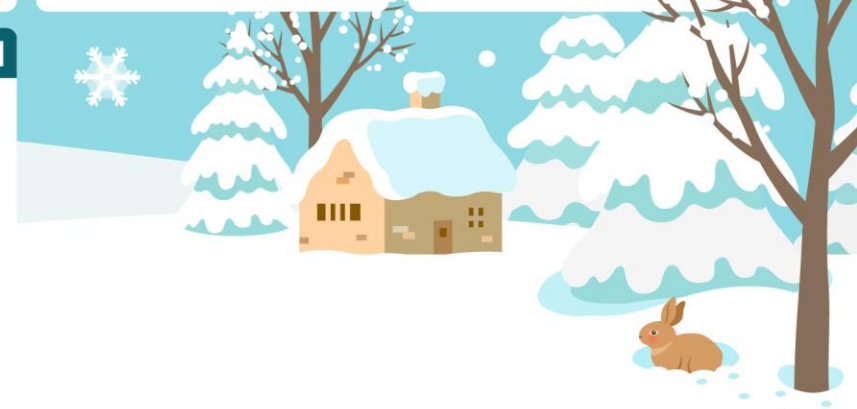
*Oven Chicken  
On the Bone  
Veg/Salad Bar  
Fruit*

**30**

*Hot Dog  
Baked Beans  
Veg/Salad Bar  
Fruit*

**31**

Breakfast Beverage: 1% or Skim White Milk, 100% Juice  
Lunch Beverage: FF Chocolate, 1% or Skim White Milk  
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**White Lake School District**  
**Nutrients Breakdown Summary Report**  
**From Jan 2, 2018 To Feb 2, 2018**

**E - Lunch Elementary**

Nutrient	Average		% of Cals	Weekly Target	% of Target*	Shortfall*	Overage*	Missing Data
Calories	664			550-650				
Total Fat	16.88	g	22.86%	<=25.0%				
Saturated Fat	6.19	g	8.38%	<10.0%				
Cholesterol	72	mg						
Sodium	1232	mg		1230				
Carbohydrate	93.33	g	56.19%					
Fiber	8.49	g						
Sugars	14	g	8.26%					*
Protein	32.32	g	19.46%					
Iron	5.34	mg						*
Calcium	518.57	mg						*
Vitamin A	5217	IU						*
Vitamin C	39.15	mg						*
Cost	\$0.00							

*\*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.**

**White Lake School District**  
**Nutrients Breakdown Summary Report**  
 From Jan 2, 2018 To Feb 2, 2018

**G - Lunch High School**

Nutrient	Average		% of Cals	Weekly Target	% of Target*	Shortfall*	Overage*	Missing Data
Calories	809			750-850				
Total Fat	19.63	g	21.84%	<=25.0%				
Saturated Fat	7.24	g	8.05%	<10.0%				
Cholesterol	83	mg						
Sodium	1419	mg		1420				
Carbohydrate	117.88	g	58.29%					
Fiber	11.09	g						
Sugars	19	g	9.30%					*
Protein	37.82	g	18.70%					
Iron	6.53	mg						*
Calcium	558.20	mg						*
Vitamin A	6376	IU						*
Vitamin C	54.40	mg						*
Cost	\$0.00							

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

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