

# Monroe City R-1 School District

## MS HS BREAKFAST

Oct 2, 2017

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 2 pizza cinn. biscuit cereal variety/ toast muffins bagel yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Oct - 3 waffle/sausage patty cereal variety/ toast muffins bagel cinn. biscuit yogurt fresh fruit fruit juice MILK - Variety	Oct - 4 breakfast sandwich cinn. biscuit cereal variety/ toast yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Oct - 5 biscuits/gravy cinn. biscuit cereal variety/ toast yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Oct - 6 SCRAMBLED EGGS toast CINNAMON ROLLS cereal variety/ toast bagel fresh fruit yogurt fruit juice MILK - Variety
Oct - 9 pizza cinn. biscuit muffins cereal variety/ toast bagel yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Oct - 10 pancakes & sausage cinn. biscuit bagel cereal variety/ toast yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Oct - 11 breakfast sandwich cinn. biscuit cereal variety/ toast muffins bagel yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Oct - 12 biscuits/gravy cinn. biscuit cereal variety/ toast muffins bagel yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Oct - 13 SCRAMBLED EGGS toast CINNAMON ROLLS cereal variety/ toast bagel fresh fruit yogurt fruit juice MILK - Variety
Oct - 16 pizza cinn. biscuit cereal variety/ toast muffins bagel yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Oct - 17 french toast sticks sausage patty cinn. biscuit muffins bagel cereal variety/ toast yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Oct - 18 breakfast sandwich cinn. biscuit cereal variety/ toast muffins bagel yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Oct - 19 staff development/no s	Oct - 20 NO SCHOOL TODAY
Oct - 23 pizza cinn. biscuit cereal variety/ toast muffins bagel yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Oct - 24 waffle/sausage patty cereal variety/ toast muffins bagel cinn. biscuit yogurt fresh fruit fruit juice MILK - Variety	Oct - 25 breakfast sandwich cinn. biscuit cereal variety/ toast muffins bagel yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Oct - 26 biscuits/gravy cinn. biscuit cereal variety/ toast muffins bagel yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Oct - 27 flapstick cinn. biscuit cereal variety/ toast muffins yogurt bagel fruit juice fresh fruit MILK - Variety

"This Institution is an equal opportunity provider".

\*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.**