

Monroe City R-1 School District

MS HS BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 1 HOLIDAY NO SCHOOL TODAY	Jan - 2 NO SCHOOL TODAY CHRISTMAS BREAK	Jan - 3 CHRISTMAS BREAK	Jan - 4 biscuits/gravy cinn. biscuit cereal variety/ toast yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Jan - 5 SCRAMBLED EGGS toast CINNAMON ROLLS cereal variety/ toast bagel fresh fruit yogurt fruit juice MILK - Variety
Jan - 8 pizza cinn. biscuit cereal variety/ toast muffins bagel yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Jan - 9 pancakes & sausage cinn. biscuit bagel cereal variety/ toast yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Jan - 10 breakfast sandwich cinn. biscuit cereal variety/ toast muffins bagel yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Jan - 11 biscuits/gravy cinn. biscuit cereal variety/ toast muffins bagel yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Jan - 12 SCRAMBLED EGGS toast CINNAMON ROLLS cereal variety/ toast bagel fresh fruit yogurt fruit juice MILK - Variety
Jan - 15 HOLIDAY	Jan - 16 waffle/sausage patty cereal variety/ toast muffins bagel cinn. biscuit yogurt fresh fruit fruit juice MILK - Variety	Jan - 17 breakfast sandwich cinn. biscuit cereal variety/ toast yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Jan - 18 biscuits/gravy cinn. biscuit cereal variety/ toast yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Jan - 19 SCRAMBLED EGGS toast CINNAMON ROLLS cereal variety/ toast bagel fresh fruit yogurt fruit juice MILK - Variety
Jan - 22 pizza cinn. biscuit muffins cereal variety/ toast bagel yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Jan - 23 french toast sticks sausage patty cinn. biscuit muffins bagel cereal variety/ toast yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Jan - 24 breakfast sandwich cinn. biscuit cereal variety/ toast muffins bagel yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Jan - 25 biscuits/gravy cinn. biscuit cereal variety/ toast muffins bagel yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Jan - 26 SCRAMBLED EGGS toast CINNAMON ROLLS cereal variety/ toast muffins bagel fresh fruit yogurt fruit juice 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.