

Monroe City R-1 School District

MS HS BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 29 pizza cinn. biscuit cereal variety/ toast muffins bagel yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Jan - 30 pancakes & sausage cinn. biscuit bagel cereal variety/ toast yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Jan - 31 breakfast sandwich cinn. biscuit cereal variety/ toast muffins bagel yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Feb - 1 biscuits/gravy cinn. biscuit cereal variety/ toast yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Feb - 2 SCRAMBLED EGGS toast CINNAMON ROLLS cereal variety/ toast bagel fresh fruit yogurt fruit juice MILK - Variety
Feb - 5 staff development/no s	Feb - 6 french toast sticks sausage patty cinn. biscuit muffins bagel cereal variety/ toast yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Feb - 7 breakfast sandwich cinn. biscuit cereal variety/ toast yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Feb - 8 biscuits/gravy cinn. biscuit cereal variety/ toast yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Feb - 9 SCRAMBLED EGGS toast CINNAMON ROLLS cereal variety/ toast bagel fresh fruit yogurt fruit juice MILK - Variety
Feb - 12 pizza cinn. biscuit muffins cereal variety/ toast bagel yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Feb - 13 pancakes & sausage cinn. biscuit bagel cereal variety/ toast yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Feb - 14 breakfast sandwich cinn. biscuit cereal variety/ toast muffins bagel yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Feb - 15 biscuits/gravy cinn. biscuit cereal variety/ toast muffins bagel yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Feb - 16 SCRAMBLED EGGS toast CINNAMON ROLLS cereal variety/ toast bagel fresh fruit yogurt fruit juice MILK - Variety
Feb - 19 NO SCHOOL TODAY	Feb - 20 waffle/sausage patty cereal variety/ toast muffins bagel cinn. biscuit yogurt fresh fruit fruit juice MILK - Variety	Feb - 21 breakfast sandwich cinn. biscuit cereal variety/ toast muffins bagel yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Feb - 22 biscuits/gravy cinn. biscuit cereal variety/ toast muffins bagel yogurt fruit juice fresh fruit milk,1o/o,skim choc,ski	Feb - 23 SCRAMBLED EGGS toast CINNAMON ROLLS cereal variety/ toast bagel fresh fruit yogurt fruit juice MILK - Variety

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.

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Feb - 26 pizza cinn. biscuit cereal variety/ toast muffins bagel yogurt fruit juice fresh fruit milk, 1o/o, skim choc, ski	Feb - 27 french toast sticks sausage patty cinn. biscuit muffins bagel cereal variety/ toast yogurt fruit juice fresh fruit milk, 1o/o, skim choc, ski	Feb - 28 breakfast sandwich cinn. biscuit cereal variety/ toast muffins bagel yogurt fruit juice fresh fruit milk, 1o/o, skim choc, ski	Mar - 1 biscuits/gravy cinn. biscuit cereal variety/ toast muffins bagel yogurt fruit juice fresh fruit milk, 1o/o, skim choc, ski	Mar - 2 SCRAMBLED EGGS toast CINNAMON ROLLS cereal variety/ toast bagel fresh fruit yogurt fruit juice MILK - Variety

"This Institution is an equal opportunity provider".

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