

Monroe City R-1 School District

MS HS BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 29 pizza Cinnamon Roll / Chees banana muffin donut/w cheese slice yogurt Poptart / Cheese Stk. cereal variety/ toast Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Oct - 30 waffle/sausage patty banana muffin Cinnamon Roll / Chees cereal variety/ toast yogurt Poptart / Cheese Stk. Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Oct - 31 breakfast sandwich banana muffin donut/w cheese slice Cinnamon Roll / Chees yogurt Poptart / Cheese Stk. cereal variety/ toast Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Nov - 1 biscuits/gravy yogurt cereal variety/ toast banana muffin Cinnamon Roll / Chees fresh fruit fruit juice MILK - Variety Grab-N-Go Breakfast	Nov - 2 SCRAMBLED EGGS Potato wedge banana muffin donut/w cheese slice Cinnamon Roll / Chees yogurt Poptart / Cheese Stk. Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast
Nov - 5 pizza Cinnamon Roll / Chees banana muffin donut/w cheese slice yogurt Poptart / Cheese Stk. cereal variety/ toast Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Nov - 6 waffle/sausage patty banana muffin Cinnamon Roll / Chees cereal variety/ toast yogurt Poptart / Cheese Stk. Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Nov - 7 breakfast sandwich banana muffin donut/w cheese slice Cinnamon Roll / Chees yogurt Poptart / Cheese Stk. cereal variety/ toast Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Nov - 8 biscuits/gravy yogurt cereal variety/ toast banana muffin Cinnamon Roll / Chees fresh fruit fruit juice MILK - Variety Grab-N-Go Breakfast	Nov - 9 SCRAMBLED EGGS Potato wedge banana muffin donut/w cheese slice Cinnamon Roll / Chees yogurt Poptart / Cheese Stk. Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast
Nov - 12 pizza Cinnamon Roll / Chees banana muffin donut/w cheese slice yogurt Poptart / Cheese Stk. cereal variety/ toast Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Nov - 13 french toast sticks sausage link Cinnamon Roll / Chees banana muffin donut/w cheese slice cereal variety/ toast yogurt Poptart / Cheese Stk. Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Nov - 14 breakfast sandwich banana muffin donut/w cheese slice Cinnamon Roll / Chees yogurt Poptart / Cheese Stk. cereal variety/ toast Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Nov - 15 biscuits/gravy yogurt cereal variety/ toast banana muffin Cinnamon Roll / Chees fresh fruit fruit juice MILK - Variety Grab-N-Go Breakfast	Nov - 16 SCRAMBLED EGGS Potato wedge banana muffin donut/w cheese slice Cinnamon Roll / Chees yogurt Poptart / Cheese Stk. Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast
Nov - 19 pizza Cinnamon Roll / Chees banana muffin donut/w cheese slice yogurt Poptart / Cheese Stk. cereal variety/ toast Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Nov - 20 staff development/no s	Nov - 21 NO SCHOOL TODAY	Nov - 22 HOLIDAY Happy Thanksgiving	Nov - 23 NO SCHOOL TODAY

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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Nov - 26 pizza Cinnamon Roll / Chees banana muffin donut/w cheese slice yogurt Poptart / Cheese Stk. cereal variety/ toast Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Nov - 27 waffle/sausage patty banana muffin Cinnamon Roll / Chees cereal variety/ toast yogurt Poptart / Cheese Stk. Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Nov - 28 breakfast sandwich banana muffin donut/w cheese slice Cinnamon Roll / Chees yogurt Poptart / Cheese Stk. cereal variety/ toast Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Nov - 29 biscuits/gravy yogurt cereal variety/ toast banana muffin Cinnamon Roll / Chees fresh fruit fruit juice MILK - Variety Grab-N-Go Breakfast	Nov - 30 SCRAMBLED EGGS Potato wedge banana muffin donut/w cheese slice Cinnamon Roll / Chees yogurt Poptart / Cheese Stk. Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast

"This Institution is an equal opportunity provider".

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** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

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