

# Monroe City R-1 School District

## MS HS BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3 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	Dec - 4 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	Dec - 5 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	Dec - 6 biscuits/gravy yogurt cereal variety/ toast banana muffin Cinnamon Roll / Chees fresh fruit fruit juice MILK - Variety Grab-N-Go Breakfast	Dec - 7 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
Dec - 10 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	Dec - 11 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	Dec - 12 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	Dec - 13 biscuits/gravy yogurt cereal variety/ toast banana muffin Cinnamon Roll / Chees fresh fruit fruit juice MILK - Variety Grab-N-Go Breakfast	Dec - 14 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
Dec - 17 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	Dec - 18 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	Dec - 19 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	Dec - 20 biscuits/gravy yogurt cereal variety/ toast banana muffin Cinnamon Roll / Chees fresh fruit fruit juice MILK - Variety Grab-N-Go Breakfast	Dec - 21 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
Dec - 24 WINTER BREAK	Dec - 25 MERRY CHRISTMAS	Dec - 26 MERRY CHRISTMAS	Dec - 27 WINTER BREAK	Dec - 28 WINTER BREAK

"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.**