

Monroe City R-1 School District

MS HS BREAKFAST

Page 1	Dec 21, 2018			
Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 7 staff development/no s	Jan - 8 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	Jan - 9 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	Jan - 10 biscuits/gravy yogurt cereal variety/ toast banana muffin Cinnamon Roll / Chees fresh fruit fruit juice MILK - Variety Grab-N-Go Breakfast	Jan - 11 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
Jan - 14 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	Jan - 15 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	Jan - 16 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	Jan - 17 biscuits/gravy yogurt cereal variety/ toast banana muffin Cinnamon Roll / Chees fresh fruit fruit juice MILK - Variety Grab-N-Go Breakfast	Jan - 18 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
Jan - 21 NO SCHOOL TODAY HOLIDAY	Jan - 22 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	Jan - 23 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	Jan - 24 biscuits/gravy yogurt cereal variety/ toast banana muffin Cinnamon Roll / Chees fresh fruit fruit juice MILK - Variety Grab-N-Go Breakfast	Jan - 25 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
Jan - 28 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	Jan - 29 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	Jan - 30 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	Jan - 31 biscuits/gravy yogurt cereal variety/ toast banana muffin Cinnamon Roll / Chees fresh fruit fruit juice MILK - Variety Grab-N-Go Breakfast	Feb - 1

"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.