

Monroe City R-1 School District

MS HS BREAKFAST

Jan 31, 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 4 staff development/no s	Feb - 5 waffle/sausage patty donut/w cheese slice banana muffin bagel Cinnamon Roll / Chees cereal variety/ toast yogurt Poptart / Cheese Stk. Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Feb - 6 breakfast sandwich banana muffin donut/w cheese slice bagel Cinnamon Roll / Chees yogurt Poptart / Cheese Stk. cereal variety/ toast Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Feb - 7 biscuits/gravy banana muffin donut/w cheese slice bagel yogurt cereal variety/ toast Cinnamon Roll / Chees fresh fruit fruit juice MILK - Variety Grab-N-Go Breakfast	Feb - 8 SCRAMBLED EGGS Potato wedge bagel banana muffin donut/w cheese slice Cinnamon Roll / Chees cereal variety/ toast yogurt Poptart / Cheese Stk. Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast
Feb - 11 pizza Cinnamon Roll / Chees bagel banana muffin donut/w cheese slice yogurt Poptart / Cheese Stk. cereal variety/ toast Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Feb - 12 french toast sticks sausage link Cinnamon Roll / Chees banana muffin donut/w cheese slice bagel cereal variety/ toast yogurt Poptart / Cheese Stk. Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Feb - 13 breakfast sandwich banana muffin donut/w cheese slice bagel Cinnamon Roll / Chees yogurt Poptart / Cheese Stk. cereal variety/ toast Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Feb - 14 biscuits/gravy donut/w cheese slice banana muffin bagel Cinnamon Roll / Chees cereal variety/ toast yogurt fresh fruit fruit juice MILK - Variety Grab-N-Go Breakfast	Feb - 15 SCRAMBLED EGGS Potato wedge banana muffin donut/w cheese slice Cinnamon Roll / Chees bagel cereal variety/ toast yogurt Poptart / Cheese Stk. Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast
Feb - 18 pizza bagel 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	Feb - 19 waffle/sausage patty bagel banana muffin donut/w cheese slice Cinnamon Roll / Chees cereal variety/ toast yogurt Poptart / Cheese Stk. Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Feb - 20 breakfast sandwich bagel 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	Feb - 21 biscuits/gravy yogurt cereal variety/ toast banana muffin Cinnamon Roll / Chees fresh fruit fruit juice MILK - Variety Grab-N-Go Breakfast	Feb - 22 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

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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MS HS BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 25 pizza bagel 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	Feb - 26 french toast sticks sausage link Cinnamon Roll / Chees bagel banana muffin donut/w cheese slice cereal variety/ toast yogurt Poptart / Cheese Stk. Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Feb - 27 breakfast sandwich bagel 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	Feb - 28 biscuits/gravy bagel donut/w cheese slice banana muffin Cinnamon Roll / Chees cereal variety/ toast yogurt fresh fruit fruit juice MILK - Variety Grab-N-Go Breakfast	Mar - 1 SCRAMBLED EGGS Potato wedge banana muffin donut/w cheese slice Cinnamon Roll / Chees bagel cereal variety/ toast 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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