

Monroe City R-1 School District

MS HS BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 21 Staff Development No School Today	Sep - 22 muffin CHEESE,"SCHOOL C yogurt fresh fruit Fruit Juice 4 oz.assort MILK - Variety	Sep - 23 Poptart / Cheese Stk. yogurt Fresh Fruit Assortment Fruit Juice 4 oz.assort MILK - Variety	Sep - 24 donut/w cheese slice yogurt Fresh Fruit Assortment Fruit Juice 4 oz.assort MILK - Variety	Sep - 25 Muffin Assortment yogurt Fresh Fruit Assortment Fruit Juice 4 oz.assort MILK - Variety
Sep - 28 cereal variety/ toast yogurt Fresh Fruit Assortment Fruit Juice 4 oz.assort MILK - Variety	Sep - 29 PANCAKES yogurt Fresh Fruit Assortment Fruit Juice 4 oz.assort MILK - Variety	Sep - 30 donut/w cheese slice yogurt Fresh Fruit Assortment Fruit Juice 4 oz.assort MILK - Variety	Oct - 1 Poptart / Cheese Stk. yogurt Fresh Fruit Assortment Fruit Juice 4 oz.assort MILK - Variety	Oct - 2 muffin CHEESE,"SCHOOL C yogurt fresh fruit Fruit Juice 4 oz.assort MILK - Variety
Oct - 5 cereal variety/ toast yogurt Fresh Fruit Assortment Fruit Juice 4 oz.assort MILK - Variety	Oct - 6 pancakes CHEESE,"SCHOOL C yogurt fresh fruit Fruit Juice 4 oz.assort MILK - Variety	Oct - 7 Poptart / Cheese Stk. yogurt Fresh Fruit Assortment Fruit Juice 4 oz.assort MILK - Variety	Oct - 8 donut/w cheese slice yogurt Fresh Fruit Assortment Fruit Juice 4 oz.assort MILK - Variety	Oct - 9 Muffin Assortment yogurt Fresh Fruit Assortment Fruit Juice 4 oz.assort MILK - Variety
Oct - 12 cereal variety/ toast yogurt Fresh Fruit Assortment Fruit Juice 4 oz.assort MILK - Variety	Oct - 13 Waffles cheese stick yogurt Fresh Fruit Assortment Fruit Juice 4 oz.assort MILK - Variety	Oct - 14 Poptart / Cheese Stk. yogurt Fresh Fruit Assortment Fruit Juice 4 oz.assort MILK - Variety	Oct - 15 donut/w cheese slice yogurt Fresh Fruit Assortment Fruit Juice 4 oz.assort MILK - Variety	Oct - 16 Muffin Assortment yogurt Fresh Fruit Assortment Fruit Juice 4 oz.assort MILK - Variety
Oct - 19 cereal variety/ toast yogurt Fresh Fruit Assortment Fruit Juice 4 oz.assort MILK - Variety	Oct - 20 PANCAKES yogurt Fresh Fruit Assortment Fruit Juice 4 oz.assort MILK - Variety	Oct - 21 Poptart / Cheese Stk. yogurt Fresh Fruit Assortment Fruit Juice 4 oz.assort MILK - Variety	Oct - 22 donut/w cheese slice yogurt Fresh Fruit Assortment Fruit Juice 4 oz.assort MILK - Variety	Oct - 23 muffin CHEESE,"SCHOOL C yogurt fresh fruit Fruit Juice 4 oz.assort MILK - Variety

"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.