

Monroe City R-1 School District

MS HS BREAKFAST

Oct 22, 2020

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Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 26 Staff Development No School Today	Oct - 27 PANCAKES CHEESE,"SCHOOL C Yogurt fresh fruit Fruit Juice MILK - Variety	Oct - 28 Poptart / Cheese Stk. Yogurt Fresh Fruit Assortment Fruit Juice MILK - Variety	Oct - 29 Poptart / Cheese Stk. Yogurt Fresh Fruit Assortment Fruit Juice MILK - Variety	Oct - 30 Muffin Assortment Yogurt Fresh Fruit Assortment Fruit Juice MILK - Variety
Nov - 2 pizza Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt Fresh Fruit Assortment Fruit Juice MILK - Variety Grab-N-Go Breakfast	Nov - 3 Pancake & Sausage P Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt fresh fruit Fruit Juice MILK - Variety	Nov - 4 Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt Fresh Fruit Assortment Fruit Juice MILK - Variety Grab-N-Go Breakfast	Nov - 5 biscuits/gravy Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt fresh fruit Fruit Juice MILK - Variety	Nov - 6 Breakfast Wrap Breakfast Cereal Muffin Assortment Poptart / Cheese Stk. Yogurt fresh fruit Fruit Juice MILK - Variety
Nov - 9 pizza Muffin Assortment Yogurt Poptart / Cheese Stk. Breakfast Cereal Fresh Fruit Assortment Fruit Juice MILK - Variety Grab-N-Go Breakfast	Nov - 10 Waffle/Sausage Patty Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt fresh fruit Fruit Juice MILK - Variety	Nov - 11 Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt Fresh Fruit Assortment Fruit Juice MILK - Variety Grab-N-Go Breakfast	Nov - 12 biscuits/gravy Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt fresh fruit Fruit Juice MILK - Variety	Nov - 13 Breakfast Sandwich Breakfast Cereal Muffin Assortment Poptart / Cheese Stk. Yogurt fresh fruit Fruit Juice MILK - Variety
Nov - 16 pizza Muffin Assortment Yogurt Poptart / Cheese Stk. Breakfast Cereal Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Nov - 17 French Toast Combo Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt fresh fruit Fruit Juice MILK - Variety	Nov - 18 Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Nov - 19 biscuits/gravy Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt fresh fruit fruit juice MILK - Variety	Nov - 20 Breakfast Wrap Breakfast Cereal Muffin Assortment Poptart / Cheese Stk. Yogurt fresh fruit Fruit Juice MILK - Variety
Nov - 23 Muffin Assortment Yogurt Poptart / Cheese Stk. Breakfast Cereal Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Nov - 24 Staff Development No School Today	Nov - 25 NO SCHOOL TODAY	Nov - 26 NO SCHOOL TODAY Happy Thanksgiving	Nov - 27 NO SCHOOL TODAY

"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.