

Monroe City R-1 School District

MS HS BREAKFAST

Nov 23, 2020

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Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 30 pizza Muffin Assortment Yogurt Poptart / Cheese Stk. Breakfast Cereal Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Dec - 1 Pancake & Sausage P Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt fresh fruit Fruit Juice MILK - Variety	Dec - 2 Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Dec - 3 biscuits/gravy Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt fresh fruit fruit juice MILK - Variety	Dec - 4 donut/w cheese slice Breakfast Cereal Muffin Assortment Poptart / Cheese Stk. Yogurt fresh fruit Fruit Juice MILK - Variety
Dec - 7 pizza Muffin Assortment Yogurt Poptart / Cheese Stk. Breakfast Cereal Fresh Fruit Assortment Fruit Juice MILK - Variety Grab-N-Go Breakfast	Dec - 8 Pancake & Sausage P Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt fresh fruit Fruit Juice MILK - Variety	Dec - 9 Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt Fresh Fruit Assortment Fruit Juice MILK - Variety Grab-N-Go Breakfast	Dec - 10 biscuits/gravy Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt fresh fruit Fruit Juice MILK - Variety	Dec - 11 donut/w cheese slice Breakfast Cereal Muffin Assortment Poptart / Cheese Stk. Yogurt fresh fruit Fruit Juice MILK - Variety
Dec - 14 pizza Muffin Assortment Yogurt Poptart / Cheese Stk. Breakfast Cereal Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Dec - 15 Waffle/Sausage Patty Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt fresh fruit Fruit Juice MILK - Variety	Dec - 16 Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt Fresh Fruit Assortment Fruit Juice MILK - Variety Grab-N-Go Breakfast	Dec - 17 biscuits/gravy Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt fresh fruit Fruit Juice MILK - Variety	Dec - 18 Breakfast Wrap Breakfast Cereal Muffin Assortment Poptart / Cheese Stk. Yogurt fresh fruit Fruit Juice MILK - Variety
Dec - 21 pizza Muffin Assortment Yogurt Poptart / Cheese Stk. Breakfast Cereal Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Dec - 22 WINTER BREAK NO SCHOOL TODAY	Dec - 23 WINTER BREAK NO SCHOOL TODAY	Dec - 24 WINTER BREAK NO SCHOOL TODAY	Dec - 25 MERRY CHRISTMAS NO SCHOOL TODAY
Dec - 28 WINTER BREAK NO SCHOOL TODAY	Dec - 29 WINTER BREAK NO SCHOOL TODAY	Dec - 30 WINTER BREAK NO SCHOOL TODAY	Dec - 31 WINTER BREAK NO SCHOOL TODAY	Jan - 1 NO SCHOOL TODAY HOLIDAY

"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.