

Monroe City R-1 School District

MS HS BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 4 Staff Development No School Today	Jan - 5 Muffin Assortment Yogurt Fresh Fruit Assortment Fruit Juice MILK - Variety	Jan - 6 donut/w cheese slice Yogurt Fresh Fruit Assortment Fruit Juice MILK - Variety	Jan - 7 French Toast Combo Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt fresh fruit Fruit Juice MILK - Variety	Jan - 8 Breakfast Wrap Breakfast Cereal Muffin Assortment Poptart / Cheese Stk. Yogurt fresh fruit Fruit Juice MILK - Variety
Jan - 11 pizza Muffin Assortment Yogurt Poptart / Cheese Stk. Breakfast Cereal Fresh Fruit Assortment fruit juice MILK - Variety Grab-N-Go Breakfast	Jan - 12 Waffle/Sausage Patty Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt fresh fruit Fruit Juice MILK - Variety	Jan - 13 Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt Fresh Fruit Assortment Fruit Juice MILK - Variety Grab-N-Go Breakfast	Jan - 14 biscuits/gravy Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt fresh fruit Fruit Juice MILK - Variety	Jan - 15 donut/w cheese slice Breakfast Cereal Muffin Assortment Poptart / Cheese Stk. Yogurt fresh fruit Fruit Juice MILK - Variety
Jan - 18 HOLIDAY NO SCHOOL TODAY	Jan - 19 French Toast Combo Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt fresh fruit Fruit Juice MILK - Variety	Jan - 20 Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt Fresh Fruit Assortment Fruit Juice MILK - Variety Grab-N-Go Breakfast	Jan - 21 biscuits/gravy Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt fresh fruit Fruit Juice MILK - Variety	Jan - 22 Breakfast Wrap Breakfast Cereal Muffin Assortment Poptart / Cheese Stk. Yogurt fresh fruit Fruit Juice MILK - Variety
Jan - 25 pizza Muffin Assortment Yogurt Poptart / Cheese Stk. Breakfast Cereal Fresh Fruit Assortment Fruit Juice MILK - Variety Grab-N-Go Breakfast	Jan - 26 Pancake & Sausage P Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt fresh fruit Fruit Juice MILK - Variety	Jan - 27 Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt Fresh Fruit Assortment Fruit Juice MILK - Variety Grab-N-Go Breakfast	Jan - 28 biscuits/gravy Muffin Assortment Poptart / Cheese Stk. Breakfast Cereal Yogurt fresh fruit Fruit Juice MILK - Variety	Jan - 29 donut/w cheese slice Breakfast Cereal Muffin Assortment Poptart / Cheese Stk. Yogurt fresh fruit Fruit Juice 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.