

OZARK

High School Breakfast

Sep 26, 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
	Oct - 1 Asst. Cold Cereal Cheesy Eggs Eggstravaganza Toast Yogurt - Variety Raisins Cheese Stick - Variety Brwn Sugar/Cinn Pop Strawberry Pop Tart Juice Choice Canned Fruit Fresh Fruit Chocolate Milk Strawberry Milk Milk, White 1%	Oct - 2 Asst. Cold Cereal Apple Cinn Muffin Loaf Frittata, Egg, Cheese a Toast Yogurt - Variety Raisins Cheese Stick - Variety Brwn Sugar/Cinn Pop Strawberry Pop Tart Juice Choice Canned Fruit Fresh Fruit Chocolate Milk Strawberry Milk Milk, White 1%	Oct - 3 Asst. Cold Cereal Chicken & Biscuit Toast Yogurt - Variety Raisins Cheese Stick - Variety Brwn Sugar/Cinn Pop Strawberry Pop Tart Juice Choice Canned Fruit Fresh Fruit Chocolate Milk Strawberry Milk Milk, White 1%	Oct - 4 Asst. Cold Cereal Biscuit & Gravy Toast Yogurt - Variety Raisins Cheese Stick - Variety Brwn Sugar/Cinn Pop Strawberry Pop Tart Juice Choice Canned Fruit Fresh Fruit Chocolate Milk Strawberry Milk Milk, White 1%
Oct - 7 Asst. Cold Cereal Dutch Waffle Toast Yogurt - Variety Raisins Cheese Stick - Variety Brwn Sugar/Cinn Pop Strawberry Pop Tart Juice Choice Canned Fruit Fresh Fruit Chocolate Milk Strawberry Milk Milk, White 1%	Oct - 8 Asst. Cold Cereal Pancakes WG Sausage Patty Toast Yogurt - Variety Raisins Cheese Stick - Variety Brwn Sugar/Cinn Pop Strawberry Pop Tart Juice Choice Canned Fruit Fresh Fruit Chocolate Milk Strawberry Milk Milk, White 1% Syrup	Oct - 9 Asst. Cold Cereal Pancake Saus on a St Toast Yogurt - Variety Raisins Cheese Stick - Variety Brwn Sugar/Cinn Pop Strawberry Pop Tart Juice Choice Canned Fruit Fresh Fruit Chocolate Milk Strawberry Milk Milk, White 1% Syrup	Oct - 10 Asst. Cold Cereal Cheesy Eggs English Muffin Yogurt - Variety Raisins Cheese Stick - Variety Brwn Sugar/Cinn Pop Strawberry Pop Tart Juice Choice Canned Fruit Fresh Fruit Chocolate Milk Strawberry Milk Milk, White 1%	Oct - 11 Asst. Cold Cereal Biscuit & Gravy Toast Yogurt - Variety Raisins Cheese Stick - Variety Brwn Sugar/Cinn Pop Strawberry Pop Tart Juice Choice Canned Fruit Fresh Fruit Chocolate Milk Strawberry Milk Milk, White 1%
Oct - 14 Asst. Cold Cereal Mini Cinni's Toast Yogurt - Variety Raisins Cheese Stick - Variety Brwn Sugar/Cinn Pop Strawberry Pop Tart Juice Choice Canned Fruit Fresh Fruit Chocolate Milk Strawberry Milk Milk, White 1%	Oct - 15 Asst. Cold Cereal Waffle w/Sausage Toast Yogurt - Variety Raisins Cheese Stick - Variety Brwn Sugar/Cinn Pop Strawberry Pop Tart Juice Choice Canned Fruit Fresh Fruit Chocolate Milk Strawberry Milk Milk, White 1%	Oct - 16 Asst. Cold Cereal Sausage Breakfast Piz Toast Yogurt - Variety Raisins Cheese Stick - Variety Brwn Sugar/Cinn Pop Strawberry Pop Tart Juice Choice Canned Fruit Fresh Fruit Chocolate Milk Strawberry Milk Milk, White 1%	Oct - 17 Asst. Cold Cereal Sausage Egg & Chees Toast Yogurt - Variety Raisins Cheese Stick - Variety Brwn Sugar/Cinn Pop Strawberry Pop Tart Juice Choice Canned Fruit Fresh Fruit Chocolate Milk Strawberry Milk Milk, White 1%	Oct - 18 NO SCHOOL TODAY

**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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Oct - 21 Asst. Cold Cereal Oatmeal w/Brn Sugar Toast Yogurt - Variety Raisins Cheese Stick - Variety Brwn Sugar/Cinn Pop Strawberry Pop Tart Juice Choice Canned Fruit Fresh Fruit Chocolate Milk Strawberry Milk Milk, White 1%	Oct - 22 Asst. Cold Cereal French Toast Sticks Sausage Patty Toast Yogurt - Variety Raisins Cheese Stick - Variety Brwn Sugar/Cinn Pop Strawberry Pop Tart Juice Choice Canned Fruit Fresh Fruit Chocolate Milk Strawberry Milk Milk, White 1%	Oct - 23 Asst. Cold Cereal Blueberry Bkfst Stick Toast Yogurt - Variety Raisins Cheese Stick - Variety Brwn Sugar/Cinn Pop Strawberry Pop Tart Juice Choice Canned Fruit Fresh Fruit Chocolate Milk Strawberry Milk Milk, White 1% Syrup	Oct - 24 Asst. Cold Cereal Sausage Egg & Chees Toast Yogurt - Variety Raisins Cheese Stick - Variety Brwn Sugar/Cinn Pop Strawberry Pop Tart Juice Choice Canned Fruit Fresh Fruit Chocolate Milk Strawberry Milk Milk, White 1%	Oct - 25 Asst. Cold Cereal Biscuit & Gravy Toast Yogurt - Variety Raisins Cheese Stick - Variety Brwn Sugar/Cinn Pop Strawberry Pop Tart Juice Choice Canned Fruit Fresh Fruit Chocolate Milk Strawberry Milk Milk, White 1%
Oct - 28 Asst. Cold Cereal Bacon Egg & Cheese Toast Yogurt - Variety Raisins Cheese Stick - Variety Brwn Sugar/Cinn Pop Strawberry Pop Tart Juice Choice Canned Fruit Fresh Fruit Chocolate Milk Strawberry Milk Milk, White 1%	Oct - 29 Asst. Cold Cereal Cheesy Eggs Eggstravaganza Toast Yogurt - Variety Raisins Cheese Stick - Variety Brwn Sugar/Cinn Pop Strawberry Pop Tart Juice Choice Canned Fruit Fresh Fruit Chocolate Milk Strawberry Milk Milk, White 1%	Oct - 30 Asst. Cold Cereal Apple Cinn Muffin Loaf Frittata, Egg, Cheese a Toast Yogurt - Variety Raisins Cheese Stick - Variety Brwn Sugar/Cinn Pop Strawberry Pop Tart Juice Choice Canned Fruit Fresh Fruit Chocolate Milk Strawberry Milk Milk, White 1%	Oct - 31 Asst. Cold Cereal Chicken & Biscuit Toast Yogurt - Variety Raisins Cheese Stick - Variety Brwn Sugar/Cinn Pop Strawberry Pop Tart Juice Choice Canned Fruit Fresh Fruit Chocolate Milk Strawberry Milk Milk, White 1%	

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