

OZARK

Jr High BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
				Nov - 1 Asst. Cold Cereal Toast Canned Fruit String Cheese Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%
Nov - 4 Asst. Cold Cereal Blueberry Bkfst Stick Yogurt - Variety Canned Fruit Juice Choice Chocolate Milk Strawberry Milk Milk, White 1% Syrup	Nov - 5 NO SCHOOL TODAY	Nov - 6 Asst. Cold Cereal Appl Bluebrry Chip Ben Yogurt - Variety Orange Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Nov - 7 Asst. Cold Cereal Food Court Smoothie Powder Sug Mini Donu Canned Fruit Yogurt - Variety Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Nov - 8 Asst. Cold Cereal Cinnamon Toast Canned Fruit String Cheese Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%
Nov - 11 Asst. Cold Cereal Chicken & Biscuit Yogurt - Variety Canned Fruit Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Nov - 12 Asst. Cold Cereal Breakfast Burrito Canned Fruit Yogurt - Variety Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Nov - 13 Asst. Cold Cereal WG Dbl Choc Muffin Fresh Apple Yogurt - Variety Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Nov - 14 Asst. Cold Cereal French Toast Sticks Yogurt - Variety Canned Fruit Juice Choice Chocolate Milk Strawberry Milk Milk, White 1% Syrup	Nov - 15 Asst. Cold Cereal Toast Canned Fruit String Cheese Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%
Nov - 18 Asst. Cold Cereal Scrambled Eggs Yogurt - Variety Toast Canned Fruit Juice Choice Chocolate Milk Strawberry Milk Milk, White 1% Grape Jelly	Nov - 19 Asst. Cold Cereal Eggs, Hard Cooked - J Honey Graham Cracke Yogurt - Variety Canned Fruit Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Nov - 20 Asst. Cold Cereal Superbun Plus Orange Yogurt - Variety Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Nov - 21 Asst. Cold Cereal Peaches 'N Cream Oat Canned Fruit Juice Choice Yogurt - Variety Chocolate Milk Strawberry Milk Milk, White 1%	Nov - 22 Asst. Cold Cereal Cinnamon Toast Canned Fruit String Cheese Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%
Nov - 25 Asst. Cold Cereal Yogurt Banana Splits Canned Fruit Yogurt - Variety Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Nov - 26 Asst. Cold Cereal Sausage Biscuit Canned Fruit Yogurt - Variety Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Nov - 27 THNKSGVNG BRK	Nov - 28 THNKSGVNG BRK	Nov - 29 THNKSGVNG BRK

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.