

# OZARK

## High School Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
				Nov - 1  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%
Nov - 4  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%	Nov - 5  NO SCHOOL TODAY	Nov - 6  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	Nov - 7  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%	Nov - 8  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%
Nov - 11  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%	Nov - 12  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%	Nov - 13  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%	Nov - 14  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%	Nov - 15  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%

*\*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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## High School Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 18  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%	Nov - 19  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%	Nov - 20  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	Nov - 21  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%	Nov - 22  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%
Nov - 25  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%	Nov - 26  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%	Nov - 27  THINKSGVNG BRK	Nov - 28  THINKSGVNG BRK	Nov - 29  THINKSGVNG BRK

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