

OZARK

Jr High BREAKFAST

Dec 18, 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
		Jan - 1 CHRISTMAS BREAK	Jan - 2 CHRISTMAS BREAK	Jan - 3 CHRISTMAS BREAK
Jan - 6 Asst. Cold Cereal Pancake Bites Canned Fruit Yogurt - Variety Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Jan - 7 Asst. Cold Cereal Breakfast Omelet Toast Canned Fruit Juice Choice Chocolate Milk Strawberry Milk Milk, White 1% Grape Jelly	Jan - 8 Asst. Cold Cereal Double Chocolate Muff Fresh Apple Yogurt - Variety Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Jan - 9 Asst. Cold Cereal Scrambled Eggs Honey Graham Cracke Yogurt - Variety Canned Fruit Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Jan - 10 Asst. Cold Cereal Toast Canned Fruit String Cheese Juice Choice Chocolate Milk Strawberry Milk Milk, White 1% Grape Jelly
Jan - 13 Asst. Cold Cereal Chicken & Biscuit Canned Fruit Yogurt - Variety Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Jan - 14 Asst. Cold Cereal Crescent - Chocolate F Canned Fruit Yogurt - Variety Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Jan - 15 Asst. Cold Cereal Appl Bluebrry Chip Ben Orange Yogurt - Variety Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Jan - 16 Asst. Cold Cereal Breakfast Burrito Canned Fruit Yogurt - Variety Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Jan - 17 Asst. Cold Cereal Cinnamon Toast Canned Fruit String Cheese Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%
Jan - 20 Asst. Cold Cereal Pancakes WG Canned Fruit Yogurt - Variety Juice Choice Chocolate Milk Strawberry Milk Milk, White 1% Syrup	Jan - 21 Asst. Cold Cereal Blueberry Bkfst Stick Canned Fruit Yogurt - Variety Juice Choice Chocolate Milk Strawberry Milk Milk, White 1% Syrup	Jan - 22 Asst. Cold Cereal Double Chocolate Muff Fresh Apple Yogurt - Variety Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Jan - 23 Asst. Cold Cereal French Toast Sticks Canned Fruit Yogurt - Variety Juice Choice Chocolate Milk Strawberry Milk Milk, White 1% Syrup	Jan - 24 Asst. Cold Cereal Toast Canned Fruit String Cheese Juice Choice Chocolate Milk Strawberry Milk Milk, White 1% Grape Jelly
Jan - 27 Asst. Cold Cereal Sausage Biscuit Canned Fruit Yogurt - Variety Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Jan - 28 Asst. Cold Cereal Scrambled Eggs Toast Canned Fruit Juice Choice Chocolate Milk Strawberry Milk Milk, White 1% Grape Jelly	Jan - 29 Asst. Cold Cereal Appl Bluebrry Chip Ben Orange Yogurt - Variety Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Jan - 30 Asst. Cold Cereal Saus & Gravy Pizza Canned Fruit Yogurt - Variety Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Jan - 31 Asst. Cold Cereal Cinnamon Toast Canned Fruit String Cheese Juice Choice 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.