

# OZARK

## High School Breakfast

Sep 27, 2021

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| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
|   |   |   |   | Oct - 1<br>Biscuit & Gravy<br>Parfait and Muffin<br>Cereal<br>Sausage Patty<br>Fresh Strawberries<br>Fruit Juice<br>Milk           |
| Oct - 4<br>Soft Fill Cinn Toast Bar<br>Parfait and Muffin<br>Cereal<br>with Toast & Jelly<br>Grapes<br>Fruit Juice<br>Milk      | Oct - 5<br>Monte Cristo Biscuit<br>Breakfast Burrito<br>Cereal<br>with Yogurt<br>Orange Wedges<br>Fruit Juice<br>Milk | Oct - 6<br>Blueberry Crumb Cake<br>Parfait and Muffin<br>Cereal<br>with Cin. Toast<br>Fresh Peach<br>Fruit Juice<br>Milk  | Oct - 7<br>Breakfast Cookie<br>Pancakes<br>Cereal<br>with Cheese Stick<br>Apple<br>Fruit Juice<br>Milk              | Oct - 8<br>Biscuit & Gravy<br>Parfait and Muffin<br>Cereal<br>Sausage Patty<br>Fresh Plum<br>Fruit Juice<br>Milk                   |
| Oct - 11<br>Breakfast Pizza<br>Parfait and Muffin<br>Cereal<br>with Toast & Jelly<br>Grapes<br>Fruit Juice<br>Milk              | Oct - 12<br>Waffles<br>Chocolate Chip Muffin<br>Cereal<br>with Yogurt<br>Orange Wedges<br>Fruit Juice<br>Milk         | Oct - 13<br>Blueberry Sweet Roll<br>Parfait and Muffin<br>Cereal<br>with Cin. Toast<br>Fresh Peach<br>Fruit Juice<br>Milk | Oct - 14<br>Breakfast Nachos<br>Monte Cristo Biscuit<br>Cereal<br>with Cheese Stick<br>Apple<br>Fruit Juice<br>Milk | Oct - 15<br>Biscuit & Gravy<br>Parfait and Muffin<br>Cereal<br>Sausage Patty<br>Fresh Plum<br>Fruit Juice<br>Milk                  |
| Oct - 18<br>Chocolate Chip Muffin<br>Cereal<br>Parfait and Muffin<br>with Toast & Jelly<br>Pears<br>Fruit Juice<br>Milk         | Oct - 19<br>Pancake on a Stick<br>Breakfast Cookie<br>Cereal<br>Yogurt<br>Grapes<br>Fruit Juice<br>Milk               | Oct - 20<br>Parfait and Muffin<br>Colby Omelet<br>Cereal<br>Cinnamon Toast<br>Orange Wedges<br>Fruit Juice<br>Milk        | Oct - 21<br>Cherry Sweet Roll<br>Fruit Nachos<br>Cereal<br>with Cheese Stick<br>Banana<br>Fruit Juice<br>Milk       | Oct - 22<br>Biscuit & Gravy<br>Parfait and Muffin<br>Cereal<br>with Toast & Jelly<br>Sausage Patty<br>Apple<br>Fruit Juice<br>Milk |
| Oct - 25<br>Pancake on a Stick, B<br>Parfait and Muffin<br>Cereal<br>with Toast & Jelly<br>Orange Wedges<br>Fruit Juice<br>Milk | Oct - 26<br>Apple Crumb Cake<br>Sausage Biscuit<br>Cereal<br>with Yogurt<br>Apple<br>Fruit Juice<br>Milk              | Oct - 27<br>Parfait and Muffin<br>Scrambled Eggs<br>Cereal<br>Cinnamon Toast<br>Fresh Pear<br>Fruit Juice<br>Milk         | Oct - 28<br>Cinnamon Roll<br>Breakfast Nachos<br>Cereal<br>with Cheese Stick<br>Grapes<br>Fruit Juice<br>Milk       | Oct - 29<br>Biscuit & Gravy<br>Parfait and Muffin<br>Cereal<br>Sausage Patty<br>Fresh Strawberries<br>Fruit Juice<br>Milk          |
|   |   |   |   |  |

\*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.