

OZARK

Jr High BREAKFAST

Sep 27, 2021

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