

# OZARK

## Jr High BREAKFAST

Nov 22, 2021

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
		Dec - 1  Blueberry Crumb Cake Cereal with Cin. Toast Applesauce Fruit Juice Milk	Dec - 2  Breakfast Cookie Parfait and Muffin Cereal with Cheese Stick Banana Fruit Juice Milk	Dec - 3  Biscuit & Gravy Cereal Sausage Patty Sliced Strawberries Fruit Juice Milk
Dec - 6  Cherry Frudel Cereal with Toast & Jelly Grapes Fruit Juice Milk	Dec - 7  Strawberry Waffles Parfait and Muffin Cereal with Yogurt Orange Wedges Fruit Juice Milk	Dec - 8  Pumpkin Pie Sweet Ro Cereal with Cin. Toast Apple Fruit Juice Milk	Dec - 9  Breakfast Nachos Parfait and Muffin Cereal with Cheese Stick Banana Fruit Juice Milk	Dec - 10  Biscuit & Gravy Cereal Sausage Patty Applesauce Fruit Juice Milk
Dec - 13  Chocolate Chip Muffin Cereal with Toast & Jelly Pears Fruit Juice Milk	Dec - 14  Pancake on a Stick Parfait and Muffin Cereal Yogurt Grapes Fruit Juice Milk	Dec - 15  Colby Omelet Cereal Cinnamon Toast Orange Wedges Fruit Juice Milk	Dec - 16  Smores Sweet Roll Parfait and Muffin Cereal with Cheese Stick Banana Fruit Juice Milk	Dec - 17  Biscuit & Gravy Cereal Sausage Patty Apple Fruit Juice Milk
Dec - 20  Breakfast Pizza Cereal with Toast & Jelly Orange Wedges Fruit Juice Milk	Dec - 21  Apple Crumb Cake Parfait and Muffin Cereal with Yogurt Apple 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.