

OZARK

Jr High BREAKFAST

Dec 16, 2021

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 3 NO SCHOOL TODAY	Jan - 4 NO SCHOOL TODAY	Jan - 5 NO SCHOOL TODAY	Jan - 6 Breakfast Cookie Parfait and Muffin Cereal with Yogurt Banana Fruit Juice Milk	Jan - 7 Biscuit & Gravy Cereal Sausage Patty Sliced Strawberries Fruit Juice Milk
Jan - 10 Blueberry Brkfst Cake Cereal with Toast & Jelly Grapes Fruit Juice Milk	Jan - 11 Strawberry Waffles Parfait and Muffin Cereal with Yogurt Orange Wedges Fruit Juice Milk	Jan - 12 Chicken Biscuit Cereal with Cin. Toast Apple Slices Fruit Juice Milk	Jan - 13 Cherry Sweet Roll Parfait and Muffin Cereal with Toast & Jelly Banana Fruit Juice Milk	Jan - 14 Biscuit & Gravy Cereal Sausage Patty Applesauce Fruit Juice Milk
Jan - 17 NO SCHOOL TODAY	Jan - 18 Pancake on a Stick Parfait and Muffin Cereal Yogurt Grapes Fruit Juice Milk	Jan - 19 Colby Omelet Cereal Cinnamon Toast Orange Wedges Fruit Juice Milk	Jan - 20 Cinnamon Roll Parfait and Muffin Cereal with Yogurt Banana Fruit Juice Milk	Jan - 21 Biscuit & Gravy Cereal Sausage Patty Apple Fruit Juice Milk
Jan - 24 Breakfast Pizza Cereal with Toast & Jelly Applesauce Fruit Juice Milk	Jan - 25 Apple Crumb Cake Parfait and Muffin Cereal with Yogurt Strawberry Blueberry Fruit Juice Milk	Jan - 26 Scrambled Eggs Cereal Cinnamon Toast Orange Wedges Fruit Juice Milk	Jan - 27 Smores Sweet Roll Parfait and Muffin Cereal with Toast & Jelly Pineapple Tidbits Fruit Juice Milk	Jan - 28 Biscuit & Gravy Cereal Sausage Patty Apple Fruit Juice Milk
Jan - 31 Glazed Donut Cereal with Toast & Jelly Grapes 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.