

# Athol-Royalston Regional School District

## JANUARY 2015 BREAKFAST ELEMENTARY

Dec 21, 2015

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Monday	Tuesday	Wednesday	Thursday	Friday
4 ASSORTED CEREALS ASSORTED MUFFINS CHEESE STICK ASSORTED FRUIT JUICES ASSORTED FRUIT	5 ASSORTED CEREALS SCRAMBLED EGGS FRENCH TOAST STICKS WITH SYRUP ASSORTED FRUIT JUICES ASSORTED FRUIT	6 ASSORTED CEREALS DONUT WHOLE GRAIN CHEESE STICK ASSORTED FRUIT JUICES ASSORTED FRUIT	7 ASSORTED CEREALS PANCAKES WITH SYRUP ASSORTED FRUIT JUICES ASSORTED FRUIT YOGURT STRAWBERRY	8 ASSORTED CEREALS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES ASSORTED FRUIT CHEESE STICK
11 ASSORTED CEREALS TOASTED BAGEL CHEESE STICK YOGURT CUP TRIX ASSORTED FRUIT JUICES ASSORTED FRUIT	12 ASSORTED CEREALS FRENCH TOAST STICKS WITH SYRUP ASSORTED FRUIT JUICES ASSORTED FRUIT SCRAMBLED EGGS	13 ASSORTED CEREALS ASSORTED MUFFINS ASSORTED FRUIT JUICES ASSORTED FRUIT CHEESE STICK	14 ASSORTED CEREALS PANCAKES WITH SYRUP ASSORTED FRUIT JUICES ASSORTED FRUIT YOGURT STRAWBERRY	15 ASSORTED CEREALS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES ASSORTED FRUIT
18 ASSORTED CEREALS TOASTED BAGEL CHEESE STICK YOGURT CUP TRIX ASSORTED FRUIT JUICES ASSORTED FRUIT	19 ASSORTED CEREALS ASSORTED MUFFINS ASSORTED FRUIT JUICES SCRAMBLED EGGS ASSORTED FRUIT	20 ASSORTED CEREALS ENGLISH MUFFIN SAND ASSORTED FRUIT JUICES ASSORTED FRUIT	21 ASSORTED CEREALS ASSORTED BAGELS ASSORTED FRUIT JUICES ASSORTED FRUIT YOGURT STRAWBERRY	22 ASSORTED CEREALS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES ASSORTED FRUIT CHEESE STICK
25 ASSORTED CEREALS ASSORTED MUFFINS CHEESE STICK ASSORTED FRUIT JUICES ASSORTED FRUIT	26 ASSORTED CEREALS FRENCH TOAST STICKS WITH SYRUP ASSORTED FRUIT JUICES ASSORTED FRUIT	27 ASSORTED CEREALS ASSORTED MUFFINS ASSORTED FRUIT JUICES SCRAMBLED EGGS ASSORTED FRUIT	28 ASSORTED CEREALS PANCAKES WITH SYRUP ASSORTED FRUIT JUICES ASSORTED FRUIT YOGURT STRAWBERRY	29 ASSORTED CEREALS ASSORTED MUFFINS ASSORTED FRUIT JUICES ASSORTED FRUIT CHEESE STICK

\*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.