

Athol-Royalston Regional School District

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| 29 | 1 ASSORTED CEREALS SCRAMBLED EGGS FRENCH TOAST STIC SYRUP ASS FRUIT JUICES | 2 ASSORTED CEREALS DONUT WHOLE GRAI CHEESE STICK ASS FRUIT JUICES | 3 ASSORTED CEREALS PANCAKES WITH SYR ASS FRUIT JUICES YOGURT STRAWBERR | 4 ASSORTED CEREALS ASSORTED BAGELS ASS FRUIT JUICES CHEESE STICK |
| 7 ASSORTED CEREALS TOASTED BAGEL CHEESE STICK YOGURT CUP TRIX ASS FRUIT JUICES | 8 ASSORTED CEREALS FRENCH TOAST STIC SYRUP ASS FRUIT JUICES SCRAMBLED EGGS | 9 ASSORTED CEREALS ASSORTED MUFFINS ASS FRUIT JUICES CHEESE STICK | 10 ASSORTED CEREALS PANCAKES WITH SYR ASS FRUIT JUICES YOGURT STRAWBERR | 11 ASSORTED CEREALS DONUT WHOLE GRAI ASS FRUIT JUICES |
| 14 ASSORTED CEREALS TOASTED BAGEL CHEESE STICK YOGURT CUP TRIX ASS FRUIT JUICES | 15 ASSORTED CEREALS ASSORTED MUFFINS ASS FRUIT JUICES SCRAMBLED EGGS | 16 ASSORTED CEREALS ENGLISH MUFFIN SA ASS FRUIT JUICES | 17 ASSORTED CEREALS WHOLE WHEAT WAFF STICKS WITH MAPLE ASS FRUIT JUICES YOGURT STRAWBERR | 18 ASSORTED CEREALS DONUT WHOLE GRAI ASS FRUIT JUICES CHEESE STICK |
| 21 ASSORTED CEREALS ASSORTED MUFFINS CHEESE STICK ASS FRUIT JUICES | 22 ASSORTED CEREALS FRENCH TOAST STIC SYRUP ASS FRUIT JUICES | 23 ASSORTED CEREALS WW BAGEL ASS FRUIT JUICES SCRAMBLED EGGS | 24 ASSORTED CEREALS PANCAKES WITH SYR ASS FRUIT JUICES YOGURT STRAWBERR | 25 ASSORTED CEREALS TOASTED ENGLISH M ASS FRUIT JUICES CHEESE STICK |
| 28 ASSORTED CEREALS ASSORTED MUFFINS CHEESE STICK ASS FRUIT JUICES | 29 ASSORTED CEREALS SCRAMBLED EGGS FRENCH TOAST STIC SYRUP ASS FRUIT JUICES | 30 ASSORTED CEREALS DONUT WHOLE GRAI CHEESE STICK ASS FRUIT JUICES | 31 ASSORTED CEREALS PANCAKES WITH SYR ASS FRUIT JUICES YOGURT STRAWBERR | 1 ASSORTED CEREALS DONUT WHOLE GRAI ASS FRUIT JUICES |

ASS FRESH AND CANNED FRUIT DAILY MENU SUBJECT TO CHANGE

**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.