

Athol-Royalston Regional School District

Monday	Tuesday	Wednesday	Thursday	Friday
	1 FRENCH TOAST STICKS WI SYRUP ASSORTED MUFFINS TOASTED BAGEL DONUT WHOLE GRAIN ASSORTED FRUIT JUICES	2 CEREAL BARS ASSORTED BAGELS ASSORTED MUFFINS	3 WHOLE WHEAT WAFFLES STICKS WITH MAPLE SYRU ASSORTED MUFFINS ASSORTED BAGELS	4 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES
7 EGG & CHEESE BAGEL ASSORTED MUFFINS ASSORTED BAGELS ASSORTED FRUIT JUICES	8 PANCAKES W/BUT&SYRUP TOASTED BAGEL ASSORTED MUFFINS ASSORTED FRUIT JUICES	9 SCRAMBLED EGGS ASSORTED BAGELS ASSORTED MUFFINS CHEESE STICK ASSORTED FRUIT JUICES	10 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES	11 ASSORTED BAGELS ASSORTED MUFFINS YOGURT CUP TRIX ASSORTED FRUIT JUICES
14 WHOLE WHEAT WAFFLES STICKS WITH MAPLE SYRU ASSORTED MUFFINS ASSORTED BAGELS	15 ASSORTED BAGELS ASSORTED MUFFINS CHEESE STICK ASSORTED FRUIT JUICES	16 SCRAMBLED EGGS ASSORTED BAGELS ASSORTED MUFFINS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES	17 ASSORTED MUFFINS TOASTED BAGEL DONUT WHOLE GRAIN ASSORTED FRUIT JUICES	18 CEREAL BARS ASSORTED BAGELS ASSORTED MUFFINS
21 SCRAMBLED EGGS WW ENGLISH MUFFIN ASSORTED MUFFINS DONUT WHOLE GRAIN TOASTED BAGEL ASSORTED FRUIT JUICES	22 FRENCH TOAST STICKS WI SYRUP ASSORTED MUFFINS TOASTED BAGEL DONUT WHOLE GRAIN ASSORTED FRUIT JUICES	23 ENGLISH MUFFIN SANDWI ASSORTED BAGELS ASSORTED MUFFINS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES	24 WHOLE WHEAT WAFFLES STICKS WITH MAPLE SYRU ASSORTED MUFFINS ASSORTED BAGELS	25 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES
28 EGG & CHEESE BAGEL ASSORTED MUFFINS ASSORTED BAGELS ASSORTED FRUIT JUICES	29 FRENCH TOAST STICKS WI SYRUP ASSORTED MUFFINS TOASTED BAGEL DONUT WHOLE GRAIN ASSORTED FRUIT JUICES	30 SCRAMBLED EGGS WW ENGLISH MUFFIN ASSORTED MUFFINS DONUT WHOLE GRAIN TOASTED BAGEL ASSORTED FRUIT JUICES	31 CEREAL BARS ASSORTED BAGELS ASSORTED MUFFINS	

ASSORTED SANWICHES AND MILK SERVED DAILY

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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.