

Athol-Royalston Regional School District

AUGUST BREAKFAST

Jul 9, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 ASSORTED MUFFINS ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK CHEESE STICK	2 ASSORTED CEREALS WHOLE WHEAT COOKIES ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK	3 CEREAL BARS CHEESE STICK ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK
6 ASSORTED BAGELS CHEESE STICK ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK	7 ASSORTED CEREALS WHOLE WHEAT COOKIES ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK	8 ASSORTED MUFFINS ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK CHEESE STICK	9 CEREAL BARS CHEESE STICK ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK	10 ASSORTED CEREALS ASSORTED FRUIT JUICES WHOLE WHEAT COOKIES ASSORTED FRUIT ASSORTED MILK
13 ASSORTED CEREALS ASSORTED FRUIT JUICES WHOLE WHEAT COOKIES ASSORTED FRUIT ASSORTED MILK	14 ASSORTED MUFFINS ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK CHEESE STICK	15 ASSORTED BAGELS CHEESE STICK ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK	16 CEREAL BARS CHEESE STICK ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK	17 ASSORTED CEREALS WHOLE WHEAT COOKIES ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK

ASSORTED SANWICHES AND MILK SERVED DAILY

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

**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.