

Athol-Royalston Regional School District

JULY BREAKFAST

Jul 9, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
2 ASSORTED CEREALS ASSORTED FRUIT JUICES WHOLE WHEAT COOKIES ASSORTED FRUIT ASSORTED MILK	3 ASSORTED MUFFINS ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK CHEESE STICK	4 	5 ASSORTED CEREALS WHOLE WHEAT COOKIES ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK	6 CEREAL BARS CHEESE STICK ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK
9 ASSORTED BAGELS CHEESE STICK ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK	10 ASSORTED CEREALS WHOLE WHEAT COOKIES ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK	11 ASSORTED MUFFINS ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK CHEESE STICK	12 CEREAL BARS CHEESE STICK ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK	13 ASSORTED CEREALS ASSORTED FRUIT JUICES WHOLE WHEAT COOKIES ASSORTED FRUIT ASSORTED MILK
16 ASSORTED CEREALS ASSORTED FRUIT JUICES WHOLE WHEAT COOKIES ASSORTED FRUIT ASSORTED MILK	17 ASSORTED MUFFINS ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK CHEESE STICK	18 ASSORTED BAGELS CHEESE STICK ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK	19 CEREAL BARS CHEESE STICK ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK	20 ASSORTED CEREALS WHOLE WHEAT COOKIES ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK
23 ASSORTED CEREALS ASSORTED FRUIT JUICES WHOLE WHEAT COOKIES ASSORTED FRUIT ASSORTED MILK	24 ASSORTED BAGELS CHEESE STICK ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK	25 CEREAL BARS CHEESE STICK ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK	26 ASSORTED MUFFINS ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK CHEESE STICK	27 ASSORTED CEREALS WHOLE WHEAT COOKIES ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK
30 ASSORTED CEREALS ASSORTED FRUIT JUICES WHOLE WHEAT COOKIES ASSORTED FRUIT ASSORTED MILK	31 ASSORTED MUFFINS ASSORTED FRUIT ASSORTED FRUIT JUICES ASSORTED MILK CHEESE STICK			

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.