

Athol-Royalston Regional School District
OCTOBER 2018 BREAKFAST

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	5 ASSORTED BAGELS ASSORTED MUFFINS YOGURT CUP TRIX ASSORTED FRUIT JUICES
8 NO SCHOOL TODAY	9 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES	10 SCRAMBLED EGGS ASSORTED BAGELS ASSORTED MUFFINS CHEESE STICK ASSORTED FRUIT JUICES	11 PANCAKES W/BUT&SYRUP TOASTED BAGEL ASSORTED MUFFINS ASSORTED FRUIT JUICES	12 EGG & CHEESE BAGEL ASSORTED MUFFINS ASSORTED BAGELS ASSORTED FRUIT JUICES
15 SCRAMBLED EGGS WW ENGLISH MUFFIN ASSORTED MUFFINS DONUT WHOLE GRAIN TOASTED BAGEL ASSORTED FRUIT JUICES	16 FRENCH TOAST STICKS WI SYRUP ASSORTED MUFFINS TOASTED BAGEL DONUT WHOLE GRAIN ASSORTED FRUIT JUICES	17 ENGLISH MUFFIN SANDWI ASSORTED BAGELS ASSORTED MUFFINS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES	18 WHOLE WHEAT WAFFLES STICKS WITH MAPLE SYRU ASSORTED MUFFINS ASSORTED BAGELS	19 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES
22 EGG & CHEESE BAGEL ASSORTED MUFFINS ASSORTED BAGELS ASSORTED FRUIT JUICES	23 FRENCH TOAST STICKS WI SYRUP ASSORTED MUFFINS TOASTED BAGEL DONUT WHOLE GRAIN ASSORTED FRUIT JUICES	24 NO SCHOOL TODAY	25 SCRAMBLED EGGS WW ENGLISH MUFFIN ASSORTED MUFFINS DONUT WHOLE GRAIN TOASTED BAGEL ASSORTED FRUIT JUICES	26 CEREAL BARS ASSORTED BAGELS ASSORTED MUFFINS
29 FRENCH TOAST STICKS WI SYRUP ASSORTED MUFFINS TOASTED BAGEL DONUT WHOLE GRAIN ASSORTED FRUIT JUICES	30 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES	31 PANCAKES W/BUT&SYRUP TOASTED BAGEL ASSORTED MUFFINS ASSORTED FRUIT JUICES		

ASSORTED SANWICHES AND MILK SERVED DAILY

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.

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THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

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