

Athol-Royalston Regional School District  
DECEMBER 2018 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
3 PANCAKES W/BUT&SYRUP TOASTED BAGEL ASSORTED MUFFINS ASSORTED FRUIT JUICES	4 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES	5 SCRAMBLED EGGS ASSORTED BAGELS ASSORTED MUFFINS CHEESE STICK ASSORTED FRUIT JUICES	6 EGG & CHEESE BAGEL ASSORTED MUFFINS ASSORTED BAGELS ASSORTED FRUIT JUICES	7 ASSORTED BAGELS ASSORTED MUFFINS YOGURT CUP TRIX ASSORTED FRUIT JUICES
10 ASSORTED BAGELS ASSORTED MUFFINS YOGURT CUP TRIX ASSORTED FRUIT JUICES	11 SCRAMBLED EGGS WW ENGLISH MUFFIN ASSORTED BAGELS ASSORTED MUFFINS CHEESE STICK ASSORTED FRUIT JUICES	12 EGG & CHEESE BAGEL ASSORTED MUFFINS ASSORTED BAGELS ASSORTED FRUIT JUICES	13 WHOLE WHEAT WAFFLES STICKS WITH MAPLE SYRU ASSORTED MUFFINS ASSORTED BAGELS	14 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES
17 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES	18 EGG & CHEESE BAGEL ASSORTED MUFFINS ASSORTED BAGELS ASSORTED FRUIT JUICES	19 FRENCH TOAST STICKS WI SYRUP ASSORTED MUFFINS TOASTED BAGEL DONUT WHOLE GRAIN ASSORTED FRUIT JUICES	20 EGG & CHEESE BAGEL ASSORTED MUFFINS ASSORTED BAGELS ASSORTED FRUIT JUICES	21 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES

ASSORTED SANWICHES, ASSORTED FRUIT AND MILK SERVED DAILY WITH EVERY MEAL

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.