

# Athol-Royalston Regional School District

## JANUARY 20189BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
	1 NO SCHOOL TODAY	2 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES BAGGED BREAKFAST	3 ASSORTED BAGELS ASSORTED MUFFINS YOGURT CUP TRIX ASSORTED FRUIT JUICES BAGGED BREAKFAST	4 PANCAKES W/BUT&SYRUP TOASTED BAGEL ASSORTED MUFFINS ASSORTED FRUIT JUICES BAGGED BREAKFAST
7 ASSORTED BAGELS ASSORTED MUFFINS YOGURT CUP TRIX ASSORTED FRUIT JUICES BAGGED BREAKFAST	8 EGG & CHEESE BAGEL ASSORTED MUFFINS ASSORTED BAGELS ASSORTED FRUIT JUICES BAGGED BREAKFAST	9 WHOLE WHEAT WAFFLES STICKS WITH MAPLE SYRU ASSORTED MUFFINS ASSORTED BAGELS BAGGED BREAKFAST	10 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES BAGGED BREAKFAST	11 SCRAMBLED EGGS WW ENGLISH MUFFIN ASSORTED BAGELS ASSORTED MUFFINS CHEESE STICK ASSORTED FRUIT JUICES BAGGED BREAKFAST
14 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES BAGGED BREAKFAST	15 FRENCH TOAST STICKS WI SYRUP ASSORTED MUFFINS TOASTED BAGEL DONUT WHOLE GRAIN ASSORTED FRUIT JUICES BAGGED BREAKFAST	16 EGG & CHEESE BAGEL ASSORTED MUFFINS ASSORTED BAGELS ASSORTED FRUIT JUICES BAGGED BREAKFAST	17 ASSORTED BAGELS ASSORTED MUFFINS YOGURT CUP TRIX ASSORTED FRUIT JUICES BAGGED BREAKFAST	18 PANCAKES W/BUT&SYRUP TOASTED BAGEL ASSORTED MUFFINS ASSORTED FRUIT JUICES BAGGED BREAKFAST
21 NO SCHOOL TODAY	22 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES BAGGED BREAKFAST	23 EGG & CHEESE BAGEL ASSORTED MUFFINS ASSORTED BAGELS ASSORTED FRUIT JUICES BAGGED BREAKFAST	24 SCRAMBLED EGGS ASSORTED BAGELS ASSORTED MUFFINS CHEESE STICK ASSORTED FRUIT JUICES BAGGED BREAKFAST	25 ASSORTED BAGELS ASSORTED MUFFINS YOGURT CUP TRIX ASSORTED FRUIT JUICES BAGGED BREAKFAST

*\*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.

Athol-Royalston Regional School District  
 JANUARY 2018<sup>9</sup>BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
28 ASSORTED BAGELS ASSORTED MUFFINS YOGURT CUP TRIX ASSORTED FRUIT JUICES BAGGED BREAKFAST	29 PANCAKES W/BUT&SYRUP TOASTED BAGEL ASSORTED MUFFINS ASSORTED FRUIT JUICES BAGGED BREAKFAST	30 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES BAGGED BREAKFAST	31 FRENCH TOAST STICKS WI SYRUP ASSORTED MUFFINS TOASTED BAGEL DONUT WHOLE GRAIN ASSORTED FRUIT JUICES BAGGED BREAKFAST	

ASSORTED SANWICHES, ASSORTED FRUIT AND MILK SERVED DAILY

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

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