

Athol-Royalston Regional School District
FEBRUARY 2019 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
				1 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES BAGGED BREAKFAST
4 PANCAKES W/BUT&SYRUP TOASTED BAGEL ASSORTED MUFFINS ASSORTED FRUIT JUICES BAGGED BREAKFAST	5 SCRAMBLED EGGS WW ENGLISH MUFFIN ASSORTED BAGELS ASSORTED MUFFINS CHEESE STICK ASSORTED FRUIT JUICES BAGGED BREAKFAST	6 EGG & CHEESE BAGEL ASSORTED MUFFINS ASSORTED BAGELS ASSORTED FRUIT JUICES BAGGED BREAKFAST	7 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES BAGGED BREAKFAST	8 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES BAGGED BREAKFAST
11 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES BAGGED BREAKFAST	12 FRENCH TOAST STICKS WI SYRUP ASSORTED MUFFINS TOASTED BAGEL DONUT WHOLE GRAIN ASSORTED FRUIT JUICES BAGGED BREAKFAST	13 ASSORTED BAGELS ASSORTED MUFFINS YOGURT CUP TRIX ASSORTED FRUIT JUICES BAGGED BREAKFAST	14 EGG & CHEESE BAGEL ASSORTED MUFFINS ASSORTED BAGELS ASSORTED FRUIT JUICES BAGGED BREAKFAST	15 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES BAGGED BREAKFAST
18 VACATION WEEK	19	20 VACATION WEEK	21	22 VACATION WEEK
25 PANCAKES W/BUT&SYRUP TOASTED BAGEL ASSORTED MUFFINS ASSORTED FRUIT JUICES BAGGED BREAKFAST	26 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES BAGGED BREAKFAST	27 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES BAGGED BREAKFAST	28 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

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.