

Athol-Royalston Regional School District

APRIL 2019 BREAKFAST MENU 2019

Mar 22, 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
1 PANCAKES W/BUT&SYRUP TOASTED BAGEL ASSORTED MUFFINS ASSORTED FRUIT JUICES BAGGED BREAKFAST	2 SCRAMBLED EGGS WW ENGLISH MUFFIN ASSORTED BAGELS ASSORTED MUFFINS CHEESE STICK ASSORTED FRUIT JUICES BAGGED BREAKFAST	3 EGG & CHEESE BAGEL ASSORTED MUFFINS ASSORTED BAGELS ASSORTED FRUIT JUICES BAGGED BREAKFAST	4 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES BAGGED BREAKFAST	5 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	9 FRENCH TOAST STICKS WI SYRUP ASSORTED MUFFINS TOASTED BAGEL DONUT WHOLE GRAIN ASSORTED FRUIT JUICES BAGGED BREAKFAST	10 ASSORTED BAGELS ASSORTED MUFFINS YOGURT CUP TRIX ASSORTED FRUIT JUICES BAGGED BREAKFAST	11 EGG & CHEESE BAGEL ASSORTED MUFFINS ASSORTED BAGELS ASSORTED FRUIT JUICES BAGGED BREAKFAST	12 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES BAGGED BREAKFAST
15 VACATION WEEK	16 VACATION WEEK	17 VACATION WEEK	18 VACATION WEEK	19 VACATION WEEK
22 PANCAKES W/BUT&SYRUP TOASTED BAGEL ASSORTED MUFFINS ASSORTED FRUIT JUICES BAGGED BREAKFAST	23 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES BAGGED BREAKFAST	24 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES BAGGED BREAKFAST	25 FRENCH TOAST STICKS WI SYRUP ASSORTED MUFFINS TOASTED BAGEL DONUT WHOLE GRAIN ASSORTED FRUIT JUICES BAGGED BREAKFAST	26 ASSORTED MUFFINS ASSORTED BAGELS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES BAGGED BREAKFAST
29 PANCAKES W/BUT&SYRUP TOASTED BAGEL ASSORTED MUFFINS ASSORTED FRUIT JUICES BAGGED BREAKFAST	30 EGG & CHEESE BAGEL ASSORTED MUFFINS ASSORTED BAGELS 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.