

# Athol-Royalston Regional School District

## NOVEMBER 2020 BREAKFAST MENU

Oct 28, 2020

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Monday	Tuesday	Wednesday	Thursday	Friday
2 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES ASSORTED FRUIT MILK 1% CHEESE STICK	3 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES ASSORTED FRUIT MILK 1% CHEESE STICK	4 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES ASSORTED FRUIT MILK 1% CHEESE STICK	5 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES ASSORTED FRUIT MILK 1% CHEESE STICK	6 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES ASSORTED FRUIT MILK 1% CHEESE STICK
9 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES ASSORTED FRUIT MILK 1% CHEESE STICK	10 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES ASSORTED FRUIT MILK 1% CHEESE STICK	11 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES ASSORTED FRUIT MILK 1% CHEESE STICK	12 ASSORTED MUFFINS CEREAL FRESH FRUIT ASSORTED FRUIT MILK 1% CHEESE STICK	13 ASSORTED MUFFINS CEREAL FRESH FRUIT ASSORTED FRUIT MILK 1% CHEESE STICK
16 ASSORTED MUFFINS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES ASSORTED FRUIT MILK 1% CHEESE STICK	17 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES ASSORTED FRUIT MILK 1% CHEESE STICK	18 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES ASSORTED FRUIT MILK 1% CHEESE STICK	19 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES ASSORTED FRUIT MILK 1% CHEESE STICK	20 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES ASSORTED FRUIT MILK 1% CHEESE STICK
23 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES ASSORTED FRUIT MILK 1% CHEESE STICK	24 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES ASSORTED FRUIT MILK 1% CHEESE STICK	25 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES ASSORTED FRUIT MILK 1% CHEESE STICK	26 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES ASSORTED FRUIT CHEESE STICK	27 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES ASSORTED FRUIT MILK 1% CHEESE STICK
30 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES ASSORTED FRUIT MILK 1% CHEESE STICK				

ASSORTED SANWICHES, ASSORTED FRUIT 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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