

Athol-Royalston Regional School District

DECEMBER 2020 BREAKFAST MENU

Nov 30, 2020

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES ASSORTED FRUIT MILK 1% CHEESE STICK	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
7 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES ASSORTED FRUIT MILK 1% CHEESE STICK	8 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 FRESH FRUIT ASSORTED FRUIT MILK 1% CHEESE STICK	11 ASSORTED MUFFINS CEREAL FRESH FRUIT ASSORTED FRUIT MILK 1% CHEESE STICK
14 ASSORTED MUFFINS DONUT WHOLE GRAIN ASSORTED FRUIT JUICES ASSORTED FRUIT MILK 1% CHEESE STICK	15 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES ASSORTED FRUIT MILK 1% CHEESE STICK	16 ASSORTED MUFFINS CEREAL 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
21 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES ASSORTED FRUIT MILK 1% CHEESE STICK	22 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	25
28	29	30	31	

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.