

Athol-Royalston Regional School District

DECEMBER 2021 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
		1 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES CHEESE STICK	2 TOASTED BAGEL ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES	3 ASSORTED MUFFINS CEREAL CHEESE STICK
6 WHOLE GRAIN BREAKFAS ASSORTED MUFFINS CEREAL CHEESE STICK	7 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES CHEESE STICK	8 TOASTED BAGEL ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES	9 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES CHEESE STICK	10 WHOLE GRAIN BREAKFAS ASSORTED MUFFINS CEREAL CHEESE STICK
13 TOASTED BAGEL ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES	14 SCRAMBLED EGGS WW ENGLISH MUFFIN ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES CHEESE STICK	15 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES CHEESE STICK	16 WHOLE GRAIN BREAKFAS ASSORTED MUFFINS CEREAL CHEESE STICK	17 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES CHEESE STICK
20 FRENCH TOAST STICKS WI SYRUP ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES CHEESE STICK	21 ASSORTED MUFFINS CEREAL CHEESE STICK	22 ASSORTED MUFFINS CEREAL ASSORTED FRUIT JUICES CHEESE STICK	23 WHOLE GRAIN BREAKFAS ASSORTED MUFFINS CEREAL CHEESE STICK	24 NO SCHOOL TODAY
27 NO SCHOOL TODAY	28 NO SCHOOL TODAY	29 NO SCHOOL TODAY	30 NO SCHOOL TODAY	31 NO SCHOOL TODAY

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.