

Grand School District

004 - HMK BREAKFAST

HMK BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 2 PANCAKE W.G. CEREAL BRAN FLAK CRAISINS ORANGE JUICE VARIETY HMK SAUSAGE k-1 SYRUP MILK,Skim MILK	Oct - 3 CEREAL VARIETY MUFFIN JUICE VARIETY HMK CANTALOUPE MILK MILK,Skim	Oct - 4 FRENCH TOAST STK APPLES SLICES JUICE VARIETY HMK MILK,Skim MILK SYRUP SAUSAGE k-1	Oct - 5 BISCUIT N SAUSAGE CEREAL BRAN FLAK JUICE VARIETY HMK CRAISINS BANANA JELLY MILK MILK,Skim	Oct - 6 PB & HNY SAND.V BREAKFST ROUND STRING CHEESE V PEAR JUICE VARIETY HMK MILK MILK,Skim
Oct - 9 WAFFLE STICK W.G. CEREAL BRAN FLAK APPLESAUCE CUPS, CRAISINS JUICE VARIETY HMK MILK,Skim MILK SYRUP SAUSAGE k-1	Oct - 10 CEREAL VARIETY BANANA MUFFIN W. JUICE VARIETY HMK ORANGE MILK MILK,Skim	Oct - 11 FRENCH TOAST STK APPLES SLICES JUICE VARIETY HMK MILK,Skim MILK SYRUP SAUSAGE k-1	Oct - 12 EGGS & CHEESE TOAST HASH BROWNS BANANA JUICE VARIETY HMK MILK MILK,Skim JELLY	Oct - 13 BREAKFAST CAKE BREAKFST ROUND PEANUT BUTTER YOGURT, TRIX CRAISINS APPLES SLICES JUICE VARIETY HMK MILK MILK,Skim
Oct - 16 PANCAKE W.G. CEREAL BRAN FLAK STRAWBERRY CUPS JUICE VARIETY HMK SAUSAGE k-1 MILK,Skim MILK	Oct - 17 CEREAL VARIETY MUFFIN JUICE VARIETY HMK CANTALOUPE MILK MILK,Skim	Oct - 18 FRENCH TOAST STK APPLES SLICES JUICE VARIETY HMK MILK,Skim MILK SYRUP SAUSAGE k-1	Oct - 19 NO SCHOOL TODAY	Oct - 20 NO SCHOOL TODAY
Oct - 23 WAFFLE STICK W.G. CEREAL BRAN FLAK APPLESAUCE CUPS, JUICE VARIETY HMK MILK,Skim MILK SYRUP SAUSAGE k-1	Oct - 24 CEREAL VARIETY BANANA MUFFIN W. JUICE VARIETY HMK ORANGE MILK MILK,Skim	Oct - 25 FRENCH TOAST STK APPLES SLICES JUICE VARIETY HMK MILK,Skim MILK SYRUP SAUSAGE k-1 CRAISINS	Oct - 26 BISCUIT N SAUSAGE CEREAL BRAN FLAK JUICE VARIETY HMK BANANA JELLY MILK MILK,Skim	Oct - 27 BREAKFAST CAKE BREAKFST ROUND PEANUT BUTTER YOGURT, TRIX CRAISINS APPLES SLICES JUICE VARIETY HMK MILK MILK,Skim
Oct - 30 PANCAKE W.G. CEREAL/TOAST ORANGE JUICE VARIETY HMK MILK,Skim MILK SAUSAGE k-1 SYRUP	Oct - 31 CEREAL VARIETY MUFFIN CRAISINS JUICE VARIETY HMK CANTALOUPE MILK MILK,Skim			

**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.*