

Grand School District

7-8 GRADES BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 2 PANCAKE W.G. CEREAL VARIETY JUICE VARIETY HS APPLESAUCE CUPS, SYRUP MILK MILK,Skim YOGURT, TRIX	Oct - 3 PIZZA STICK PEANUT BTR BANAN CEREAL VARIETY JUICE VARIETY HS CANTALOUPE YOGURT FRUIT CUP MILK MILK,Skim	Oct - 4 FRENCH TOAST STK CEREAL VARIETY JUICE VARIETY HS APPLE SLICES MILK MILK,Skim SYRUP SAUSAGE k-1	Oct - 5 BREAKFAST EGG SA CEREAL VARIETY JUICE VARIETY HS BANANA MILK MILK YOGURT, TRIX	Oct - 6 BISCUIT N SAUSAGE CEREAL VARIETY ORANGE JUICE VARIETY HS MILK MILK
Oct - 9 WAFFLE STICK W.G. CEREAL VARIETY JUICE VARIETY HS ORANGE SYRUP MILK MILK,Skim SAUSAGE k-1	Oct - 10 EGG, HAM & CHEESE CEREAL VARIETY TOAST JUICE VARIETY HS CANTALOUPE MILK MILK MILK JELLY	Oct - 11 FRENCH TOAST STK CEREAL VARIETY JUICE VARIETY HS APPLE SLICES MILK MILK,Skim SYRUP SAUSAGE k-1	Oct - 12 BREAKFAST EGG SA CEREAL VARIETY JUICE VARIETY HS BANANA MILK MILK YOGURT, TRIX	Oct - 13 BISCUIT N SAUSAGE CEREAL VARIETY PEAR JUICE VARIETY HS MILK MILK
Oct - 16 PANCAKE W.G. CEREAL VARIETY JUICE VARIETY HS STRAWBERRY CUPS SYRUP MILK MILK,Skim YOGURT, TRIX	Oct - 17 BREAKFST ROUND CEREAL VARIETY TOAST JUICE VARIETY HS CANTALOUPE YOGURT FRUIT CUP MILK MILK,Skim	Oct - 18 FRENCH TOAST STK CEREAL VARIETY JUICE VARIETY HS APPLE SLICES MILK MILK,Skim SYRUP SAUSAGE k-1	Oct - 19 NO SCHOOL TODAY	Oct - 20 NO SCHOOL TODAY
Oct - 23 WAFFLE STICK CEREAL VARIETY JUICE VARIETY HS STRAWBERRY CUPS SYRUP MILK MILK,Skim SAUSAGE k-1	Oct - 24 EGG, HAM & CHEESE CEREAL VARIETY TOAST JUICE VARIETY HS CANTALOUPE MILK MILK,Skim JELLY	Oct - 25 FRENCH TOAST STK CEREAL VARIETY JUICE VARIETY HS APPLE SLICES MILK MILK,Skim SYRUP SAUSAGE k-1	Oct - 26 BREAKFAST EGG SA CEREAL VARIETY JUICE VARIETY HS BANANA MILK MILK YOGURT, TRIX	Oct - 27 BLUEBERRY COFFE BAGEL/CREAM CHEE CEREAL VARIETY YOGURT FRUIT CUP ORANGE JUICE VARIETY HS MILK MILK,Skim
Oct - 30 PANCAKE W.G. CEREAL VARIETY JUICE VARIETY HS PEAR SLICES SYRUP MILK MILK,Skim YOGURT, TRIX	Oct - 31 PIZZA STICK PEANUT BTR BANAN CEREAL VARIETY TOAST JUICE VARIETY HS CANTALOUPE YOGURT FRUIT CUP 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.