

Grand School District

HMK BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 1 HOLIDAY	Jan - 2 PANCAKE W.G. CEREAL BRAN FLAK STRAWBERRY CUPS JUICE VARIETY HMK MILK,Skim MILK SYRUP SAUSAGE k-1	Jan - 3 CEREAL VARIETY HOMEMADE MUFFIN JUICE VARIETY HMK PEAR SLICES CRAISINS MILK MILK,Skim	Jan - 4 FRENCH TOAST STK APPLES SLICES JUICE VARIETY HMK MILK,Skim MILK SYRUP SAUSAGE k-1	Jan - 5 CEREAL BRAN FLAK EGGS & CHEESE TOAST HASH BROWNS BANANA JUICE VARIETY HMK MILK MILK,Skim JELLY
Jan - 8 BREAKFAST CAKE CEREAL & TOAST H YOGURT, TRIX APPLESAUCE CUPS, JUICE VARIETY HMK MILK MILK,Skim	Jan - 9 WAFFLE, AUNT JEMI CEREAL BRAN FLAK APPLESAUCE CUPS, JUICE VARIETY HMK SAUSAGE k-1 SYRUP MILK,Skim MILK	Jan - 10 CEREAL VARIETY MUFFIN JUICE VARIETY HMK CRAISINS MILK MILK,Skim	Jan - 11 FRENCH TOAST STK CEREAL & TOAST H APPLES SLICES JUICE VARIETY HMK MILK,Skim MILK SYRUP SAUSAGE k-1	Jan - 12 BISCUIT N SAUSAGE CEREAL BRAN FLAK JUICE VARIETY HMK BANANA MILK MILK,Skim
Jan - 15 HOLIDAY	Jan - 16 PB & HNY SAND.V BREAKFST ROUND STRING CHEESE V PEAR JUICE VARIETY HMK MILK MILK,Skim	Jan - 17 CEREAL VARIETY MUFFIN JUICE VARIETY HMK STRAWBERRY CUPS MILK MILK,Skim	Jan - 18 FRENCH TOAST STK APPLES SLICES JUICE VARIETY HMK MILK,Skim MILK SYRUP SAUSAGE k-1	Jan - 19 EGGS & CHEESE CEREAL & TOAST H HASH BROWNS BANANA JUICE VARIETY HMK MILK MILK,Skim JELLY
Jan - 22 BISCUIT N SAUSAGE CEREAL/TOAST JUICE VARIETY HMK JELLY APPLES SLICES MILK MILK,Skim	Jan - 23 WAFFLE, AUNT JEMI CEREAL BRAN FLAK STRAWBERRY CUPS JUICE VARIETY HMK MILK,Skim MILK SYRUP SAUSAGE k-1	Jan - 24 CEREAL VARIETY MUFFIN JUICE VARIETY HMK PEACHES MILK MILK,Skim	Jan - 25 FRENCH TOAST STK BANANA JUICE VARIETY HMK MILK,Skim MILK SYRUP SAUSAGE k-1	Jan - 26 NO SCHOOL TODAY
Jan - 29 BLUEBERRY COFFE CEREAL & TOAST H YOGURT, TRIX APPLESAUCE CUPS, JUICE VARIETY HMK MILK MILK,Skim	Jan - 30 PANCAKE W.G. CEREAL BRAN FLAK APPLESAUCE CUPS, JUICE VARIETY HMK MILK,Skim MILK SYRUP SAUSAGE k-1	Jan - 31 CEREAL VARIETY MUFFIN JUICE VARIETY HMK MIXED FRUIT 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.