

Grand School District

HMK BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 BRKFST SAUS SAND CEREAL VARIETY CANTALOUPE JUICE VARIETY HMK 1% MILK MILK,Skim	Oct - 2 BREAKFAST CAKE CEREAL VARIETY GRAPES,Fresh JUICE VARIETY HMK 1% MILK MILK,Skim SAUSAGE k-1	Oct - 3 EGG, HAM & CHEESE CEREAL VARIETY WATERMELON JUICE VARIETY HMK 1% MILK MILK,Skim	Oct - 4 BREAKFAST PIZZA CEREAL VARIETY BANANA JUICE VARIETY HMK 1% MILK MILK,Skim	Oct - 5 WAFFLE, AUNT JEMI CEREAL VARIETY BLUEBERRIES JUICE VARIETY HMK SAUSAGE k-1 SYRUP 1% MILK MILK,Skim
Oct - 8 FRENCH TOAST STK CEREAL VARIETY APPLES SLICES SAUSAGE k-1 JUICE VARIETY HMK SYRUP 1% MILK MILK,Skim	Oct - 9 BREAKFAST BAKE CEREAL VARIETY MANDARIN ORANGE JUICE VARIETY HMK 1% MILK MILK,Skim	Oct - 10 BISCUITS & GRAVY CEREAL VARIETY STRAWBERRIES JUICE VARIETY HMK 1% MILK MILK,Skim	Oct - 11 BREAKFAST BURRIT CEREAL VARIETY PINEAPPLE, FRESH JUICE VARIETY HMK 1% MILK MILK,Skim	Oct - 12 PANCAKE W.G. CEREAL VARIETY BLUEBERRIES JUICE VARIETY HMK SAUSAGE k-1 SYRUP 1% MILK MILK,Skim
Oct - 15 BRKFST SAUS SAND CEREAL VARIETY CANTALOUPE JUICE VARIETY HMK 1% MILK MILK,Skim	Oct - 16 BREAKFAST CAKE CEREAL VARIETY GRAPES,Fresh JUICE VARIETY HMK 1% MILK MILK,Skim SAUSAGE k-1	Oct - 17 EGG, HAM & CHEESE CEREAL VARIETY WATERMELON JUICE VARIETY HMK 1% MILK MILK,Skim	Oct - 18 NO SCHOOL TODAY	Oct - 19 NO SCHOOL TODAY
Oct - 22 FRENCH TOAST STK CEREAL VARIETY BLUEBERRIES SAUSAGE k-1 JUICE VARIETY HMK SYRUP 1% MILK MILK,Skim	Oct - 23 BISCUITS & GRAVY CEREAL VARIETY STRAWBERRIES JUICE VARIETY HMK 1% MILK MILK,Skim	Oct - 24 BREAKFAST BAKE CEREAL VARIETY MANDARIN ORANGE JUICE VARIETY HMK 1% MILK MILK,Skim	Oct - 25 BREAKFAST BURRIT CEREAL VARIETY PINEAPPLE, FRESH JUICE VARIETY HMK 1% MILK MILK,Skim	Oct - 26 DONUT CEREAL VARIETY PEACH CUP* JUICE VARIETY HMK SAUSAGE k-1 SYRUP 1% MILK MILK,Skim
Oct - 29 BRKFST SAUS SAND CEREAL VARIETY CANTALOUPE JUICE VARIETY HMK 1% MILK MILK,Skim	Oct - 30 BREAKFAST CAKE CEREAL VARIETY GRAPES,Fresh JUICE VARIETY HMK 1% MILK MILK,Skim SAUSAGE k-1	Oct - 31 EGG, HAM & CHEESE CEREAL VARIETY BLUEBERRIES JUICE VARIETY HMK 1% 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.