

# Grand School District

## 7-8 GRADES BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 SAUSAGE & EGG SA CEREAL/TOAST ORANGES JUICE VARIETY HS YOGURT FRUIT CUP 1% MILK MILK,Skim	Oct - 2 FRENCH TOAST STK CEREAL/TOAST APPLES SLICES JUICE VARIETY HS SAUSAGE SYRUP 1% MILK MILK,Skim	Oct - 3 BISCUIT N GRAVY CEREAL/TOAST GRAPES,Fresh JUICE VARIETY HS 1% MILK MILK,Skim	Oct - 4 BREAKFAST BURRIT CEREAL/TOAST BLUEBERRIES JUICE VARIETY HS 1% MILK MILK,Skim	Oct - 5 WAFFLE, AUNT JEMI CEREAL/TOAST STRAWBERRIES JUICE VARIETY HS SYRUP SAUSAGE 1% MILK MILK,Skim
Oct - 8 BRKFST HAM & CHE CEREAL/TOAST APPLESAUCE CUPS, JUICE VARIETY HS 1% MILK MILK,Skim YOGURT FRUIT CUP	Oct - 9 FRENCH TOAST STK CEREAL/TOAST APPLES SLICES JUICE VARIETY HS SAUSAGE SYRUP 1% MILK MILK,Skim	Oct - 10 OMELET CHEESE, S CEREAL/TOAST HASHBROWNS MANDARIN ORANGE JUICE VARIETY HS 1% MILK MILK,Skim	Oct - 11 BREAKFAST PIZZA CEREAL/TOAST YOGURT FRUIT CUP PINEAPPLE, FRESH JUICE VARIETY HS 1% MILK MILK,Skim	Oct - 12 PANCAKE W.G. CEREAL/TOAST PINEAPPLE, FRESH BLUEBERRIES JUICE VARIETY HS SAUSAGE SYRUP 1% MILK MILK,Skim
Oct - 15 SAUSAGE & EGG SA CEREAL/TOAST ORANGES JUICE VARIETY HS YOGURT FRUIT CUP 1% MILK MILK,Skim	Oct - 16 FRENCH TOAST STK CEREAL/TOAST APPLES SLICES JUICE VARIETY HS SAUSAGE SYRUP 1% MILK MILK,Skim	Oct - 17 BISCUIT N GRAVY CEREAL/TOAST GRAPES,Fresh JUICE VARIETY HS 1% MILK MILK,Skim	Oct - 18 NO SCHOOL TODAY	Oct - 19 NO SCHOOL TODAY
Oct - 22 SAUSAGE & EGG SA CEREAL/TOAST BLUEBERRIES JUICE VARIETY HS YOGURT FRUIT CUP 1% MILK MILK,Skim	Oct - 23 FRENCH TOAST STK CEREAL/TOAST APPLES SLICES JUICE VARIETY HS SAUSAGE SYRUP 1% MILK MILK,Skim	Oct - 24 BREAKFAST CAKE CEREAL/TOAST GRAPES,Fresh JUICE VARIETY HS 1% MILK MILK,Skim	Oct - 25 BREAKFAST BURRIT CEREAL/TOAST ORANGES JUICE VARIETY HS 1% MILK MILK,Skim	Oct - 26 CINNAMON ROLLS W CEREAL/TOAST STRAWBERRIES JUICE VARIETY HS SYRUP SAUSAGE 1% MILK MILK,Skim
Oct - 29 BRKFST HAM & CHE CEREAL/TOAST APPLESAUCE CUPS, JUICE VARIETY HS 1% MILK MILK,Skim YOGURT FRUIT CUP	Oct - 30 BREAKFAST CAKE CEREAL/TOAST WATERMELON JUICE VARIETY HS SAUSAGE 1% MILK MILK,Skim	Oct - 31 OMELET CHEESE, S CEREAL/TOAST HASHBROWNS MANDARIN ORANGE JUICE VARIETY HS 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.