

# Rogers Public Schools

## K-5 BREAKFAST CHOICE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3 WG, CEREAL VARIETY NUTRI-GRAIN BAR STRAWBERRY FLAVORED RAISINS FRUIT JUICE MILK choice ALTERNATE FILLED BAGEL BITES	Dec - 4 BRKFST BREAD FRUIT SQUEEZY FRUIT JUICE MILK choice ALTERNATE MINI SAUSAGE BISCUITS	Dec - 5 WG, CEREAL VARIETY TRIX YOGURT FRUIT JUICE BANANAS MILK choice ALTERNATE PILLSBURY CHERRY FRUDEL	Dec - 6 BACON SCRAMBLE BREAKFAST PIZZA FRUIT JUICE STRAWBERRY CUP MILK choice ALTERNATE GLAZED MINI-BITES	Dec - 7 WG, CEREAL VARIETY VANILLA BEAR GRAHAM FRUIT JUICE APPLES,Fresh MILK choice ALTERNATE MINI PANCAKES, MAPLE
Dec - 10 WG, CEREAL VARIETY PILLSBURY APPLE FRUDEL FRUIT JUICE FRUIT SQUEEZY MILK choice ALTERNATE SAUS & CHEESE BRK SAN	Dec - 11 MORNING SAUS ROLL FLAVORED RAISINS FRUIT JUICE MILK choice ALTERNATE PUMPKIN BREAD	Dec - 12 WG, CEREAL VARIETY CINNAMON CRISPY FRUIT JUICE BANANAS MILK choice ALTERNATE STRAWBERRY MUFFIN	Dec - 13 FRUIT & YOGURT PARFAI FRUIT JUICE MILK choice ALTERNATE MORNING SAUS ROLL MINI-CINNIS WG Pull-apart cinn rolls CRAISINS	Dec - 14 WG, CEREAL VARIETY VARIETY MUFFINS FRUIT JUICE FRUIT SQUEEZY MILK choice ALTERNATE PANCAKE/SAUS STICK
Dec - 17 WG, CEREAL VARIETY NUTRI-GRAIN BAR STRAWBERRY CRAISINS FRUIT JUICE MILK choice ALTERNATE FILLED BAGEL BITES	Dec - 18 BRKFST BREAD FRUIT SQUEEZY FRUIT JUICE MILK choice ALTERNATE MINI SAUSAGE BISCUITS	Dec - 19 WG, CEREAL VARIETY TRIX YOGURT FRUIT JUICE BANANAS MILK choice ALTERNATE PILLSBURY CHERRY FRUDEL	Dec - 20 BACON SCRAMBLE BREAKFAST PIZZA FRUIT JUICE FRUIT SQUEEZY MILK choice ALTERNATE GLAZED MINI-BITES	Dec - 21 WG, CEREAL VARIETY ASSORT NUTRIGRAIN BA FRUIT JUICE STRAWBERRY CUP MILK choice ALTERNATE MINI PANCAKES, MAPLE
Dec - 24 NO SCHOOL TODAY	Dec - 25 NO SCHOOL TODAY	Dec - 26 NO SCHOOL TODAY	Dec - 27 HOLIDAY	Dec - 28 NO SCHOOL TODAY
Dec - 31 NO SCHOOL TODAY				

*\*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.