

# Rogers Public Schools

## HIGH SCHOOL BREAKFAST CHOICES

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 2	Jan - 3	Jan - 4 "BUILD YOUR BREAKFAST BREAKFAST BOWL w/eggs, saus, salsa SAUSAGE BISCUIT BREAKFAST PIZZA LRG BOWL CEREAL VARI BAGEL with Cream Cheese TRIX YOGURT ASSORT NUTRIGRAIN BA VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE CHOICE OF FRUIT MILK choice	Jan - 5 "BUILD YOUR BREAKFAST Pillsbury MiniCinnis WG Cinnamon Rolls BACON, EGG AND CHEESE CROISSANT SAUSAGE BISCUIT LRG BOWL CEREAL VARI BAGEL with Cream Cheese TRIX YOGURT ASSORT NUTRIGRAIN BA VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE FRESH FRUIT BOWL MILK choice	Jan - 6 "BUILD YOUR BREAKFAST EGG & CHEESE WRAP SAUSAGE BISCUIT BREAKFAST PIZZA LRG BOWL CEREAL VARI BAGEL with Cream Cheese TRIX YOGURT ASSORT NUTRIGRAIN BA VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE CHOICE OF FRUIT MILK choice
Jan - 9 FRENCH TOAST STIX SYRUP SAUSAGE BISCUIT BREAKFAST PIZZA LRG BOWL CEREAL VARI BAGEL with Cream Cheese WG BREAKFAST ROUND TRIX YOGURT ASSORT NUTRIGRAIN BA VARIETY MUFFINS FRUIT JUICE CHOICE OF FRUIT MILK choice	Jan - 10 "BUILD YOUR BREAKFAST FRENCH TOAST STIX HAM & EGG BRKFST SANDWICH SAUSAGE BISCUIT LRG BOWL CEREAL VARI BAGEL with Cream Cheese TRIX YOGURT ASSORT NUTRIGRAIN BA VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE FRESH FRUIT BOWL MILK choice	Jan - 11 "BUILD YOUR BREAKFAST CHEESEY EGGS SAUSAGE LINK SAUSAGE BISCUIT BREAKFAST PIZZA LRG BOWL CEREAL VARI BAGEL with Cream Cheese TRIX YOGURT ASSORT NUTRIGRAIN BA CEREAL BAR, CHOC VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE CHOICE OF FRUIT MILK choice	Jan - 12 "BUILD YOUR BREAKFAST MORNING SAUS ROLL SAUSAGE BISCUIT BACON, EGG AND CHEESE CROISSANT LRG BOWL CEREAL VARI BAGEL with Cream Cheese TRIX YOGURT ASSORT NUTRIGRAIN BA CEREAL BAR, CHOC VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE FRESH FRUIT BOWL MILK choice	Jan - 13 "BUILD YOUR BREAKFAST FRUIT & YOGURT PARFAI SAUSAGE BISCUIT BREAKFAST PIZZA LRG BOWL CEREAL VARI BAGEL with Cream Cheese ASSORT NUTRIGRAIN BA VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE CHOICE OF FRUIT MILK choice
Jan - 16 NO SCHOOL TODAY	Jan - 17 "BUILD YOUR BREAKFAST HAM & EGG BRKFST SANDWICH SAUSAGE BISCUIT LRG BOWL CEREAL VARI BAGEL with Cream Cheese TRIX YOGURT ASSORT NUTRIGRAIN BA VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE FRESH FRUIT BOWL MILK choice	Jan - 18 "BUILD YOUR BREAKFAST BREAKFAST BOWL w/eggs, saus, salsa BREAKFAST PIZZA SAUSAGE BISCUIT LRG BOWL CEREAL VARI BAGEL with Cream Cheese TRIX YOGURT ASSORT NUTRIGRAIN BA VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE CHOICE OF FRUIT MILK choice	Jan - 19 "BUILD YOUR BREAKFAST Pillsbury MiniCinnis WG Cinnamon Rolls SAUSAGE BISCUIT BACON, EGG AND CHEESE CROISSANT LRG BOWL CEREAL VARI BAGEL with Cream Cheese TRIX YOGURT ASSORT NUTRIGRAIN BA VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE FRESH FRUIT BOWL MILK choice	Jan - 20 "BUILD YOUR BREAKFAST EGG & CHEESE WRAP BREAKFAST PIZZA SAUSAGE BISCUIT LRG BOWL CEREAL VARI BAGEL with Cream Cheese TRIX YOGURT ASSORT NUTRIGRAIN BA VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE CHOICE OF FRUIT MILK choice

*\*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.**

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**HIGH SCHOOL BREAKFAST CHOICES**

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 23  "BUILD YOUR BREAKFAST FRENCH TOAST STIX SYRUP SAUSAGE BISCUIT BREAKFAST PIZZA LRG BOWL CEREAL VARI BAGEL with Cream Cheese TRIX YOGURT ASSORT NUTRIGRAIN BA VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE CHOICE OF FRUIT MILK choice	Jan - 24  "BUILD YOUR BREAKFAST SAUSAGE BISCUIT HAM & EGG BRKFST SANDWICH LRG BOWL CEREAL VARI BAGEL with Cream Cheese TRIX YOGURT ASSORT NUTRIGRAIN BA VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE FRESH FRUIT BOWL MILK choice	Jan - 25  "BUILD YOUR BREAKFAST CHEESEY EGGS SAUSAGE LINK SAUSAGE BISCUIT BREAKFAST PIZZA LRG BOWL CEREAL VARI BAGEL with Cream Cheese TRIX YOGURT ASSORT NUTRIGRAIN BA VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE CHOICE OF FRUIT MILK choice	Jan - 26  "BUILD YOUR BREAKFAST MORNING SAUS ROLL SAUSAGE BISCUIT BACON, EGG AND CHEESE CROISSANT LRG BOWL CEREAL VARI BAGEL with Cream Cheese TRIX YOGURT ASSORT NUTRIGRAIN BA VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE FRESH FRUIT BOWL MILK choice	Jan - 27  "BUILD YOUR BREAKFAST FRUIT & YOGURT PARFAI SAUSAGE BISCUIT BREAKFAST PIZZA LRG BOWL CEREAL VARI BAGEL with Cream Cheese ASSORT NUTRIGRAIN BA VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE CHOICE OF FRUIT MILK choice
Jan - 30  "BUILD YOUR BREAKFAST WAFFLE BITES SAUSAGE LINKS (216419) SYRUP SAUSAGE BISCUIT BREAKFAST PIZZA LRG BOWL CEREAL VARI BAGEL with Cream Cheese TRIX YOGURT ASSORT NUTRIGRAIN BA VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE CHOICE OF FRUIT MILK choice	Jan - 31  "BUILD YOUR BREAKFAST SAUSAGE BISCUIT HAM & EGG BRKFST SANDWICH LRG BOWL CEREAL VARI BAGEL with Cream Cheese TRIX YOGURT ASSORT NUTRIGRAIN BA VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE FRESH FRUIT BOWL MILK choice			

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