

Rogers Public Schools

K-5 BREAKFAST CHOICE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		Jan - 4 Pillsbury MiniCinnis WG Cinnamon Rolls "OR" WG, CEREAL VARIETY VARIETY MUFFINS FRUIT JUICE CHOICE OF FRUIT MILK choice	Jan - 5 BREAKFAST PIZZA "OR" WG, CEREAL VARIETY CHOCOLATE BEAR GRAHAM "AND" FRUIT JUICE RAISINS MILK choice	Jan - 6 MINI SAUSAGE BISCUITS "OR" WG, CEREAL VARIETY GRAHAM CRACKERS "AND" FRUIT JUICE CHOICE OF FRUIT MILK choice
Jan - 9 GLAZED MINI-BITES "OR" WG, CEREAL VARIETY GRAHAM CRACKERS "AND" FRUIT JUICE CHOICE OF FRUIT MILK choice	Jan - 10 EGG & CHEESE WRAP "OR" WG, CEREAL VARIETY NUTRI-GRAIN BAR BLUEBERRY "AND" FRUIT JUICE FRESH FRUIT BOWL MILK choice	Jan - 11 YOGURT CUP "OR" WG, CEREAL VARIETY "AND" GRAHAM CRACKERS FRUIT JUICE CHOICE OF FRUIT MILK choice	Jan - 12 MORNING SAUS ROLL "OR" WG, CEREAL VARIETY GRAHAM CRACKERS "AND" FRUIT JUICE CRAISINS MILK choice	Jan - 13 WG BREAKFAST ROUND "OR" WG, CEREAL VARIETY APPLEWAY GRANOLA BA "AND" FRUIT JUICE CHOICE OF FRUIT MILK choice
Jan - 16 NO SCHOOL TODAY	Jan - 17 FRENCH TOAST STIX "OR" WG, CEREAL VARIETY HONEY GRAHAMS "AND" FRUIT JUICE CHOICE OF FRUIT MILK choice	Jan - 18 FRUIT & YOGURT PARFAI "OR" WG, CEREAL VARIETY "AND" LEMON DINO GRAHAM FRUIT JUICE CHOICE OF FRUIT MILK choice	Jan - 19 BREAKFAST PIZZA "OR" WG, CEREAL VARIETY OATMEAL & APPLE BAR "AND" FRUIT JUICE RAISINS MILK choice	Jan - 20 GLAZED MINI-BITES "OR" WG, CEREAL VARIETY GRAHAM CRACKERS "AND" FRUIT JUICE CHOICE OF FRUIT MILK choice
Jan - 23 Pillsbury MiniCinnis WG Cinnamon Rolls "OR" WG, CEREAL VARIETY GRAHAM CRACKERS "AND" FRUIT JUICE CHOICE OF FRUIT MILK choice	Jan - 24 MORNING SAUS ROLL "OR" WG, CEREAL VARIETY NUTRI-GRAIN BAR BLUEBERRY "AND" FRUIT JUICE FRESH FRUIT BOWL MILK choice	Jan - 25 YOGURT CUP "OR" WG, CEREAL VARIETY "AND" VARIETY MUFFINS FRUIT JUICE CHOICE OF FRUIT MILK choice	Jan - 26 MINI SAUSAGE BISCUITS "OR" WG, CEREAL VARIETY GRAHAM CRACKERS "AND" FRUIT JUICE RAISELS MILK choice	Jan - 27 WG BREAKFAST ROUND "OR" WG, CEREAL VARIETY CEREAL BAR, APPLE CIN "AND" FRUIT JUICE CHOICE OF FRUIT MILK choice
Jan - 30 CHICKEN BISCUIT "OR" WG, CEREAL VARIETY YOGURT CUP "AND" FRUIT JUICE CHOICE OF FRUIT MILK choice	Jan - 31 CHEESE OMELET "OR" WG, CEREAL VARIETY "AND" STRAWBERRY DINO GRA FRUIT JUICE FRESH FRUIT BOWL 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.