

Rogers Public Schools

MIDDLE SCHOOL BREAKFAST CHOICES

Dec 16, 2016

Page 1

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| <p>Jan - 2</p> <p>WINTER BREAK</p> | <p>Jan - 3</p> <p>NO SCHOOL TODAY</p> | <p>Jan - 4</p> <p>"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</p> | <p>Jan - 5</p> <p>"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</p> | <p>Jan - 6</p> <p>"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</p> |
| <p>Jan - 9</p> <p>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</p> | <p>Jan - 10</p> <p>"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</p> | <p>Jan - 11</p> <p>"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</p> | <p>Jan - 12</p> <p>"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</p> | <p>Jan - 13</p> <p>"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</p> |
| <p>Jan - 16</p> <p>NO SCHOOL TODAY</p> | <p>Jan - 17</p> <p>"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</p> | <p>Jan - 18</p> <p>"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</p> | <p>Jan - 19</p> <p>"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</p> | <p>Jan - 20</p> <p>"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</p> |

**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.

Rogers Public Schools

MIDDLE SCHOOL BREAKFAST CHOICES

Dec 16, 2016

Page 2

| 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 | | | |

**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.