

Rogers Public Schools

9-12 BREAKFAST CHOICES

Monday	Tuesday	Wednesday	Thursday	Friday
				Feb - 1 "BUILD YOUR BREAKFAST" TROPICAL TREAT SMOOTHIE BACON SCRAMBLE BREAKFAST PIZZA SAUSAGE BISCUIT LRG BOWL CEREAL VARIE BAGEL & CREAM CHS FILLED CRESCENT ROLL VARIETY MUFFINS FRUIT JUICE FRUIT CUP MILK choice
Feb - 4 "BUILD YOUR BREAKFAST" TROPICAL TREAT SMOOTHIE ASSORT NUTRIGRAIN BAR SAUSAGE BISCUIT PANCAKES & SAUSAGE SYRUP LRG BOWL CEREAL VARIE TRIX YOGURT VARIETY MUFFINS BAGEL & CREAM CHS WG BREAKFAST ROUND FRUIT JUICE FRESH FRUIT BOWL MILK choice	Feb - 5 "BUILD YOUR BREAKFAST" FRUIT & YOGURT BAR SAUSAGE BISCUIT BACON SCRAMBLE BREAKFAST PIZZA LRG BOWL CEREAL VARIE VARIETY MUFFINS BAGEL & CREAM CHS GLAZED MINI-BITES WG BREAKFAST ROUND FRUIT JUICE FRESH FRUIT BOWL MILK choice	Feb - 6 "BUILD YOUR BREAKFAST" COUNTRY BREAKFAST SAUSAGE BISCUIT LRG BOWL CEREAL VARIE TRIX YOGURT VARIETY MUFFINS BAGEL & CREAM CHS WG BREAKFAST ROUND FRUIT JUICE FRUIT CUP MILK choice	Feb - 7 "BUILD YOUR BREAKFAST" FRUIT & YOGURT BAR SAUSAGE BISCUIT BACON, EGG AND CHEESE CROISSANT LRG BOWL CEREAL VARIE VARIETY MUFFINS BAGEL & CREAM CHS GLAZED MINI-BITES WG BREAKFAST ROUND FRUIT JUICE FRESH FRUIT BOWL MILK choice	Feb - 8 "BUILD YOUR BREAKFAST" PURPLE COW SMOOTHIE SAUSAGE BISCUIT BREAKFAST BOWL w/eggs, saus, salsa LRG BOWL CEREAL VARIE YOGURT CUP VARIETY MUFFINS MINI BREAKFAST BUN BAGEL & CREAM CHS FRUIT JUICE FRUIT CUP MILK choice
Feb - 11 "BUILD YOUR BREAKFAST" JUST PEACHEY SMOOTHI ASSORT NUTRIGRAIN BAR FRENCH TOAST STIX SYRUP SAUSAGE BISCUIT LRG BOWL CEREAL VARIE BAGEL & CREAM CHS TRIX YOGURT VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE FRUIT CUP MILK choice	Feb - 12 "BUILD YOUR BREAKFAST" FRUIT & YOGURT BAR SAUSAGE BISCUIT BRK FLATBREAD PIZZA LRG BOWL CEREAL VARIE VARIETY MUFFINS BAGEL & CREAM CHS WG BREAKFAST ROUND MINI BREAKFAST BUN FRUIT JUICE FRESH FRUIT BOWL MILK choice	Feb - 13 "BUILD YOUR BREAKFAST" COUNTRY BREAKFAST SAUSAGE BISCUIT LRG BOWL CEREAL VARIE TRIX YOGURT VARIETY MUFFINS BAGEL & CREAM CHS WG BREAKFAST ROUND FRUIT JUICE FRUIT CUP MILK choice	Feb - 14 "BUILD YOUR BREAKFAST" FRUIT & YOGURT BAR SAUSAGE BISCUIT BACON SCRAMBLE BREAKFAST PIZZA LRG BOWL CEREAL VARIE BAGEL & CREAM CHS GLAZED MINI-BITES VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE FRESH FRUIT BOWL MILK choice	Feb - 15 "BUILD YOUR BREAKFAST" NANA-BERRY SMOOTHIE SAUSAGE BISCUIT CHICKEN BISCUIT BAGEL & CREAM CHS LRG BOWL CEREAL VARIE TRIX YOGURT VARIETY MUFFINS PILLSBURY APPLE FRUDEL FRUIT JUICE FRUIT CUP 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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Feb - 18 "BUILD YOUR BREAKFAST" TROPICAL TREAT SMOOTHIE ASSORT NUTRIGRAIN BAR SAUSAGE BISCUIT PANCAKES & SAUSAGE SYRUP LRG BOWL CEREAL VARIE TRIX YOGURT VARIETY MUFFINS BAGEL & CREAM CHS WG BREAKFAST ROUND FRUIT JUICE FRESH FRUIT BOWL MILK choice	Feb - 19 "BUILD YOUR BREAKFAST" FRUIT & YOGURT BAR SAUSAGE BISCUIT BACON SCRAMBLE BREAKFAST PIZZA LRG BOWL CEREAL VARIE VARIETY MUFFINS BAGEL & CREAM CHS GLAZED MINI-BITES WG BREAKFAST ROUND FRUIT JUICE FRESH FRUIT BOWL MILK choice	Feb - 20 "BUILD YOUR BREAKFAST" COUNTRY BREAKFAST SAUSAGE BISCUIT LRG BOWL CEREAL VARIE TRIX YOGURT VARIETY MUFFINS BAGEL & CREAM CHS WG BREAKFAST ROUND FRUIT JUICE FRUIT CUP MILK choice	Feb - 21 "BUILD YOUR BREAKFAST" FRUIT & YOGURT BAR SAUSAGE BISCUIT BACON, EGG AND CHEESE CROISSANT LRG BOWL CEREAL VARIE VARIETY MUFFINS BAGEL & CREAM CHS GLAZED MINI-BITES WG BREAKFAST ROUND FRUIT JUICE FRESH FRUIT BOWL MILK choice	Feb - 22 "BUILD YOUR BREAKFAST" PURPLE COW SMOOTHIE SAUSAGE BISCUIT BREAKFAST BOWL w/eggs, saus, salsa LRG BOWL CEREAL VARIE YOGURT CUP VARIETY MUFFINS MINI BREAKFAST BUN BAGEL & CREAM CHS FRUIT JUICE FRUIT CUP MILK choice
Feb - 25 "BUILD YOUR BREAKFAST" JUST PEACHEY SMOOTHI ASSORT NUTRIGRAIN BAR FRENCH TOAST STIX SYRUP SAUSAGE BISCUIT LRG BOWL CEREAL VARIE BAGEL & CREAM CHS TRIX YOGURT VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE FRUIT CUP MILK choice	Feb - 26 "BUILD YOUR BREAKFAST" FRUIT & YOGURT BAR SAUSAGE BISCUIT BRK FLATBREAD PIZZA LRG BOWL CEREAL VARIE VARIETY MUFFINS BAGEL & CREAM CHS WG BREAKFAST ROUND MINI BREAKFAST BUN FRUIT JUICE FRESH FRUIT BOWL MILK choice	Feb - 27 "BUILD YOUR BREAKFAST" COUNTRY BREAKFAST SAUSAGE BISCUIT LRG BOWL CEREAL VARIE TRIX YOGURT VARIETY MUFFINS BAGEL & CREAM CHS WG BREAKFAST ROUND FRUIT JUICE FRUIT CUP MILK choice	Feb - 28 "BUILD YOUR BREAKFAST" FRUIT & YOGURT BAR SAUSAGE BISCUIT BACON SCRAMBLE BREAKFAST PIZZA LRG BOWL CEREAL VARIE BAGEL & CREAM CHS GLAZED MINI-BITES VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE FRESH FRUIT BOWL MILK choice	Mar - 1 "BUILD YOUR BREAKFAST" NANA-BERRY SMOOTHIE SAUSAGE BISCUIT CHICKEN BISCUIT BAGEL & CREAM CHS LRG BOWL CEREAL VARIE TRIX YOGURT VARIETY MUFFINS PILLSBURY APPLE FRUDEL FRUIT JUICE FRUIT CUP MILK choice

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