

Rogers Public Schools

SECONDARY BREAKFAST CHOICES

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1 "BUILD YOUR BREAKFAST FRUIT & YOGURT PARFAI BACON, EGG AND CHEESE CROISSANT SAUS & CHEESE BRK SAN LRG BOWL CEREAL VARI BAGEL & CREAM CHS TRIX YOGURT MINI BREAKFAST BUN VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE FRESH FRUIT BOWL MILK choice	Nov - 2 "BUILD YOUR BREAKFAST PURPLE COW SMOOTHIE BREAKFAST PIZZA BAGEL LRG BOWL CEREAL VARI BAGEL & CREAM CHS TRIX YOGURT GLAZED MINI-BITES VARIETY MUFFINS FRUIT JUICE FRUIT CUP MILK choice
Nov - 5 "BUILD YOUR BREAKFAST HAM,EGG&CHEESE BRKFST SANDWICH PANCAKE/SAUS STICK BACON SCRAMBLE BREAKFAST PIZZA LRG BOWL CEREAL VARI BAGEL & CREAM CHS TRIX YOGURT ASSORT NUTRIGRAIN BA VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE FRUIT CUP MILK choice	Nov - 6 "BUILD YOUR BREAKFAST JUST PEACHEY SMOOTHI BREAKFAST PIZZA BAGEL LRG BOWL CEREAL VARI BAGEL & CREAM CHS TRIX YOGURT PILLSBURY APPLE FRUDEL VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE FRESH FRUIT BOWL MILK choice	Nov - 7 "BUILD YOUR BREAKFAST FRENCH TOAST STIX SYRUP SAUSAGE BISCUIT BACON SCRAMBLE BREAKFAST PIZZA BAGEL & CREAM CHS LRG BOWL CEREAL VARI TRIX YOGURT MINI-CINNIS WG Pull-apart cinn rolls VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE FRUIT CUP MILK choice	Nov - 8 "BUILD YOUR BREAKFAST FRUIT & YOGURT PARFAI BACON, EGG AND CHEESE CROISSANT SAUSAGE BISCUIT LRG BOWL CEREAL VARI BAGEL & CREAM CHS TRIX YOGURT FILLED CRESCENT ROLL VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE FRESH FRUIT BOWL MILK choice	Nov - 9 "BUILD YOUR BREAKFAST PURPLE COW SMOOTHIE SAUSAGE BISCUIT LRG BOWL CEREAL VARI BAGEL & CREAM CHS TRIX YOGURT VARIETY MUFFINS GLAZED MINI-BITES FRUIT JUICE FRUIT CUP MILK choice
Nov - 12 "BUILD YOUR BREAKFAST FRENCH TOAST STIX SYRUP SAUSAGE BISCUIT BACON SCRAMBLE BREAKFAST PIZZA LRG BOWL CEREAL VARI BAGEL & CREAM CHS TRIX YOGURT ASSORT NUTRIGRAIN BA VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE FRUIT CUP MILK choice	Nov - 13 "BUILD YOUR BREAKFAST PURPLE COW SMOOTHIE SAUSAGE BISCUIT BAGEL & CREAM CHS LRG BOWL CEREAL VARI PILLSBURY CHERRY FRUDEL TRIX YOGURT VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE FRESH FRUIT BOWL MILK choice	Nov - 14 "BUILD YOUR BREAKFAST CHEESEY EGGS LINK SAUSAGE TATER GEMS BUTTERMILK BISCUIT BAGEL & CREAM CHS LRG BOWL CEREAL VARI MINI BREAKFAST BUN TRIX YOGURT ASSORT NUTRIGRAIN BA VARIETY MUFFINS FRUIT JUICE FRUIT CUP MILK choice	Nov - 15 "BUILD YOUR BREAKFAST FRUIT & YOGURT PARFAI SAUSAGE BISCUIT BACON, EGG AND CHEESE CROISSANT LRG BOWL CEREAL VARI BAGEL & CREAM CHS TRIX YOGURT PILLSBURY APPLE FRUDEL VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE FRESH FRUIT BOWL MILK choice	Nov - 16 "BUILD YOUR BREAKFAST TROPICAL TREAT SMOOT BACON SCRAMBLE BREAKFAST PIZZA SAUSAGE BISCUIT LRG BOWL CEREAL VARI BAGEL & CREAM CHS FILLED CRESCENT ROLL VARIETY MUFFINS FRUIT JUICE FRUIT CUP MILK choice
Nov - 19 NO SCHOOL TODAY	Nov - 20 NO SCHOOL TODAY	Nov - 21 NO SCHOOL TODAY	Nov - 22 NO SCHOOL TODAY	Nov - 23 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.

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Nov - 26 "BUILD YOUR BREAKFAST HAM,EGG&CHEESE BRKFST SANDWICH PANCAKE/SAUS STICK BACON SCRAMBLE BREAKFAST PIZZA LRG BOWL CEREAL VARI BAGEL & CREAM CHS TRIX YOGURT ASSORT NUTRIGRAIN BA VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE FRUIT CUP MILK choice	Nov - 27 "BUILD YOUR BREAKFAST SAUSAGE BISCUIT BREAKFAST PIZZA BAGEL LRG BOWL CEREAL VARI TRIX YOGURT BAGEL & CREAM CHS GLAZED MINI-BITES VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE FRESH FRUIT BOWL MILK choice	Nov - 28 "BUILD YOUR BREAKFAST PANCAKES & SAUSAGE SYRUP SAUSAGE BISCUIT BACON SCRAMBLE BREAKFAST PIZZA LRG BOWL CEREAL VARI BAGEL & CREAM CHS TRIX YOGURT VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE FRUIT CUP MILK choice	Nov - 29 "BUILD YOUR BREAKFAST FRUIT & YOGURT PARFAI BACON, EGG AND CHEESE CROISSANT SAUSAGE BISCUIT LRG BOWL CEREAL VARI BAGEL & CREAM CHS TRIX YOGURT VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE FRESH FRUIT BOWL MILK choice	Nov - 30 "BUILD YOUR BREAKFAST PURPLE COW SMOOTHIE SAUSAGE BISCUIT LRG BOWL CEREAL VARI BAGEL & CREAM CHS TRIX YOGURT VARIETY MUFFINS GLAZED MINI-BITES FRUIT JUICE FRUIT CUP MILK choice

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