

Rogers Public Schools

K-5 BREAKFAST CHOICE MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | | Nov - 1 BACON SCRAMBLE BREAKFAST PIZZA FRUIT JUICE STRAWBERRY CUP MILK choice ALTERNATE GLAZED MINI-BITES | Nov - 2 WG, CEREAL VARIETY VANILLA BEAR GRAHAM FRUIT JUICE APPLES,Fresh MILK choice ALTERNATE MINI PANCAKES, MAPLE |
| Nov - 5 WG, CEREAL VARIETY PILLSBURY APPLE FRUDEL FRUIT JUICE FRUIT SQUEEZY MILK choice ALTERNATE SAUS & CHEESE BRK SAN | Nov - 6 BREAKFAST PIZZA BAGEL CRAISINS FRUIT JUICE MILK choice ALTERNATE FRENCH TOAST STIX SYRUP | Nov - 7 WG, CEREAL VARIETY CINNAMON CRISPY FRUIT JUICE BANANAS MILK choice ALTERNATE FILLED BAGEL BITES | Nov - 8 FRUIT & YOGURT PARFAI FRUIT JUICE MILK choice ALTERNATE MORNING SAUS ROLL MINI-CINNIS WG Pull-apart cinn rolls CRAISINS | Nov - 9 WG, CEREAL VARIETY VARIETY MUFFINS FRUIT JUICE FRUIT SQUEEZY MILK choice ALTERNATE PANCAKE/SAUS STICK |
| Nov - 12 WG, CEREAL VARIETY NUTRI-GRAIN BAR STRAWBERRY CRAISINS FRUIT JUICE MILK choice ALTERNATE FILLED BAGEL BITES | Nov - 13 BRKFASK BREAD FRUIT SQUEEZY FRUIT JUICE MILK choice ALTERNATE MINI SAUSAGE BISCUITS | Nov - 14 WG, CEREAL VARIETY TRIX YOGURT FRUIT JUICE BANANAS MILK choice ALTERNATE PILLSBURY CHERRY FRUDEL | Nov - 15 BACON SCRAMBLE BREAKFAST PIZZA FRUIT JUICE FRUIT SQUEEZY MILK choice ALTERNATE GLAZED MINI-BITES | Nov - 16 WG, CEREAL VARIETY ASSORT NUTRIGRAIN BA FRUIT JUICE STRAWBERRY CUP MILK choice ALTERNATE MINI PANCAKES, MAPLE |
| 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 |
| Nov - 26 WG, CEREAL VARIETY VARIETY MUFFINS FRUIT JUICE FRUIT SQUEEZY MILK choice ALTERNATE FILLED BAGEL BITES | Nov - 27 BREAKFAST PIZZA BAGEL STRAWBERRY CUP FRUIT JUICE MILK choice ALTERNATE FRENCH TOAST STIX SYRUP | Nov - 28 WG, CEREAL VARIETY CINNAMON CRISPY FRUIT JUICE BANANAS MILK choice ALTERNATE FILLED BAGEL BITES | Nov - 29 FRUIT & YOGURT PARFAI FRUIT JUICE FRESH FRUIT BOWL MILK choice ALTERNATE MORNING SAUS ROLL MINI-CINNIS WG Pull-apart cinn rolls CRAISINS | Nov - 30 WG, CEREAL VARIETY VARIETY MUFFINS FRUIT JUICE FRUIT SQUEEZY MILK choice ALTERNATE PANCAKE/SAUS STICK |

**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.