

# Richton School District

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## BREAKFAST JANUARY 2021

Jan 5, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 3	Jan - 4	Jan - 5 Sausage & Pancake on a Stick Assorted Cold Cereals Fresh Pears Assorted Fruit Juices Chocolate Milk Fat Free Milk Pancake Syrup	Jan - 6 Southern Biscuit Sausage Patty Country Style Gravy Assorted Cold Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk	Jan - 7 French Toast Sticks Assorted Cold Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk
Jan - 10 Southern Biscuit Sausage Patty Cherry Frudel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk	Jan - 11 Hot Grits Bacon Strips Assorted Cold Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk	Jan - 12 Sausage & Pancake on a Stick Assorted Cold Cereals Fresh Pears Assorted Fruit Juices Chocolate Milk Fat Free Milk Pancake Syrup	Jan - 13 Southern Biscuit Sausage Patty Country Style Gravy Assorted Cold Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk	Jan - 14 French Toast Sticks Assorted Cold Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk
Jan - 17	Jan - 18 Hot Grits Bacon Strips Assorted Cold Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk	Jan - 19 Sausage & Pancake on a Stick Assorted Cold Cereals Fresh Pears Assorted Fruit Juices Chocolate Milk Fat Free Milk Pancake Syrup	Jan - 20 Southern Biscuit Sausage Patty Country Style Gravy Assorted Cold Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk	Jan - 21 French Toast Sticks Assorted Cold Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk
Jan - 24 Southern Biscuit Sausage Patty Cherry Frudel Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk	Jan - 25 Hot Grits Bacon Strips Assorted Cold Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk	Jan - 26 Sausage & Pancake on a Stick Assorted Cold Cereals Fresh Pears Assorted Fruit Juices Chocolate Milk Fat Free Milk Pancake Syrup	Jan - 27 Southern Biscuit Sausage Patty Country Style Gravy Assorted Cold Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk	Jan - 28 French Toast Sticks Assorted Cold Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk

*\*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.**