

Richton School District

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BREAKFAST DECEMBER 2019

Nov 20, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 2 Southern Biscuit Sausage Patty Cherry Frudel Assorted Cold Cereals Cocoa Cereal Squares Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk	Dec - 3 Hot Grits Bacon Strips Assorted Cold Cereals Fruit Flavor Cereal Bar Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Assorted Jellies	Dec - 4 Sausage & Pancake on a Stick Assorted Cold Cereals Strawberry Toaster Pastry Yogurt Parfait Fresh Pears Assorted Fruit Juices Chocolate Milk Fat Free Milk Pancake Syrup	Dec - 5 Hot Grits Sausage Patty Assorted Cold Cereals Fruit Flavor Cereal Bar Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Assorted Jellies	Dec - 6 French Toast Sticks Assorted Cold Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk
Dec - 9 Southern Biscuit Sausage Patty Cherry Frudel Assorted Cold Cereals Cocoa Cereal Squares Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk	Dec - 10 Hot Grits Bacon Strips Assorted Cold Cereals Fruit Flavor Cereal Bar Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Assorted Jellies	Dec - 11 Sausage & Pancake on a Stick Assorted Cold Cereals Strawberry Toaster Pastry Yogurt Parfait Fresh Pears Assorted Fruit Juices Chocolate Milk Fat Free Milk Pancake Syrup	Dec - 12 Hot Grits Sausage Patty Assorted Cold Cereals Fruit Flavor Cereal Bar Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Assorted Jellies	Dec - 13 French Toast Sticks Assorted Cold Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk
Dec - 16 Southern Biscuit Sausage Patty Cherry Frudel Assorted Cold Cereals Cocoa Cereal Squares Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk	Dec - 17 Hot Grits Bacon Strips Assorted Cold Cereals Fruit Flavor Cereal Bar Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Assorted Jellies	Dec - 18 Sausage & Pancake on a Stick Assorted Cold Cereals Strawberry Toaster Pastry Yogurt Parfait Fresh Pears Assorted Fruit Juices Chocolate Milk Fat Free Milk Pancake Syrup	Dec - 19 Hot Grits Sausage Patty Assorted Cold Cereals Fruit Flavor Cereal Bar Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk Assorted Jellies	Dec - 20 French Toast Sticks Assorted Cold Cereals Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk
Dec - 23 Dec - 30	Dec - 24 Dec - 31	Dec - 25	Dec - 26	Dec - 27

**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.