

SHELLEY SCHOOL DISTRICT # 60

HIGH SCHOOL BREAKFAST

{USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER}

Monday	Tuesday	Wednesday	Thursday	Friday
		Sep - 1 BREAKFAST PIZZA* FRUIT, JUICE, CHOICE MILK- VARIETY OR LONG JOHN/FROSTED CEREAL, ASST. HOT ROLL* JELLY FRUIT & GRAIN BAR YOGURT POPTART UNCRUSTABLES (PB&JELLY) BAGEL CREAM CHEESE BREAD STICK* BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE WATER	Sep - 2 BREAKFAST COMBO-HAM HOT ROLL* JELLY FRUIT, JUICE, CHOICE MILK- VARIETY OR PANCAKE MAPLE SYRUP PKT SAUSAGE PATTIE KETCHUP PACKET LONG JOHN/FROSTED CEREAL, ASST. FRUIT & GRAIN BAR YOGURT UNCRUSTABLES (PB&JELLY) POPTART BAGEL CREAM CHEESE BREAD STICK* BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE WATER	Sep - 3 BREAKFAST BURRITO TATOR TOTS KETCHUP PACKET FRUIT, JUICE, CHOICE MILK- VARIETY OR BREAKFAST BAGEL LONG JOHN/FROSTED CEREAL, ASST. HOT ROLL* JELLY UNCRUSTABLES (PB&JELLY) FRUIT & GRAIN BAR YOGURT POPTART BAGEL CREAM CHEESE BREAD STICK* BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE WATER

**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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Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 6 NO SCHOOL	Sep - 7 SAUSAGE BISCUIT JELLY FRUIT, JUICE, CHOICE MILK- VARIETY OR LONG JOHN/FROSTED FRENCH TOAST STICK* SAUSAGE PAT MAPLE SYRUP PKT CEREAL, ASST. HOT ROLL* FRUIT & GRAIN BAR YOGURT UNCRUSTABLES (PB&JELLY) POPTART BAGEL CREAM CHEESE BREAD STICK* BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE WATER	Sep - 8 BREAKFAST PIZZA* FRUIT, JUICE, CHOICE MILK- VARIETY OR LONG JOHN/FROSTED CEREAL, ASST. HOT ROLL* JELLY FRUIT & GRAIN BAR YOGURT POPTART UNCRUSTABLES (PB&JELLY) BAGEL CREAM CHEESE BREAD STICK* BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE WATER	Sep - 9 BREAKFAST COMBO-HAM HOT ROLL* JELLY FRUIT, JUICE, CHOICE MILK- VARIETY OR PANCAKE MAPLE SYRUP PKT SAUSAGE PATTIE KETCHUP PACKET LONG JOHN/FROSTED CEREAL, ASST. FRUIT & GRAIN BAR YOGURT UNCRUSTABLES (PB&JELLY) POPTART BAGEL CREAM CHEESE BREAD STICK* BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE WATER	Sep - 10 NO SCHOOL

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Sep 1, 2010

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Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 13 BREAKFAST PIZZA* FRUIT, JUICE, CHOICE MILK- VARIETY OR LONG JOHN/FROSTED CEREAL, ASST. HOT ROLL* JELLY FRUIT & GRAIN BAR YOGURT UNCRUSTABLES (PB&JELLY) POPTART BAGEL BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE WATER	Sep - 14 SAUSAGE BISCUIT JELLY FRUIT, JUICE, CHOICE MILK- VARIETY OR LONG JOHN/FROSTED FRENCH TOAST STICK* SAUSAGE PAT MAPLE SYRUP PKT CEREAL, ASST. HOT ROLL* FRUIT & GRAIN BAR YOGURT UNCRUSTABLES (PB&JELLY) POPTART BAGEL CREAM CHEESE BREAD STICK* BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE WATER	Sep - 15 BREAKFAST PIZZA* FRUIT, JUICE, CHOICE MILK- VARIETY OR LONG JOHN/FROSTED CEREAL, ASST. HOT ROLL* JELLY FRUIT & GRAIN BAR YOGURT POPTART UNCRUSTABLES (PB&JELLY) BAGEL CREAM CHEESE BREAD STICK* BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE WATER	Sep - 16 BREAKFAST COMBO-HAM HOT ROLL* JELLY FRUIT, JUICE, CHOICE MILK- VARIETY OR PANCAKE MAPLE SYRUP PKT SAUSAGE PATTIE KETCHUP PACKET LONG JOHN/FROSTED CEREAL, ASST. FRUIT & GRAIN BAR YOGURT UNCRUSTABLES (PB&JELLY) POPTART BAGEL CREAM CHEESE BREAD STICK* BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE WATER	Sep - 17 BREAKFAST BURRITO TATOR TOTS KETCHUP PACKET FRUIT, JUICE, CHOICE MILK- VARIETY OR BREAKFAST BAGEL LONG JOHN/FROSTED CEREAL, ASST. HOT ROLL* JELLY UNCRUSTABLES (PB&JELLY) FRUIT & GRAIN BAR YOGURT POPTART BAGEL CREAM CHEESE BREAD STICK* BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE WATER

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Sep - 20 BREAKFAST PIZZA* FRUIT, JUICE, CHOICE MILK- VARIETY OR LONG JOHN/FROSTED CEREAL, ASST. HOT ROLL* JELLY FRUIT & GRAIN BAR YOGURT UNCRUSTABLES (PB&JELLY) POPTART BAGEL BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE WATER	Sep - 21 SAUSAGE BISCUIT JELLY FRUIT, JUICE, CHOICE MILK- VARIETY OR LONG JOHN/FROSTED FRENCH TOAST STICK* SAUSAGE PAT MAPLE SYRUP PKT CEREAL, ASST. HOT ROLL* FRUIT & GRAIN BAR YOGURT UNCRUSTABLES (PB&JELLY) POPTART BAGEL CREAM CHEESE BREAD STICK* BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE WATER	Sep - 22 BREAKFAST PIZZA* FRUIT, JUICE, CHOICE MILK- VARIETY OR LONG JOHN/FROSTED CEREAL, ASST. HOT ROLL* JELLY FRUIT & GRAIN BAR YOGURT POPTART UNCRUSTABLES (PB&JELLY) BAGEL CREAM CHEESE BREAD STICK* BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE WATER	Sep - 23 BREAKFAST COMBO-HAM HOT ROLL* JELLY FRUIT, JUICE, CHOICE MILK- VARIETY OR PANCAKE MAPLE SYRUP PKT SAUSAGE PATTIE KETCHUP PACKET LONG JOHN/FROSTED CEREAL, ASST. FRUIT & GRAIN BAR YOGURT UNCRUSTABLES (PB&JELLY) POPTART BAGEL CREAM CHEESE BREAD STICK* BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE WATER	Sep - 24 BREAKFAST BURRITO TATOR TOTS KETCHUP PACKET FRUIT, JUICE, CHOICE MILK- VARIETY OR BREAKFAST BAGEL LONG JOHN/FROSTED CEREAL, ASST. HOT ROLL* JELLY UNCRUSTABLES (PB&JELLY) FRUIT & GRAIN BAR YOGURT POPTART BAGEL CREAM CHEESE BREAD STICK* BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE WATER

Menus are subject to change.

*Denotes a whole grain food item.

Skim white and 1% chocolate/white milk served everyday.

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