

SHELLEY SCHOOL DISTRICT # 60

HIGH SCHOOL BREAKFAST

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 30	Jan - 31	Feb - 1	Feb - 2	Feb - 3
BREAKFAST PIZZA FRUIT, JUICE, CHOICE LOW-FAT MILK OR LONG JOHN/FROSTED CEREAL, ASST. HOT ROLL JELLY FRUIT & GRAIN BAR YOGURT UNCRUSTABLE POPTART BAGEL BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE BEEF STICK WATER	SAUSAGE BISCUIT FRUIT, JUICE, CHOICE LOW-FAT MILK OR FRENCH TOAST STICK SAUSAGE PATTY MAPLE SYRUP LONG JOHN/FROSTED CEREAL, ASST. HOT ROLL FRUIT & GRAIN BAR YOGURT UNCRUSTABLE POPTART BAGEL CREAM CHEESE HOT BREAD STICK BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE BEEF STICK WATER	BREAKFAST PIZZA FRUIT, JUICE, CHOICE LOW-FAT MILK OR LONG JOHN/FROSTED CEREAL, ASST. HOT ROLL JELLY FRUIT & GRAIN BAR YOGURT POPTART UNCRUSTABLE BAGEL CREAM CHEESE HOT BREAD STICK BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE BEEF STICK WATER	BREAKFAST COMBO-HAM HOT ROLL JELLY FRUIT, JUICE, CHOICE LOW-FAT MILK OR PANCAKE ON A STICK MAPLE SYRUP TATOR TOTS KETCHUP PACKET LONG JOHN/FROSTED CEREAL, ASST. FRUIT & GRAIN BAR YOGURT UNCRUSTABLE POPTART BAGEL CREAM CHEESE HOT BREAD STICK BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE BEEF STICK WATER	BREAKFAST BURRITO TATOR TOTS KETCHUP PACKET FRUIT, JUICE, CHOICE LOW-FAT MILK OR OMELET HOT ROLL JELLY BREAKFAST BAGEL LONG JOHN/FROSTED CEREAL, ASST. UNCRUSTABLE FRUIT & GRAIN BAR YOGURT POPTART BAGEL CREAM CHEESE HOT BREAD STICK BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE BEEF STICK 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.

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Feb - 6	Feb - 7	Feb - 8	Feb - 9	Feb - 10
BREAKFAST PIZZA FRUIT, JUICE, CHOICE LOW-FAT MILK OR LONG JOHN/FROSTED CEREAL, ASST. HOT ROLL JELLY FRUIT & GRAIN BAR YOGURT UNCRUSTABLE POPTART BAGEL BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE BEEF STICK WATER	SAUSAGE BISCUIT FRUIT, JUICE, CHOICE LOW-FAT MILK OR FRENCH TOAST STICK SAUSAGE PATTY MAPLE SYRUP LONG JOHN/FROSTED CEREAL, ASST. HOT ROLL FRUIT & GRAIN BAR YOGURT UNCRUSTABLE POPTART BAGEL CREAM CHEESE HOT BREAD STICK BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE BEEF STICK WATER	BREAKFAST PIZZA FRUIT, JUICE, CHOICE LOW-FAT MILK OR LONG JOHN/FROSTED CEREAL, ASST. HOT ROLL JELLY FRUIT & GRAIN BAR YOGURT POPTART UNCRUSTABLE BAGEL CREAM CHEESE HOT BREAD STICK BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE BEEF STICK WATER	BREAKFAST COMBO-HAM HOT ROLL JELLY FRUIT, JUICE, CHOICE LOW-FAT MILK OR PANCAKE ON A STICK MAPLE SYRUP TATOR TOTS KETCHUP PACKET LONG JOHN/FROSTED CEREAL, ASST. FRUIT & GRAIN BAR YOGURT UNCRUSTABLE POPTART BAGEL CREAM CHEESE HOT BREAD STICK BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE BEEF STICK WATER	BREAKFAST BURRITO TATOR TOTS KETCHUP PACKET FRUIT, JUICE, CHOICE LOW-FAT MILK OR OMELET HOT ROLL JELLY BREAKFAST BAGEL LONG JOHN/FROSTED CEREAL, ASST. UNCRUSTABLE FRUIT & GRAIN BAR YOGURT POPTART BAGEL CREAM CHEESE HOT BREAD STICK BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE BEEF STICK WATER

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Feb - 13 BREAKFAST PIZZA FRUIT, JUICE, CHOICE LOW-FAT MILK OR LONG JOHN/FROSTED CEREAL, ASST. HOT ROLL JELLY FRUIT & GRAIN BAR YOGURT UNCRUSTABLE POPTART BAGEL BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE BEEF STICK WATER	Feb - 14 SAUSAGE BISCUIT FRUIT, JUICE, CHOICE LOW-FAT MILK OR FRENCH TOAST STICK SAUSAGE PATTY MAPLE SYRUP LONG JOHN/FROSTED CEREAL, ASST. HOT ROLL FRUIT & GRAIN BAR YOGURT UNCRUSTABLE POPTART BAGEL CREAM CHEESE HOT BREAD STICK BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE BEEF STICK WATER	Feb - 15 BREAKFAST PIZZA FRUIT, JUICE, CHOICE LOW-FAT MILK OR LONG JOHN/FROSTED CEREAL, ASST. HOT ROLL JELLY FRUIT & GRAIN BAR YOGURT POPTART UNCRUSTABLE BAGEL CREAM CHEESE HOT BREAD STICK BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE BEEF STICK WATER	Feb - 16 BREAKFAST COMBO-HAM HOT ROLL JELLY FRUIT, JUICE, CHOICE LOW-FAT MILK OR PANCAKE ON A STICK MAPLE SYRUP TATOR TOTS KETCHUP PACKET LONG JOHN/FROSTED CEREAL, ASST. FRUIT & GRAIN BAR YOGURT UNCRUSTABLE POPTART BAGEL CREAM CHEESE HOT BREAD STICK BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE BEEF STICK WATER	Feb - 17 NO SCHOOL

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Feb - 20 NO SCHOOL	Feb - 21 SAUSAGE BISCUIT FRUIT, JUICE, CHOICE LOW-FAT MILK OR FRENCH TOAST STICK SAUSAGE PATTY MAPLE SYRUP LONG JOHN/FROSTED CEREAL, ASST. HOT ROLL FRUIT & GRAIN BAR YOGURT UNCRUSTABLE POPTART BAGEL CREAM CHEESE HOT BREAD STICK BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE BEEF STICK WATER	Feb - 22 BREAKFAST PIZZA FRUIT, JUICE, CHOICE LOW-FAT MILK OR LONG JOHN/FROSTED CEREAL, ASST. HOT ROLL JELLY FRUIT & GRAIN BAR YOGURT POPTART UNCRUSTABLE BAGEL CREAM CHEESE HOT BREAD STICK BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE BEEF STICK WATER	Feb - 23 BREAKFAST COMBO-HAM HOT ROLL JELLY FRUIT, JUICE, CHOICE LOW-FAT MILK OR PANCAKE ON A STICK MAPLE SYRUP TATOR TOTS KETCHUP PACKET LONG JOHN/FROSTED CEREAL, ASST. FRUIT & GRAIN BAR YOGURT UNCRUSTABLE POPTART BAGEL CREAM CHEESE HOT BREAD STICK BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE BEEF STICK WATER	Feb - 24 BREAKFAST BURRITO TATOR TOTS KETCHUP PACKET FRUIT, JUICE, CHOICE LOW-FAT MILK OR OMELET HOT ROLL JELLY BREAKFAST BAGEL LONG JOHN/FROSTED CEREAL, ASST. UNCRUSTABLE FRUIT & GRAIN BAR YOGURT POPTART BAGEL CREAM CHEESE HOT BREAD STICK BLUEBERRY MUFFIN FRUIT ROLL CURIOUS GEORGE BEEF STICK WATER

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