

# Rogers Public Schools

## MIDDLE SCHOOL BREAKFAST CHOICES

Jan 23, 2019

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
				Feb - 1 "BUILD YOUR BREAKFAST" TROPICAL TREAT SMOOTHIE BACON SCRAMBLE BREAKFAST PIZZA SAUSAGE BISCUIT LRG BOWL CEREAL VARIE VARIETY MUFFINS FILLED CRESCENT ROLL FRUIT JUICE FRUIT CUP MILK choice
Feb - 4 "BUILD YOUR BREAKFAST" TROPICAL TREAT SMOOTHIE CINNAMON CRISPY SAUSAGE BISCUIT PANCAKES & SAUSAGE SYRUP FILLED CRESCENT ROLL WG, CEREAL VARIETY VARIETY MUFFINS FRUIT JUICE FRUIT CUP MILK choice	Feb - 5 "BUILD YOUR BREAKFAST" FRUIT & YOGURT BAR BACON SCRAMBLE BREAKFAST PIZZA WG, CEREAL VARIETY VARIETY MUFFINS GLAZED MINI-BITES FRUIT JUICE FRESH FRUIT BOWL MILK choice	Feb - 6 "BUILD YOUR BREAKFAST" COUNTRY BREAKFAST WG, CEREAL VARIETY TRIX YOGURT VARIETY MUFFINS BAGEL & CREAM CHS WG BREAKFAST ROUND FRUIT JUICE FRUIT CUP MILK choice	Feb - 7 "BUILD YOUR BREAKFAST" FRUIT & YOGURT BAR SAUSAGE BISCUIT BACON, EGG AND CHEESE CROISSANT WG, CEREAL VARIETY VARIETY MUFFINS GLAZED MINI-BITES FRUIT JUICE FRESH FRUIT BOWL MILK choice	Feb - 8 "BUILD YOUR BREAKFAST" PURPLE COW SMOOTHIE SAUSAGE BISCUIT WG, CEREAL VARIETY VARIETY MUFFINS YOGURT CUP MINI BREAKFAST BUN FRUIT JUICE FRUIT CUP MILK choice
Feb - 11 "BUILD YOUR BREAKFAST" JUST PEACHEY SMOOTHI ASSORT NUTRIGRAIN BAR FRENCH TOAST STIX SYRUP SAUSAGE BISCUIT WG, CEREAL VARIETY TRIX YOGURT VARIETY MUFFINS FRUIT JUICE FRUIT CUP MILK choice	Feb - 12 "BUILD YOUR BREAKFAST" FRUIT & YOGURT BAR SAUSAGE BISCUIT BRK FLATBREAD PIZZA WG, CEREAL VARIETY VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE FRESH FRUIT BOWL MILK choice	Feb - 13 "BUILD YOUR BREAKFAST" COUNTRY BREAKFAST WG, CEREAL VARIETY TRIX YOGURT VARIETY MUFFINS MINI-CINNIS WG Pull-apart cinn rolls BAGEL & CREAM CHS FRUIT JUICE FRUIT CUP MILK choice	Feb - 14 "BUILD YOUR BREAKFAST" FRUIT & YOGURT BAR SAUSAGE BISCUIT BACON SCRAMBLE BREAKFAST PIZZA WG, CEREAL VARIETY VARIETY MUFFINS GLAZED MINI-BITES FRUIT JUICE FRESH FRUIT BOWL MILK choice	Feb - 15 "BUILD YOUR BREAKFAST" PURPLE COW SMOOTHIE CHICKEN BISCUIT WG, CEREAL VARIETY TRIX YOGURT VARIETY MUFFINS PILLSBURY APPLE FRUDEL FRUIT JUICE FRUIT CUP MILK choice
Feb - 18 "BUILD YOUR BREAKFAST" TROPICAL TREAT SMOOTHIE CINNAMON CRISPY SAUSAGE BISCUIT PANCAKES & SAUSAGE SYRUP FILLED CRESCENT ROLL WG, CEREAL VARIETY VARIETY MUFFINS FRUIT JUICE FRUIT CUP MILK choice	Feb - 19 "BUILD YOUR BREAKFAST" FRUIT & YOGURT BAR BACON SCRAMBLE BREAKFAST PIZZA WG, CEREAL VARIETY VARIETY MUFFINS GLAZED MINI-BITES FRUIT JUICE FRESH FRUIT BOWL MILK choice	Feb - 20 "BUILD YOUR BREAKFAST" COUNTRY BREAKFAST WG, CEREAL VARIETY TRIX YOGURT VARIETY MUFFINS BAGEL & CREAM CHS WG BREAKFAST ROUND FRUIT JUICE FRUIT CUP MILK choice	Feb - 21 "BUILD YOUR BREAKFAST" FRUIT & YOGURT BAR SAUSAGE BISCUIT BACON, EGG AND CHEESE CROISSANT WG, CEREAL VARIETY VARIETY MUFFINS GLAZED MINI-BITES FRUIT JUICE FRESH FRUIT BOWL MILK choice	Feb - 22 "BUILD YOUR BREAKFAST" PURPLE COW SMOOTHIE SAUSAGE BISCUIT WG, CEREAL VARIETY VARIETY MUFFINS YOGURT CUP MINI BREAKFAST BUN FRUIT JUICE FRUIT CUP MILK choice

\*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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Page 2

Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 25	Feb - 26	Feb - 27	Feb - 28	Mar - 1
"BUILD YOUR BREAKFAST" JUST PEACHEY SMOOTHI ASSORT NUTRIGRAIN BAR FRENCH TOAST STIX SYRUP SAUSAGE BISCUIT WG, CEREAL VARIETY TRIX YOGURT VARIETY MUFFINS FRUIT JUICE FRUIT CUP MILK choice	"BUILD YOUR BREAKFAST" FRUIT & YOGURT BAR SAUSAGE BISCUIT BRK FLATBREAD PIZZA WG, CEREAL VARIETY VARIETY MUFFINS WG BREAKFAST ROUND FRUIT JUICE FRESH FRUIT BOWL MILK choice	"BUILD YOUR BREAKFAST" COUNTRY BREAKFAST WG, CEREAL VARIETY TRIX YOGURT VARIETY MUFFINS MINI-CINNIS WG Pull-apart cinn rolls BAGEL & CREAM CHS FRUIT JUICE FRUIT CUP MILK choice	"BUILD YOUR BREAKFAST" FRUIT & YOGURT BAR SAUSAGE BISCUIT BACON SCRAMBLE BREAKFAST PIZZA WG, CEREAL VARIETY VARIETY MUFFINS GLAZED MINI-BITES FRUIT JUICE FRESH FRUIT BOWL MILK choice	"BUILD YOUR BREAKFAST" PURPLE COW SMOOTHIE SAUSAGE BISCUIT WG, CEREAL VARIETY VARIETY MUFFINS YOGURT CUP MINI BREAKFAST BUN FRUIT JUICE FRUIT CUP MILK choice

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