

Rogers Public Schools

K-5 BREAKFAST CHOICE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				Feb - 1 WG, CEREAL VARIETY ASSORT NUTRIGRAIN BAR FRUIT JUICE STRAWBERRY CUP MILK choice ALTERNATE MINI PANCAKES, MAPLE
Feb - 4 WG, CEREAL VARIETY TRIX YOGURT FRUIT JUICE BANANAS MILK choice ALTERNATE PILLSBURY CHERRY FRUDEL	Feb - 5 BREAKFAST PIZZA BAGEL STRAWBERRY CUP FRUIT JUICE MILK choice ALTERNATE GLZ CINN BUN	Feb - 6 WG, CEREAL VARIETY CINNAMON CRISPY FRUIT JUICE BANANAS MILK choice ALTERNATE SAUSAGE BISCUIT	Feb - 7 FRUIT & YOGURT PARFAIT FRUIT JUICE FRESH FRUIT BOWL MILK choice ALTERNATE MORNING SAUS ROLL CINNAMON CRISPY CRAISINS	Feb - 8 WG, CEREAL VARIETY VARIETY MUFFINS FRUIT JUICE FRUIT SQUEEZY MILK choice ALTERNATE PANCAKE/SAUS STICK
Feb - 11 WG, CEREAL VARIETY NUTRI-GRAIN BAR STRAWBERRY FLAVORED RAISINS FRUIT JUICE MILK choice ALTERNATE FILLED BAGEL BITES	Feb - 12 BRKFAST BREAD FRUIT SQUEEZY FRUIT JUICE MILK choice ALTERNATE MINI SAUSAGE BISCUITS	Feb - 13 WG, CEREAL VARIETY TRIX YOGURT FRUIT JUICE BANANAS MILK choice ALTERNATE PILLSBURY CHERRY FRUDEL	Feb - 14 BACON SCRAMBLE BREAKFAST PIZZA FRUIT JUICE STRAWBERRY CUP MILK choice ALTERNATE GLAZED MINI-BITES	Feb - 15 WG, CEREAL VARIETY VANILLA BEAR GRAHAM FRUIT JUICE APPLES, Fresh MILK choice ALTERNATE MINI PANCAKES, MAPLE
Feb - 18 NO SCHOOL TODAY	Feb - 19 PILLSBURY CHERRY FRUDEL FLAVORED RAISINS FRUIT JUICE MILK choice ALTERNATE PUMPKIN BREAD	Feb - 20 WG, CEREAL VARIETY CINNAMON CRISPY FRUIT JUICE BANANAS MILK choice ALTERNATE STRAWBERRY MUFFIN	Feb - 21 FRUIT & YOGURT PARFAIT FRUIT JUICE MILK choice ALTERNATE SAUS & CHEESE BRK SAN CRAISINS	Feb - 22 WG, CEREAL VARIETY VARIETY MUFFINS FRUIT JUICE FRUIT SQUEEZY MILK choice ALTERNATE PANCAKE/SAUS STICK
Feb - 25 WG, CEREAL VARIETY NUTRI-GRAIN BAR STRAWBERRY CRAISINS FRUIT JUICE MILK choice ALTERNATE FILLED BAGEL BITES	Feb - 26 BRKFAST BREAD FRUIT SQUEEZY FRUIT JUICE MILK choice ALTERNATE MINI SAUSAGE BISCUITS	Feb - 27 WG, CEREAL VARIETY TRIX YOGURT FRUIT JUICE BANANAS MILK choice ALTERNATE PILLSBURY CHERRY FRUDEL	Feb - 28 BACON SCRAMBLE BREAKFAST PIZZA FRUIT JUICE FRUIT SQUEEZY MILK choice ALTERNATE GLAZED MINI-BITES	Mar - 1 WG, CEREAL VARIETY ASSORT NUTRIGRAIN BAR FRUIT JUICE STRAWBERRY CUP MILK choice ALTERNATE MINI PANCAKES, MAPLE

**NA* - 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.