

Rogers Public Schools

K-5 BREAKFAST CHOICE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		Mar - 1 FRUIT & YOGURT PARFAI "OR" WG, CEREAL VARIETY "AND" LEMON DINO GRAHAM FRUIT JUICE CHOICE OF FRUIT MILK choice	Mar - 2 BREAKFAST PIZZA "OR" WG, CEREAL VARIETY CHOCOLATE BEAR GRAHAM "AND" FRUIT JUICE RAISINS MILK choice	Mar - 3 MINI SAUSAGE BISCUITS "OR" WG, CEREAL VARIETY GRAHAM CRACKERS "AND" FRUIT JUICE CHOICE OF FRUIT MILK choice
Mar - 6 GLAZED MINI-BITES "OR" WG, CEREAL VARIETY GRAHAM CRACKERS "AND" FRUIT JUICE CHOICE OF FRUIT MILK choice	Mar - 7 EGG & CHEESE WRAP "OR" WG, CEREAL VARIETY NUTRI-GRAIN BAR BLUEBERRY "AND" FRUIT JUICE FRESH FRUIT BOWL MILK choice	Mar - 8 Pillsbury MiniCinnis WG Cinnamon Rolls "OR" WG, CEREAL VARIETY GRAHAM CRACKERS "AND" FRUIT JUICE CHOICE OF FRUIT MILK choice	Mar - 9 MORNING SAUS ROLL "OR" WG, CEREAL VARIETY GRAHAM CRACKERS "AND" FRUIT JUICE CRAISINS MILK choice	Mar - 10 WG BREAKFAST ROUND "OR" WG, CEREAL VARIETY APPLEWAY GRANOLA BA "AND" FRUIT JUICE CHOICE OF FRUIT MILK choice
Mar - 13 CHEESE OMELET "OR" WG, CEREAL VARIETY "AND" VANILLA BEAR GRAHAM FRUIT JUICE CHOICE OF FRUIT MILK choice	Mar - 14 FRENCH TOAST STIX "OR" WG, CEREAL VARIETY HONEY GRAHAMS "AND" FRUIT JUICE CHOICE OF FRUIT MILK choice	Mar - 15 FRUIT & YOGURT PARFAI "OR" WG, CEREAL VARIETY "AND" LEMON DINO GRAHAM FRUIT JUICE CHOICE OF FRUIT MILK choice	Mar - 16 BREAKFAST PIZZA "OR" WG, CEREAL VARIETY OATMEAL & APPLE BAR "AND" FRUIT JUICE RAISINS MILK choice	Mar - 17 GLAZED MINI-BITES "OR" WG, CEREAL VARIETY GRAHAM CRACKERS "AND" FRUIT JUICE CHOICE OF FRUIT MILK choice
Mar - 20 SPRING BREAK	Mar - 21 SPRING BREAK	Mar - 22 SPRING BREAK	Mar - 23 SPRING BREAK	Mar - 24 SPRING BREAK
Mar - 27 NO SCHOOL TODAY	Mar - 28 MORNING SAUS ROLL "OR" WG, CEREAL VARIETY NUTRI-GRAIN BAR BLUEBERRY "AND" FRUIT JUICE FRESH FRUIT BOWL MILK choice	Mar - 29 YOGURT CUP "OR" WG, CEREAL VARIETY "AND" VARIETY MUFFINS FRUIT JUICE CHOICE OF FRUIT MILK choice	Mar - 30 MINI SAUSAGE BISCUITS "OR" WG, CEREAL VARIETY GRAHAM CRACKERS "AND" FRUIT JUICE RAISELS MILK choice	Mar - 31 WG BREAKFAST ROUND "OR" WG, CEREAL VARIETY CEREAL BAR, APPLE CIN "AND" FRUIT JUICE CHOICE OF FRUIT 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.