

Twin Rivers R10  
AUGUST 2017  
BREAKFAST MENU  
MIDDLE SCHOOLS FISK & QULIN

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 8/14/2017	Tue - 8/15/2017	Wed - 8/16/2017	Thu - 8/17/2017 AUNT JEMIMA WAFFLE PANCAKE SYRUP BLUEBERRIES MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Fri - 8/18/2017 BISCUIT GRAVY BISCUIT SAUSAGE PATTY CHILLED FRUIT 100% ORANGE JUICE MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY
Mon - 8/21/2017 PANCAKES PANCAKE SYRUP APPLESAUCE MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Tue - 8/22/2017 GRILLED EGG PATTIE BISCUIT GRAPE JELLY CHILLED PEARS MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST	Wed - 8/23/2017 CINNAMON TOAST HOT OATMEAL SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Thu - 8/24/2017 SAUSAGE ON A STICK PANCAKE SYRUP MIXED FRUIT MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Fri - 8/25/2017 BISCUIT GRAVY BISCUIT SAUSAGE PATTY CHILLED FRUIT 100% APPLE JUICE MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY
Mon - 8/28/2017 AUNT JEMIMA WAFFLE PANCAKE SYRUP BLUEBERRIES MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Tue - 8/29/2017 SLICED HAM BISCUIT SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Wed - 8/30/2017 TONY'S BREAKFAST PI PINEAPPLE TIDBITS MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Thu - 8/31/2017 BREAKFAST BURRITO MANDARIN ORANGES MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Fri - 9/1/2017 BISCUIT GRAVY BISCUIT SAUSAGE PATTY CHILLED FRUIT 100% ORANGE JUICE MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY

Twin Rivers R-10 School District does not discriminate on the basis of race, color, religion, gender, national origin, age, or disability in its programs and activities.

*\*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.**

**Twin Rivers R10**  
**AUGUST 2017**  
**LUNCH MENU**  
**MIDDLE SCHOOLS FISK & QULIN**

Aug 2, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 8/14/2017	Tue - 8/15/2017	Wed - 8/16/2017	Thu - 8/17/2017 HAMBURGER SWEET POTATO FRIES BLACK-EYED PEAS APPLE,FRESH MILK 1% WHITE MILK FF CHOCOLATE	Fri - 8/18/2017 TONY'S PEPPERONI PIZ PINTO BEANS BABY CARROTS PINEAPPLE TIDBITS MILK 1% WHITE MILK FF CHOCOLATE
Mon - 8/21/2017 GRILLED CHEESE SAN TOMATO SOUP GARDEN SALAD RANCH DRESSING CHILLED PEARS MILK 1% WHITE MILK FF CHOCOLATE	Tue - 8/22/2017 HOT DOG SEASONED CORN BROCCOLI, SEASONED APPLESAUCE MILK 1% WHITE MILK FF CHOCOLATE	Wed - 8/23/2017 MEAT LOAF GREEN BEANS MASHED POTATOES HOT ROLL PINEAPPLE TIDBITS MILK 1% WHITE MILK FF CHOCOLATE	Thu - 8/24/2017 CHICKEN NUGGETS BROWN RICE ORIENTAL VEGETABLE SEASONED CARROTS MANDARIN ORANGES MILK 1% WHITE MILK FF CHOCOLATE	Fri - 8/25/2017 PIZZA STICKS BROCCOLI, SEASONED GARDEN SALAD RANCH DRESSING APPLE,FRESH MILK 1% WHITE MILK FF CHOCOLATE
Mon - 8/28/2017 SPAGHETTI BREADSTICK BROCCOLI, SEASONED GARDEN SALAD RANCH DRESSING APPLE,FRESH MILK 1% WHITE MILK FF CHOCOLATE	Tue - 8/29/2017 TONY'S PEPPERONI PIZ PINTO BEANS BABY CARROTS PINEAPPLE TIDBITS MILK 1% WHITE MILK FF CHOCOLATE	Wed - 8/30/2017 HAM SLICED GREEN BEANS MASHED POTATOES HOT ROLL MANDARIN ORANGES MILK 1% WHITE MILK FF CHOCOLATE	Thu - 8/31/2017 CHICKEN PATTY ON BU SWEET POTATO FRIES SEASONED GREEN PE CHILLED PEARS MILK 1% WHITE MILK FF CHOCOLATE	Fri - 9/1/2017 CHILI MAC MEXICALI CORN CALIBLEND VEGETABL APPLESAUCE MILK 1% WHITE MILK FF CHOCOLATE

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