

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

Nov 16, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 12/4/2017 AUNT JEMIMA WAFFLE PANCAKE SYRUP BLUEBERRIES MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Tue - 12/5/2017 SLICED HAM BISCUIT SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Wed - 12/6/2017 TONY'S BREAKFAST PI PINEAPPLE TIDBITS MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Thu - 12/7/2017 BREAKFAST BURRITO MANDARIN ORANGES MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Fri - 12/8/2017 BISCUIT GRAVY BISCUIT SAUSAGE PATTY CHILLED FRUIT 100% ORANGE JUICE MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY
Mon - 12/11/2017 PANCAKES PANCAKE SYRUP APPLESAUCE MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Tue - 12/12/2017 GRILLED EGG PATTIE BISCUIT GRAPE JELLY CHILLED PEARS MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST	Wed - 12/13/2017 CINNAMON TOAST HOT OATMEAL SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Thu - 12/14/2017 SAUSAGE ON A STICK PANCAKE SYRUP MIXED FRUIT MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Fri - 12/15/2017 BISCUIT GRAVY BISCUIT SAUSAGE PATTY CHILLED FRUIT 100% APPLE JUICE MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY
Mon - 12/18/2017 AUNT JEMIMA WAFFLE PANCAKE SYRUP BLUEBERRIES MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Tue - 12/19/2017 SLICED HAM BISCUIT SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Wed - 12/20/2017 TONY'S BREAKFAST PI PINEAPPLE TIDBITS MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Thu - 12/21/2017	Fri - 12/22/2017

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
DECEMBER 2017
LUNCH MENU
MIDDLE SCHOOLS FISK & QULIN

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 12/4/2017 SPAGHETTI BREADSTICK BROCCOLI, SEASONED GARDEN SALAD RANCH DRESSING APPLE,FRESH MILK 1% WHITE MILK FF CHOCOLATE	Tue - 12/5/2017 TONY'S PEPPERONI PIZ PASTA SALAD PINTO BEANS BABY CARROTS PINEAPPLE TIDBITS MILK 1% WHITE MILK FF CHOCOLATE	Wed - 12/6/2017 CHICKEN PATTY GREEN BEANS MASHED POTATOES HOT ROLL MIXED FRUIT MILK 1% WHITE MILK FF CHOCOLATE	Thu - 12/7/2017 PEANUT BUTTER SAND CHILI GARDEN SALAD RANCH DRESSING SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE	Fri - 12/8/2017 CHICKEN PATTY ON BU SWEET POTATO TOTS SEASONED GREEN PE CHILLED PEARS MILK 1% WHITE MILK FF CHOCOLATE
Mon - 12/11/2017 CHEESEBURGER SWEET POTATO FRIES BLACK-EYED PEAS ORANGE WEDGES MIXED FRUIT MILK 1% WHITE MILK FF CHOCOLATE	Tue - 12/12/2017 CHICKEN POT PIE GARDEN SALAD RANCH DRESSING APPLESAUCE MILK 1% WHITE MILK FF CHOCOLATE	Wed - 12/13/2017 SALISBURY STEAK GREEN BEANS MASHED POTATOES HOT ROLL PINEAPPLE TIDBITS MILK 1% WHITE MILK FF CHOCOLATE	Thu - 12/14/2017 CORN DOG SEASONED GREEN PE SEASONED BROCCOLI BLUE RASPBERRY SOR SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE	Fri - 12/15/2017 FRITO PIE SEASONED CARROTS SEASONED CORN COBBLER, PEACH SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE
Mon - 12/18/2017 PIZZA STICKS PIZZA SAUCE BROCCOLI, SEASONED GARDEN SALAD RANCH DRESSING MOZZARELLA CHEESE APPLE,FRESH MILK 1% WHITE MILK FF CHOCOLATE	Tue - 12/19/2017 RIB PATTY SANDWICH CHEESE SLICE SWEET POTATO TOTS SEASONED GREEN PE CHILLED PEARS MILK 1% WHITE MILK FF CHOCOLATE	Wed - 12/20/2017 HAM SLICED GREEN BEANS MASHED POTATOES HOT ROLL SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE	Thu - 12/21/2017	Fri - 12/22/2017

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