

**Twin Rivers R10**  
**NOVEMBER 2017**  
**BREAKFAST MENU**  
**TWIN RIVERS HIGH SCHOOL BROSELEY**

Oct 19, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 10/30/2017 PANCAKES PANCAKE SYRUP APPLESAUCE MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Tue - 10/31/2017 GRILLED EGG PATTIE BISCUIT GRAPE JELLY CHILLED PEARS MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST	Wed - 11/1/2017 CINNAMON TOAST HOT OATMEAL SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Thu - 11/2/2017 SAUSAGE ON A STICK PANCAKE SYRUP MIXED FRUIT MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Fri - 11/3/2017 BISCUIT GRAVY BISCUIT SAUSAGE PATTY CHILLED FRUIT 100% APPLE JUICE MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY
Mon - 11/6/2017 AUNT JEMIMA WAFFLE PANCAKE SYRUP BLUEBERRIES MILK 1% WHITE MILK FF CHOCOLATE VANILLA YOGURT CEREAL TOAST GRAPE JELLY	Tue - 11/7/2017 SLICED HAM BISCUIT SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Wed - 11/8/2017 TONY'S BREAKFAST PI PINEAPPLE TIDBITS MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Thu - 11/9/2017 BREAKFAST BURRITO MANDARIN ORANGES MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Fri - 11/10/2017 BISCUIT GRAVY BISCUIT SAUSAGE PATTY CHILLED FRUIT 100% ORANGE JUICE MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY
Mon - 11/13/2017	Tue - 11/14/2017 GRILLED EGG PATTIE BISCUIT GRAPE JELLY CHILLED PEARS MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST	Wed - 11/15/2017 CINNAMON TOAST HOT OATMEAL SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Thu - 11/16/2017 SAUSAGE ON A STICK PANCAKE SYRUP MIXED FRUIT MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Fri - 11/17/2017 BISCUIT GRAVY BISCUIT SAUSAGE PATTY CHILLED FRUIT 100% APPLE JUICE MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY
Mon - 11/20/2017 AUNT JEMIMA WAFFLE PANCAKE SYRUP BLUEBERRIES MILK 1% WHITE MILK FF CHOCOLATE VANILLA YOGURT CEREAL TOAST GRAPE JELLY	Tue - 11/21/2017 BISCUIT GRAVY BISCUIT SAUSAGE PATTY CHILLED FRUIT 100% ORANGE JUICE MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Wed - 11/22/2017	Thu - 11/23/2017	Fri - 11/24/2017

**\*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  
NOVEMBER 2017  
BREAKFAST MENU  
TWIN RIVERS HIGH SCHOOL BROSELEY

Oct 19, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 11/27/2017	Tue - 11/28/2017	Wed - 11/29/2017	Thu - 11/30/2017	Fri - 12/1/2017
PANCAKES PANCAKE SYRUP APPLESAUCE MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	GRILLED EGG PATTIE BISCUIT GRAPE JELLY CHILLED PEARS MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST	CINNAMON TOAST HOT OATMEAL SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	SAUSAGE ON A STICK PANCAKE SYRUP MIXED FRUIT MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	BISCUIT GRAVY BISCUIT SAUSAGE PATTY CHILLED FRUIT 100% APPLE 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**  
**NOVEMBER 2017**  
**LUNCH MENU # 1**  
**TWIN RIVERS HIGH SCHOOL BROSELEY**

Oct 19, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 10/30/2017 CHEESEBURGER SWEET POTATO FRIES BLACK-EYED PEAS ORANGE WEDGES MIXED FRUIT MILK 1% WHITE MILK FF CHOCOLATE	Tue - 10/31/2017 CHICKEN POT PIE GARDEN SALAD RANCH DRESSING APPLESAUCE MILK 1% WHITE MILK FF CHOCOLATE	Wed - 11/1/2017 CHICKEN PATTY BROWN GRAVY GREEN BEANS MASHED POTATOES HOT ROLL PINEAPPLE TIDBITS MILK 1% WHITE MILK FF CHOCOLATE	Thu - 11/2/2017 CORN DOG SEASONED GREEN PE SEASONED BROCCOLI BLUE RASPBERRY SOR SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE	Fri - 11/3/2017 FRITO PIE SEASONED CARROTS SEASONED CORN COBBLER, PEACH SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE
Mon - 11/6/2017 PIZZA STICKS PIZZA SAUCE BROCCOLI, SEASONED GARDEN SALAD RANCH DRESSING MOZZARELLA CHEESE APPLE,FRESH MILK 1% WHITE MILK FF CHOCOLATE	Tue - 11/7/2017 RIB PATTY SANDWICH CHEESE SLICE SWEET POTATO TOTS SEASONED GREEN PE CHILLED PEARS MILK 1% WHITE MILK FF CHOCOLATE	Wed - 11/8/2017 CHICKEN PATTY GREEN BEANS MASHED POTATOES HOT ROLL SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE	Thu - 11/9/2017 TONY'S PEPPERONI PIZ PASTA SALAD PINTO BEANS BABY CARROTS PINEAPPLE TIDBITS MILK 1% WHITE MILK FF CHOCOLATE	Fri - 11/10/2017 CHICKEN NUGGETS BROWN RICE ORIENTAL VEGETABLE SEASONED CARROTS MANDARIN ORANGES MILK 1% WHITE MILK FF CHOCOLATE
Mon - 11/13/2017	Tue - 11/14/2017 HOT DOG SEASONED CORN BROCCOLI, SEASONED APPLESAUCE MILK 1% WHITE MILK FF CHOCOLATE	Wed - 11/15/2017 CHICKEN PATTY GREEN BEANS MASHED POTATOES HOT ROLL PINEAPPLE TIDBITS MILK 1% WHITE MILK FF CHOCOLATE	Thu - 11/16/2017 CHEESEBURGER SWEET POTATO FRIES BLACK-EYED PEAS APPLE,FRESH MILK 1% WHITE MILK FF CHOCOLATE	Fri - 11/17/2017 MAC AND CHEESE SEASONED GREEN PE SEASONED CARROTS ORANGE WEDGES MIXED FRUIT WHOLE WHEAT SUGAR MILK 1% WHITE MILK FF CHOCOLATE
Mon - 11/20/2017 SPAGHETTI BREADSTICK BROCCOLI, SEASONED GARDEN SALAD RANCH DRESSING APPLE,FRESH MILK 1% WHITE MILK FF CHOCOLATE	Tue - 11/21/2017 TONY'S PEPPERONI PIZ PASTA SALAD PINTO BEANS BABY CARROTS PINEAPPLE TIDBITS MILK 1% WHITE MILK FF CHOCOLATE	Wed - 11/22/2017	Thu - 11/23/2017	Fri - 11/24/2017

**\*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  
NOVEMBER 2017  
LUNCH MENU # 1  
TWIN RIVERS HIGH SCHOOL BROSELEY

Oct 19, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 11/27/2017	Tue - 11/28/2017	Wed - 11/29/2017	Thu - 11/30/2017	Fri - 12/1/2017
PIZZA STICKS BROCCOLI, SEASONED GARDEN SALAD RANCH DRESSING MIXED FRUIT MILK 1% WHITE MILK FF CHOCOLATE	CHEESEBURGER SWEET POTATO FRIES BLACK-EYED PEAS APPLE, FRESH MILK 1% WHITE MILK FF CHOCOLATE	CHICKEN PATTY GREEN BEANS MASHED POTATOES HOT ROLL PINEAPPLE TIDBITS MILK 1% WHITE MILK FF CHOCOLATE	FRITO PIE SEASONED CARROTS SEASONED CORN COBBLER, PEACH SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE	HOT HAM SANDWICH VEGETABLE SOUP CRACKERS GARDEN SALAD RANCH DRESSING FRESH BANANA MILK 1% WHITE MILK FF CHOCOLATE

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

NOVEMBER 2017

LUNCH MENU # 2

Oct 19, 2017

## TWIN RIVERS HIGH SCHOOL BROSELEY

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 10/30/2017 BBQ CHICKEN ON BUN SWEET POTATO FRIES BLACK-EYED PEAS ORANGE WEDGES MIXED FRUIT MILK 1% WHITE MILK FF CHOCOLATE	Tue - 10/31/2017 CHICKEN CAESAR WRA GARDEN SALAD RANCH DRESSING APPLESAUCE MILK 1% WHITE MILK FF CHOCOLATE	Wed - 11/1/2017 SALISBURY STEAK GREEN BEANS MASHED POTATOES HOT ROLL PINEAPPLE TIDBITS MILK 1% WHITE MILK FF CHOCOLATE	Thu - 11/2/2017 TOSTADAS SEASONED GREEN PE BROCCOLI, SEASONED BLUE RASPBERRY SOR SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE	Fri - 11/3/2017 CHICKEN AND NOODLE SEASONED CARROTS SEASONED CORN COBBLER, PEACH SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE
Mon - 11/6/2017 TWISTY CHICKEN ALFR BREADSTICK BROCCOLI, SEASONED GARDEN SALAD RANCH DRESSING APPLE,FRESH MILK 1% WHITE MILK FF CHOCOLATE	Tue - 11/7/2017 CORN DOG SWEET POTATO TOTS SEASONED GREEN PE CHILLED PEARS MILK 1% WHITE MILK FF CHOCOLATE	Wed - 11/8/2017 HAM SLICED GREEN BEANS MASHED POTATOES HOT ROLL SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE	Thu - 11/9/2017 BEEF & BEAN BURRITO PASTA SALAD PINTO BEANS BABY CARROTS PINEAPPLE TIDBITS MILK 1% WHITE MILK FF CHOCOLATE	Fri - 11/10/2017 TANGERINE CHICKEN BROWN RICE ORIENTAL VEGETABLE SEASONED CARROTS MANDARIN ORANGES MILK 1% WHITE MILK FF CHOCOLATE
Mon - 11/13/2017	Tue - 11/14/2017 TOSTADAS SEASONED CORN BROCCOLI, SEASONED APPLESAUCE MILK 1% WHITE MILK FF CHOCOLATE	Wed - 11/15/2017 MEAT LOAF GREEN BEANS MASHED POTATOES HOT ROLL PINEAPPLE TIDBITS MILK 1% WHITE MILK FF CHOCOLATE	Thu - 11/16/2017 BBQ CHICKEN ON BUN SWEET POTATO FRIES BLACK-EYED PEAS HOT ROLL APPLE,FRESH MILK 1% WHITE MILK FF CHOCOLATE	Fri - 11/17/2017 CHICKEN NUGGETS SEASONED GREEN PE SEASONED CARROTS ORANGE WEDGES MIXED FRUIT WHOLE WHEAT SUGAR MILK 1% WHITE MILK FF CHOCOLATE
Mon - 11/20/2017 TWISTY CHICKEN ALFR BREADSTICK BROCCOLI, SEASONED GARDEN SALAD RANCH DRESSING APPLE,FRESH MILK 1% WHITE MILK FF CHOCOLATE	Tue - 11/21/2017 BEEF & BEAN BURRITO PASTA SALAD PINTO BEANS BABY CARROTS PINEAPPLE TIDBITS MILK 1% WHITE MILK FF CHOCOLATE	Wed - 11/22/2017	Thu - 11/23/2017	Fri - 11/24/2017
Mon - 11/27/2017 CHICKEN CAESAR WRA BROCCOLI, SEASONED GARDEN SALAD RANCH DRESSING MIXED FRUIT MILK 1% WHITE MILK FF CHOCOLATE	Tue - 11/28/2017 RIB PATTY SANDWICH SWEET POTATO FRIES BLACK-EYED PEAS APPLE,FRESH MILK 1% WHITE MILK FF CHOCOLATE	Wed - 11/29/2017 MEAT LOAF GREEN BEANS MASHED POTATOES HOT ROLL PINEAPPLE TIDBITS MILK 1% WHITE MILK FF CHOCOLATE	Thu - 11/30/2017 CHICKEN AND NOODLE SEASONED CARROTS SEASONED CORN COBBLER, PEACH SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE	Fri - 12/1/2017 CHICKEN CAESAR WRA VEGETABLE SOUP CRACKERS GARDEN SALAD RANCH DRESSING FRESH BANANA MILK 1% WHITE MILK FF CHOCOLATE

\*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.**