

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

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 GRILLED EGG PATTIE BISCUIT GRAPE JELLY CHILLED PEARS MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST	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 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 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.*

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

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% 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.

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Twin Rivers R10
NOVEMBER 2017
LUNCH MENU
MIDDLE SCHOOLS FISK & QULIN

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 SALISBURY STEAK 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 HAM SLICED 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
Mon - 11/27/2017 PIZZA STICKS BROCCOLI, SEASONED GARDEN SALAD RANCH DRESSING MIXED FRUIT MILK 1% WHITE MILK FF CHOCOLATE	Tue - 11/28/2017 CHEESEBURGER 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 FRITO PIE SEASONED CARROTS SEASONED CORN COBBLER, PEACH SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE	Fri - 12/1/2017 HOT HAM SANDWICH VEGETABLE SOUP CRACKERS GARDEN SALAD RANCH DRESSING FRESH BANANA MILK 1% WHITE MILK FF CHOCOLATE

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