

Twin Rivers R10
OCTOBER 2017
BREAKFAST MENU
ELEMENTARY SCHOOLS FISK & QULIN

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 10/2/2017 PANCAKES PANCAKE SYRUP APPLESAUCE MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Tue - 10/3/2017 GRILLED EGG PATTIE BISCUIT GRAPE JELLY CHILLED PEARS MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST	Wed - 10/4/2017 CINNAMON TOAST HOT OATMEAL SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Thu - 10/5/2017 BISCUIT GRAVY BISCUIT SAUSAGE PATTY CHILLED FRUIT 100% APPLE JUICE MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Fri - 10/6/2017
Mon - 10/9/2017	Tue - 10/10/2017 AUNT JEMIMA WAFFLE PANCAKE SYRUP BLUEBERRIES MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Wed - 10/11/2017 TONY'S BREAKFAST PI PINEAPPLE TIDBITS MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Thu - 10/12/2017 BREAKFAST BURRITO MANDARIN ORANGES MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Fri - 10/13/2017 BISCUIT GRAVY BISCUIT SAUSAGE PATTY CHILLED FRUIT 100% ORANGE JUICE MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY
Mon - 10/16/2017 PANCAKES PANCAKE SYRUP APPLESAUCE MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Tue - 10/17/2017 GRILLED EGG PATTIE BISCUIT GRAPE JELLY CHILLED PEARS MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST	Wed - 10/18/2017 CINNAMON TOAST HOT OATMEAL SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Thu - 10/19/2017 SAUSAGE ON A STICK PANCAKE SYRUP MIXED FRUIT MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Fri - 10/20/2017 BISCUIT GRAVY BISCUIT SAUSAGE PATTY CHILLED FRUIT 100% APPLE JUICE MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY
Mon - 10/23/2017 AUNT JEMIMA WAFFLE PANCAKE SYRUP BLUEBERRIES MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Tue - 10/24/2017 SLICED HAM BISCUIT SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Wed - 10/25/2017 TONY'S BREAKFAST PI PINEAPPLE TIDBITS MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Thu - 10/26/2017 BREAKFAST BURRITO MANDARIN ORANGES MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY	Fri - 10/27/2017 BISCUIT GRAVY BISCUIT SAUSAGE PATTY CHILLED FRUIT 100% ORANGE JUICE MILK 1% WHITE MILK FF CHOCOLATE CEREAL TOAST GRAPE JELLY

***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
OCTOBER 2017
BREAKFAST MENU
ELEMENTARY SCHOOLS FISK & QULIN

Sep 18, 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			

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
OCTOBER 2017
LUNCH MENU
ELEMENTARY SCHOOLS
FISK & QULIN

Sep 18, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 10/2/2017 GRILLED CHEESE SANDWICH TOMATO SOUP GARDEN SALAD RANCH DRESSING CHILLED PEARS MILK 1% WHITE MILK FF CHOCOLATE	Tue - 10/3/2017 HOT DOG SEASONED CORN BROCCOLI, SEASONED APPLESAUCE MILK 1% WHITE MILK FF CHOCOLATE	Wed - 10/4/2017 CHICKEN PATTY GREEN BEANS MASHED POTATOES HOT ROLL PINEAPPLE TIDBITS MILK 1% WHITE MILK FF CHOCOLATE	Thu - 10/5/2017 CHEESEBURGER SWEET POTATO FRIES BLACK-EYED PEAS APPLE, FRESH MILK 1% WHITE MILK FF CHOCOLATE	Fri - 10/6/2017
Mon - 10/9/2017	Tue - 10/10/2017 TONY'S PEPPERONI PIZZA PASTA SALAD PINTO BEANS BABY CARROTS PINEAPPLE TIDBITS MILK 1% WHITE MILK FF CHOCOLATE	Wed - 10/11/2017 SALISBURY STEAK GREEN BEANS MASHED POTATOES HOT ROLL MANDARIN ORANGES MILK 1% WHITE MILK FF CHOCOLATE	Thu - 10/12/2017 CORN DOG SWEET POTATO FRIES SEASONED GREEN PEAS CHILLED PEARS MILK 1% WHITE MILK FF CHOCOLATE	Fri - 10/13/2017 CHICKEN FAJITA MEXICALI CORN CALIBLEND VEGETABLE WHOLE WHEAT SUGAR APPLESAUCE MILK 1% WHITE MILK FF CHOCOLATE
Mon - 10/16/2017 PIZZA STICKS BROCCOLI, SEASONED GARDEN SALAD RANCH DRESSING MIXED FRUIT MILK 1% WHITE MILK FF CHOCOLATE	Tue - 10/17/2017 CHEESEBURGER SWEET POTATO FRIES BLACK-EYED PEAS APPLE, FRESH MILK 1% WHITE MILK FF CHOCOLATE	Wed - 10/18/2017 CHICKEN PATTY GREEN BEANS MASHED POTATOES HOT ROLL PINEAPPLE TIDBITS MILK 1% WHITE MILK FF CHOCOLATE	Thu - 10/19/2017 FRITO PIE SEASONED CARROTS SEASONED CORN COBBLER, PEACH SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE	Fri - 10/20/2017 HOT HAM SANDWICH VEGETABLE SOUP CRACKERS GARDEN SALAD RANCH DRESSING FRESH BANANA MILK 1% WHITE MILK FF CHOCOLATE
Mon - 10/23/2017 SPAGHETTI BREADSTICK BROCCOLI, SEASONED GARDEN SALAD RANCH DRESSING APPLE, FRESH MILK 1% WHITE MILK FF CHOCOLATE	Tue - 10/24/2017 TONY'S PEPPERONI PIZZA PASTA SALAD PINTO BEANS BABY CARROTS PINEAPPLE TIDBITS MILK 1% WHITE MILK FF CHOCOLATE	Wed - 10/25/2017 CHICKEN PATTY GREEN BEANS MASHED POTATOES HOT ROLL MIXED FRUIT MILK 1% WHITE MILK FF CHOCOLATE	Thu - 10/26/2017 PEANUT BUTTER SANDWICH CHILI GARDEN SALAD RANCH DRESSING SLICED PEACHES MILK 1% WHITE MILK FF CHOCOLATE	Fri - 10/27/2017 CHICKEN PATTY ON BUN SWEET POTATO TOTS SEASONED GREEN PEAS CHILLED PEARS MILK 1% WHITE MILK FF CHOCOLATE
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			

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.