

SHELLEY SCHOOL DISTRICT # 60

HIGH SCHOOL BREAKFAST

Mar 11, 2019

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"This institution is an equal opportunity provider."

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 1 TACO ROLL & TATOR TOTS OR LONG JOHN/FROSTED YOGURT PARFAIT PB JAMWICH BENEFIT BAR CEREAL/ROLL FILLED MINI BAGEL POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	Apr - 2 PANCAKE STICK & HASHBROWN OR LONG JOHN/FROSTED YOGURT PARFAIT PB JAMWICH BENEFIT BAR CEREAL/ROLL FILLED MINI BAGEL POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	Apr - 3 COMBO BAR/HOT ROLL OR LONG JOHN/FROSTED YOGURT PARFAIT PB JAMWICH BENEFIT BAR CEREAL/ROLL FILLED MINI BAGEL POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	Apr - 4 BREAKFAST PIZZA OR LONG JOHN/FROSTED YOGURT PARFAIT PB JAMWICH BENEFIT BAR CEREAL/ROLL FILLED MINI BAGEL POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	Apr - 5 FRENCH TOAST / SAUSAGE OR LONG JOHN/FROSTED YOGURT PARFAIT PB JAMWICH BENEFIT BAR CEREAL/ROLL FILLED MINI BAGEL POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC
Apr - 8 TACO ROLL & TATOR TOTS OR LONG JOHN/FROSTED YOGURT PARFAIT PB JAMWICH BENEFIT BAR CEREAL/ROLL FILLED MINI BAGEL POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	Apr - 9 PANCAKE STICK & HASHBROWN OR LONG JOHN/FROSTED YOGURT PARFAIT PB JAMWICH BENEFIT BAR CEREAL/ROLL FILLED MINI BAGEL POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	Apr - 10 COMBO BAR/HOT ROLL OR LONG JOHN/FROSTED YOGURT PARFAIT PB JAMWICH BENEFIT BAR CEREAL/ROLL FILLED MINI BAGEL POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	Apr - 11 BREAKFAST PIZZA OR LONG JOHN/FROSTED YOGURT PARFAIT PB JAMWICH BENEFIT BAR CEREAL/ROLL FILLED MINI BAGEL POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	Apr - 12 FRENCH TOAST / SAUSAGE OR LONG JOHN/FROSTED YOGURT PARFAIT PB JAMWICH BENEFIT BAR CEREAL/ROLL FILLED MINI BAGEL POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC

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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Apr - 15 TACO ROLL & TATOR TOTS OR LONG JOHN/FROSTED YOGURT PARFAIT PB JAMWICH BENEFIT BAR CEREAL/ROLL FILLED MINI BAGEL POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	Apr - 16 PANCAKE STICK & HASHBROWN OR LONG JOHN/FROSTED YOGURT PARFAIT PB JAMWICH BENEFIT BAR CEREAL/ROLL FILLED MINI BAGEL POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	Apr - 17 COMBO BAR/HOT ROLL OR LONG JOHN/FROSTED YOGURT PARFAIT PB JAMWICH BENEFIT BAR CEREAL/ROLL FILLED MINI BAGEL POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	Apr - 18 BREAKFAST PIZZA OR LONG JOHN/FROSTED YOGURT PARFAIT PB JAMWICH BENEFIT BAR CEREAL/ROLL FILLED MINI BAGEL POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	Apr - 19 FRENCH TOAST / SAUSAGE OR LONG JOHN/FROSTED YOGURT PARFAIT PB JAMWICH BENEFIT BAR CEREAL/ROLL FILLED MINI BAGEL POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC
Apr - 22 TACO ROLL & TATOR TOTS OR LONG JOHN/FROSTED YOGURT PARFAIT PB JAMWICH BENEFIT BAR CEREAL/ROLL FILLED MINI BAGEL POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	Apr - 23 PANCAKE STICK & HASHBROWN OR LONG JOHN/FROSTED YOGURT PARFAIT PB JAMWICH BENEFIT BAR CEREAL/ROLL FILLED MINI BAGEL POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	Apr - 24 COMBO BAR/HOT ROLL OR LONG JOHN/FROSTED YOGURT PARFAIT PB JAMWICH BENEFIT BAR CEREAL/ROLL FILLED MINI BAGEL POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	Apr - 25 BREAKFAST PIZZA OR LONG JOHN/FROSTED YOGURT PARFAIT PB JAMWICH BENEFIT BAR CEREAL/ROLL FILLED MINI BAGEL POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	Apr - 26 FRENCH TOAST / SAUSAGE OR LONG JOHN/FROSTED YOGURT PARFAIT PB JAMWICH BENEFIT BAR CEREAL/ROLL FILLED MINI BAGEL POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC

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