

# SHELLEY SCHOOL DISTRICT # 60

## HIGH SCHOOL BREAKFAST

Oct 22, 2018

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"This institution is an equal opportunity provider."

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1  PANCAKE STICK & HASHBROWN MAPLE SYRUP CUP OR LONG JOHN/FROSTED OR YOGURT PARFAIT OR PB JAMWICH OR BENEFIT BAR OR CEREAL/ROLL OR FILLED MINI BAGEL OR POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC WATER	Nov - 2  NO SCHOOL

*\*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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Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 5	Nov - 6	Nov - 7	Nov - 8	Nov - 9
TACO ROLL & TATOR TOTS OR LONG JOHN/FROSTED OR YOGURT PARFAIT OR PB JAMWICH OR BENEFIT BAR OR CEREAL/ROLL OR FILLED MINI BAGEL OR POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC WATER	BREAKFAST PIZZA OR LONG JOHN/FROSTED OR YOGURT PARFAIT OR PB JAMWICH OR BENEFIT BAR OR CEREAL/ROLL OR FILLED MINI BAGEL OR POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC WATER	COMBO BAR/HOT ROLL OR LONG JOHN/FROSTED OR YOGURT PARFAIT OR PB JAMWICH OR BENEFIT BAR OR CEREAL/ROLL OR FILLED MINI BAGEL OR POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC WATER	PANCAKE STICK & HASHBROWN MAPLE SYRUP CUP OR LONG JOHN/FROSTED OR YOGURT PARFAIT OR PB JAMWICH OR BENEFIT BAR OR CEREAL/ROLL OR FILLED MINI BAGEL OR POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC WATER	FRENCH TOAST / SAUSAGE OR LONG JOHN/FROSTED OR YOGURT PARFAIT OR PB JAMWICH OR BENEFIT BAR OR CEREAL/ROLL OR FILLED MINI BAGEL OR POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC WATER

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Nov - 12	Nov - 13	Nov - 14	Nov - 15	Nov - 16
TACO ROLL & TATOR TOTS OR LONG JOHN/FROSTED OR YOGURT PARFAIT OR PB JAMWICH OR BENEFIT BAR OR CEREAL/ROLL OR FILLED MINI BAGEL OR POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC WATER	BREAKFAST PIZZA OR LONG JOHN/FROSTED OR YOGURT PARFAIT OR PB JAMWICH OR BENEFIT BAR OR CEREAL/ROLL OR FILLED MINI BAGEL OR POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC WATER	COMBO BAR/HOT ROLL OR LONG JOHN/FROSTED OR YOGURT PARFAIT OR PB JAMWICH OR BENEFIT BAR OR CEREAL/ROLL OR FILLED MINI BAGEL OR POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC WATER	PANCAKE STICK & HASHBROWN MAPLE SYRUP CUP OR LONG JOHN/FROSTED OR YOGURT PARFAIT OR PB JAMWICH OR BENEFIT BAR OR CEREAL/ROLL OR FILLED MINI BAGEL OR POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC WATER	FRENCH TOAST / SAUSAGE OR LONG JOHN/FROSTED OR YOGURT PARFAIT OR PB JAMWICH OR BENEFIT BAR OR CEREAL/ROLL OR FILLED MINI BAGEL OR POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC WATER

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Nov - 19  TACO ROLL & TATOR TOTS OR LONG JOHN/FROSTED OR YOGURT PARFAIT OR PB JAMWICH OR BENEFIT BAR OR CEREAL/ROLL OR FILLED MINI BAGEL OR POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC WATER	Nov - 20  BREAKFAST PIZZA OR LONG JOHN/FROSTED OR YOGURT PARFAIT OR PB JAMWICH OR BENEFIT BAR OR CEREAL/ROLL OR FILLED MINI BAGEL OR POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC WATER	Nov - 21  NO SCHOOL	Nov - 22  NO SCHOOL	Nov - 23  NO SCHOOL

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Nov - 26  TACO ROLL & TATOR TOTS OR LONG JOHN/FROSTED OR YOGURT PARFAIT OR PB JAMWICH OR BENEFIT BAR OR CEREAL/ROLL OR FILLED MINI BAGEL OR POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC WATER	Nov - 27  BREAKFAST PIZZA OR LONG JOHN/FROSTED OR YOGURT PARFAIT OR PB JAMWICH OR BENEFIT BAR OR CEREAL/ROLL OR FILLED MINI BAGEL OR POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC WATER	Nov - 28  COMBO BAR/HOT ROLL OR LONG JOHN/FROSTED OR YOGURT PARFAIT OR PB JAMWICH OR BENEFIT BAR OR CEREAL/ROLL OR FILLED MINI BAGEL OR POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC WATER	Nov - 29  PANCAKE STICK & HASHBROWN MAPLE SYRUP CUP OR LONG JOHN/FROSTED OR YOGURT PARFAIT OR PB JAMWICH OR BENEFIT BAR OR CEREAL/ROLL OR FILLED MINI BAGEL OR POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC WATER	Nov - 30  FRENCH TOAST / SAUSAGE OR LONG JOHN/FROSTED OR YOGURT PARFAIT OR PB JAMWICH OR BENEFIT BAR OR CEREAL/ROLL OR FILLED MINI BAGEL OR POPTART CHEESE STICK JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC WATER

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