

# SHELLEY SCHOOL DISTRICT # 60

## HIGH SCHOOL BREAKFAST

### 010 - SHS BREAKFAST

"This institution is an equal opportunity provider."

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 3  NO SCHOOL	Sep - 4  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 STK. JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	Sep - 5  COMBO BAR/HOT ROLL OR MINI WAFFLES OR LONG JOHN/FROSTED OR YOGURT PARFAIT OR PB JAMWICH OR BENEFIT BAR OR CEREAL/ROLL OR FILLED MINI BAGEL OR POPTART/CHEESE STK. JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	Sep - 6  PANCAKE STICK & HASHBROWN OR MINI MAPLE PANCAKES OR LONG JOHN/FROSTED OR YOGURT PARFAIT OR PB JAMWICH OR BENEFIT BAR OR CEREAL/ROLL OR FILLED MINI BAGEL OR POPTART/CHEESE STK. JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	Sep - 7  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 STK. 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.*

**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.

## SHELLEY SCHOOL DISTRICT # 60

HIGH SCHOOL BREAKFAST

010 - SHS BREAKFAST

Aug 9, 2018

"This institution is an equal opportunity provider."

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 10	Sep - 11	Sep - 12	Sep - 13	Sep - 14
MINI APPLE BITES OR 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 STK. OR JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	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 STK. JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	COMBO BAR/HOT ROLL OR MINI WAFFLES OR LONG JOHN/FROSTED OR YOGURT PARFAIT OR PB JAMWICH OR BENEFIT BAR OR CEREAL/ROLL OR FILLED MINI BAGEL OR POPTART/CHEESE STK. OR JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	PANCAKE STICK & HASHBROWN OR MINI MAPLE PANCAKES OR LONG JOHN/FROSTED OR YOGURT PARFAIT OR PB JAMWICH OR BENEFIT BAR OR CEREAL/ROLL OR FILLED MINI BAGEL OR POPTART/CHEESE STK. OR JUICE, ASST POPTART/CHEESE STK. JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	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 STK. JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC

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Sep - 17 MINI APPLE BITES OR 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 STK. OR JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	Sep - 18 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 STK. OR JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	Sep - 19 COMBO BAR/HOT ROLL OR MINI WAFFLES OR LONG JOHN/FROSTED OR YOGURT PARFAIT OR PB JAMWICH OR BENEFIT BAR OR CEREAL/ROLL OR FILLED MINI BAGEL OR POPTART/CHEESE STK. OR JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	Sep - 20 PANCAKE STICK & HASHBROWN OR MINI MAPLE PANCAKES OR LONG JOHN/FROSTED OR YOGURT PARFAIT OR PB JAMWICH OR BENEFIT BAR OR CEREAL/ROLL OR FILLED MINI BAGEL OR POPTART/CHEESE STK. OR JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC	Sep - 21 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 STK. OR JUICE, ASST FRESH FRUIT CHOICE MILK, 1% WHITE MILK, FF CHOC
Sep - 24 SPUD HARVEST	Sep - 25 SPUD HARVEST	Sep - 26 SPUD HARVEST	Sep - 27 SPUD HARVEST	Sep - 28 SPUD HARVEST

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