

Ware Public Schools

WARE MIDDLE SCHOOL BREAKFAST -OCTOBER 2018

Sep 21, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 JUICE-VARIETY TOAST ASSORTED CEREAL APPLES MILK-VARIETY	Oct - 2 JUICE-VARIETY TOAST ASSORTED CEREAL OR BREAKFAST BURRITO PEACHES MILK-VARIETY	Oct - 3 JUICE-VARIETY TOAST ASSORTED CEREAL BANANAS MILK-VARIETY	Oct - 4 JUICE-VARIETY TOAST ASSORTED CEREAL OR WG CHOC CHIP MUFFIN PINEAPPLE CHUNKS MILK-VARIETY	Oct - 5 JUICE-VARIETY TOAST ASSORTED CEREAL APPLESAUCE MILK-VARIETY
Oct - 8 SCHOOL CLOSED TODAY COLUMBUS DAY	Oct - 9 JUICE-VARIETY TOAST ASSORTED CEREAL OR CINNAMON ROLL PINEAPPLE CHUNKS MILK-VARIETY	Oct - 10 JUICE-VARIETY TOAST ASSORTED CEREAL PEARS MILK-VARIETY	Oct - 11 JUICE-VARIETY TOAST ASSORTED CEREAL OR CHEESE OMELET AND HASH BROWN ORANGES MILK-VARIETY	Oct - 12 JUICE-VARIETY TOAST ASSORTED CEREAL APPLES MILK-VARIETY
Oct - 15 JUICE-VARIETY TOAST ASSORTED CEREAL PEACHES MILK-VARIETY	Oct - 16 JUICE-VARIETY TOAST ASSORTED CEREAL OR WG BLUEBERRY MUFFIN APPLES MILK-VARIETY	Oct - 17 JUICE-VARIETY TOAST ASSORTED CEREAL PEARS MILK-VARIETY	Oct - 18 JUICE-VARIETY TOAST ASSORTED CEREAL OR BREAKFAST PIZZA APPLESAUCE MILK-VARIETY	Oct - 19 JUICE-VARIETY TOAST ASSORTED CEREAL PINEAPPLE CHUNKS MILK-VARIETY
Oct - 22 JUICE-VARIETY TOAST ASSORTED CEREAL APPLES MILK-VARIETY	Oct - 23 JUICE-VARIETY TOAST ASSORTED CEREAL OR BREAKFAST BURRITO PEARS MILK-VARIETY	Oct - 24 JUICE-VARIETY TOAST ASSORTED CEREAL PINEAPPLE CHUNKS MILK-VARIETY	Oct - 25 JUICE-VARIETY TOAST ASSORTED CEREAL OR CINNAMON ROLL BANANAS MILK-VARIETY	Oct - 26 JUICE-VARIETY TOAST ASSORTED CEREAL PEACHES MILK-VARIETY
Oct - 29 JUICE-VARIETY TOAST ASSORTED CEREAL PEARS MILK-VARIETY	Oct - 30 JUICE-VARIETY TOAST ASSORTED CEREAL OR APPLE CINN MUFFIN PINEAPPLE CHUNKS MILK-VARIETY	Oct - 31 JUICE-VARIETY TOAST ASSORTED CEREAL PEACHES MILK-VARIETY		

MENU SUBJECT TO CHANGE/JUICE IS 100% JUICE/MILK CHOICES: SKIM AND 1%

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.

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"THE USDA AND THIS INSTITUTION ARE AN EQUAL OPPORTUNITY PROVIDER"

BREAKFAST PRICES: \$1.45 REDUCED: \$0.30
PLEASE MAKE CHECKS PAYABLE TO: TOWN OF WARE

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