

FAST FORWARD BREAKFAST

November 2022

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Monday	Tuesday	Wednesday	Thursday	Friday
	Nov - 1 HAM AND CHEESE BAGEL FRUIT BREAKFAST BAR MILK	Nov - 2 PANCAKE W/SYRUP CHEESE STICK FRUIT MILK	Nov - 3 BREAKFAST PIZZA FRUIT PUDDING MILK	Nov 4 CEREAL OR OATMEAL FRUIT YOGURT MILK
Nov - 7 FRENCH TOAST W/ SYRUP YOGURT FRUIT MILK	Nov - 8 FRUIT PARFAIT POPTART FRUIT MILK	Nov 9 HAM AND CHEESE HOT POCKET CHIPS FRUIT MILK	Nov 10 YOGURT MUFFIN FRUIT MILK	Nov - 11 CEREAL OR OATMEAL CHEESE STICK FRUIT MILK
Nov - 14 BREAKFAST BURRITO FRUIT GRANOLA BAR MILK	Nov - 15 HAM AND CHEESE BAGEL FRUIT PUDDING MILK	Nov - 16 *PANCAKES W/SYRUP *CHEESE STICK *FRUIT *MILK	Nov -17 BREAKFAST PIZZA FRUIT PUDDING MILK	Nov - 18 CEREALOR OATMEAL CHEESE STICK FRUIT MILK
Nov -21 FRENCH TOAST W/ SYRUP YOGURT FRUIT MILK	Nov - 22 FRUIT PARFAIT MUFFIN FRUIT MILK	Nov - 23 THANKSGIVING BREAK	Nov - 24 HAPPY THANKSGIVING	Nov - 25 THANKSGIVING BREAK
Nov -28 HAM AND CHEESE HOT POCKET CHIPS FRUIT MILK	Nov - 29 YOGURT POPTART FRUIT MILK	Nov - 30 CEREAL OR OATMEAL CHEESE STICK FRUIT MILK	Dec - 1 BREAKFAST BURRITO FRUIT BREAKFAST BAR MILK	Dec - 2 HAM AND CHEESE BAGEL FRUIT PUDDING MILK

**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.

FAST FORWARD BREAKFAST

DECEMBER
2022

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Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 5 *PANCAKES W/SYRUP CHEESE STICK FRUIT MILK	Dec - 6 BREAKFAST PIZZA CHIPS FRUIT MILK	Dec - 7 ON LINE DAY	Dec - 8 CEREAL OR OATMEAL CHEESE STICK FRUIT MILK	Dec - 9 FRENCH TOAST W/ SYRUP PUDDING FRUIT MILK
Dec - 12 FRUIT PARFAIT POPTART FRUIT MILK	Dec - 13 HAM AND CHEESE HOT POCKET FRUIT CHIPS MILK	Dec - 14 *YOGURT *POPTART *FRUIT *MILK	Dec - 15 CEREAL OR OATMEAL CHEESE STICK FRUIT MILK	Dec - 16 BREAKFAST BURRITO PUDDING FRUIT MILK
Dec - 19 HAM AND CHEESE BAGEL PUDDING FRUIT MILK	Dec-20 YOGURT POPTART FRUIT MILK	Dec - 21 WINTER BREAK MERRY CHRISTMAS	Dec - 22 WINTER BREAK	Dec - 23 WINTER BREAK
Dec - 26	Dec - 27	Dec - 28	Dec - 29	Dec - 30

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