

# Ware Public Schools

## WARE JR SR HIGH SCHOOL BREAKFAST - OCTOBER 2019

Sep 26, 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
	Oct - 1 JUICE-VARIETY TOAST ASSORTED CEREAL OR BREAKFAST PIZZA PINEAPPLE CHUNKS MILK-VARIETY	Oct - 2 JUICE-VARIETY TOAST ASSORTED CEREAL PEARS MILK-VARIETY	Oct - 3 JUICE-VARIETY TOAST ASSORTED CEREAL OR WG BLUEBERRY MUFFIN APPLES MILK-VARIETY	Oct - 4 JUICE-VARIETY TOAST ASSORTED CEREAL MIXED FRUIT MILK-VARIETY
Oct - 7 JUICE-VARIETY TOAST ASSORTED CEREAL PINEAPPLE CHUNKS MILK-VARIETY	Oct - 8 JUICE-VARIETY TOAST ASSORTED CEREAL OR WG RASPBERRY & CREAM CHEESE BAR PEACHES MILK-VARIETY	Oct - 9 JUICE-VARIETY TOAST ASSORTED CEREAL APPLESAUCE MILK-VARIETY	Oct - 10 JUICE-VARIETY TOAST ASSORTED CEREAL OR CINNAMON ROLL BANANAS MILK-VARIETY	Oct - 11 JUICE-VARIETY TOAST ASSORTED CEREAL PEARS MILK-VARIETY
Oct - 14 SCHOOL CLOSED TODAY COLUMBUS DAY	Oct - 15 JUICE-VARIETY TOAST ASSORTED CEREAL OR WG CHOC CHIP MUFFIN APPLES MILK-VARIETY	Oct - 16 JUICE-VARIETY TOAST ASSORTED CEREAL PEARS MILK-VARIETY	Oct - 17 JUICE-VARIETY TOAST ASSORTED CEREAL OR CHEESE OMELET AND HASH BROWN APPLESAUCE MILK-VARIETY	Oct - 18 JUICE-VARIETY TOAST ASSORTED CEREAL ORANGES MILK-VARIETY
Oct - 21 JUICE-VARIETY TOAST ASSORTED CEREAL MIXED FRUIT MILK-VARIETY	Oct - 22 JUICE-VARIETY TOAST ASSORTED CEREAL OR MINI PANCAKES AND TURKEY SAUSAGE LINK PEARS MILK-VARIETY	Oct - 23 JUICE-VARIETY TOAST ASSORTED CEREAL PINEAPPLE CHUNKS MILK-VARIETY	Oct - 24 JUICE-VARIETY TOAST ASSORTED CEREAL OR CINNAMON & OAT BAR APPLES MILK-VARIETY	Oct - 25 JUICE-VARIETY TOAST ASSORTED CEREAL PEACHES MILK-VARIETY

**\*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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Oct - 28  JUICE-VARIETY TOAST ASSORTED CEREAL APPLESAUCE MILK-VARIETY	Oct - 29  JUICE-VARIETY TOAST ASSORTED CEREAL OR WG BLUEBERRY MUFFIN PEACHES MILK-VARIETY	Oct - 30  JUICE-VARIETY TOAST ASSORTED CEREAL PEARS MILK-VARIETY	Oct - 31  JUICE-VARIETY TOAST ASSORTED CEREAL OR BREAKFAST PIZZA PINEAPPLE CHUNKS MILK-VARIETY	

MENU SUBJECT TO CHANGE/JUICE IS 100% JUICE/MILK CHOICES: SKIM AND 1%  
 "THE USDA AND THIS INSTITUTION ARE AN EQUAL OPPORTUNITY PROVIDER"

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

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