

Common Ground
002 - COMMON GROUND HS
BREAKFAST OCTOBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 3 YOGURT, ASSORTED, 4 OZ* MUFFINS, ASSORTED *CEREAL, VARIETY* *ASSORTED FRUIT* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Oct - 4 YOGURT, ASSORTED, 4 OZ* MUFFINS, ASSORTED *CEREAL, VARIETY* *ASSORTED FRUIT* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Oct - 5 YOGURT, ASSORTED, 4 OZ* MUFFINS, ASSORTED *CEREAL, VARIETY* *ASSORTED FRUIT* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Oct - 6 YOGURT, ASSORTED, 4 OZ* MUFFINS, ASSORTED *CEREAL, VARIETY* *ASSORTED FRUIT* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Oct - 7 YOGURT, ASSORTED, 4 OZ* MUFFINS, ASSORTED *CEREAL, VARIETY* *ASSORTED FRUIT* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*
Oct - 10	Oct - 11 YOGURT, ASSORTED, 4 OZ* MUFFINS, ASSORTED *CEREAL, VARIETY* *ASSORTED FRUIT* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Oct - 12 YOGURT, ASSORTED, 4 OZ* MUFFINS, ASSORTED *CEREAL, VARIETY* *ASSORTED FRUIT* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Oct - 13 YOGURT, ASSORTED, 4 OZ* MUFFINS, ASSORTED *CEREAL, VARIETY* *ASSORTED FRUIT* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Oct - 14 YOGURT, ASSORTED, 4 OZ* MUFFINS, ASSORTED *CEREAL, VARIETY* *ASSORTED FRUIT* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*
Oct - 17 YOGURT, ASSORTED, 4 OZ* MUFFINS, ASSORTED *CEREAL, VARIETY* *ASSORTED FRUIT* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Oct - 18 YOGURT, ASSORTED, 4 OZ* MUFFINS, ASSORTED *CEREAL, VARIETY* *ASSORTED FRUIT* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Oct - 19 YOGURT, ASSORTED, 4 OZ* MUFFINS, ASSORTED *CEREAL, VARIETY* *ASSORTED FRUIT* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Oct - 20 YOGURT, ASSORTED, 4 OZ* MUFFINS, ASSORTED *CEREAL, VARIETY* *ASSORTED FRUIT* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Oct - 21 YOGURT, ASSORTED, 4 OZ* MUFFINS, ASSORTED *CEREAL, VARIETY* *ASSORTED FRUIT* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*
Oct - 24 YOGURT, ASSORTED, 4 OZ* MUFFINS, ASSORTED *CEREAL, VARIETY* *ASSORTED FRUIT* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Oct - 25 YOGURT, ASSORTED, 4 OZ* MUFFINS, ASSORTED *CEREAL, VARIETY* *ASSORTED FRUIT* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Oct - 26 YOGURT, ASSORTED, 4 OZ* MUFFINS, ASSORTED *CEREAL, VARIETY* *ASSORTED FRUIT* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Oct - 27 YOGURT, ASSORTED, 4 OZ* MUFFINS, ASSORTED *CEREAL, VARIETY* *ASSORTED FRUIT* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Oct - 28 YOGURT, ASSORTED, 4 OZ* MUFFINS, ASSORTED *CEREAL, VARIETY* *ASSORTED FRUIT* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*

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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