

Common Ground High School
002 - COMMON GROUND HS
BREAKFAST OCT 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| Oct - 2 | Oct - 3 | Oct - 4 | Oct - 5 | Oct - 6 |
| | *CEREAL,VARIETY* MUFFINS, ASSORTED *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* | *CEREAL,VARIETY* MUFFINS, ASSORTED *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* | *CEREAL,VARIETY* MUFFINS, ASSORTED *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* | *CEREAL,VARIETY* MUFFINS, ASSORTED *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* |
| Oct - 9 | Oct - 10 | Oct - 11 | Oct - 12 | Oct - 13 |
| NO SCHOOL | *CEREAL,VARIETY* MUFFINS, ASSORTED *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* | *CEREAL,VARIETY* MUFFINS, ASSORTED *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* | *CEREAL,VARIETY* MUFFINS, ASSORTED *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* | *CEREAL,VARIETY* MUFFINS, ASSORTED *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* |
| Oct - 16 | Oct - 17 | Oct - 18 | Oct - 19 | Oct - 20 |
| *CEREAL,VARIETY* MUFFINS, ASSORTED *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* | *CEREAL,VARIETY* MUFFINS, ASSORTED *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* | *CEREAL,VARIETY* MUFFINS, ASSORTED *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* | *CEREAL,VARIETY* MUFFINS, ASSORTED *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* | *CEREAL,VARIETY* MUFFINS, ASSORTED *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* |
| Oct - 23 | Oct - 24 | Oct - 25 | Oct - 26 | Oct - 27 |
| *CEREAL,VARIETY* MUFFINS, ASSORTED *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* | *CEREAL,VARIETY* MUFFINS, ASSORTED *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* | *CEREAL,VARIETY* MUFFINS, ASSORTED *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* | *CEREAL,VARIETY* MUFFINS, ASSORTED *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* | *CEREAL,VARIETY* MUFFINS, ASSORTED *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* 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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| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|-----------|----------|--------|
| Oct - 30 *CEREAL,VARIETY* MUFFINS, ASSORTED *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* | Oct - 31 *CEREAL,VARIETY* MUFFINS, ASSORTED *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* 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.*

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