

Common Ground BREAKFASTdec 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				Dec - 1 *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*
				Nutrients Target Carb 160.6g 70.5%Cal
Dec - 4 *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Dec - 5 *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Dec - 6 *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Dec - 7 *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Dec - 8 *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*
Nutrients Target Carb 160.6g 70.5%Cal	Nutrients Target Carb 160.6g 70.5%Cal	Nutrients Target Carb 160.6g 70.5%Cal	Nutrients Target Carb 160.6g 70.5%Cal	Nutrients Target Carb 160.6g 70.5%Cal
Dec - 11 *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Dec - 12 *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Dec - 13 *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Dec - 14 *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Dec - 15 *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* 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
Nutrients Target Carb 160.6g 70.5%Cal	Nutrients Target Carb 160.6g 70.5%Cal	Nutrients Target Carb 160.6g 70.5%Cal	Nutrients Target Carb 160.6g 70.5%Cal	Nutrients Target Carb 160.6g 70.5%Cal
Dec - 18 *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Dec - 19 *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Dec - 20 *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Dec - 21 *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Dec - 22 *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*
Nutrients Target Carb 160.6g 70.5%Cal	Nutrients Target Carb 160.6g 70.5%Cal	Nutrients Target Carb 160.6g 70.5%Cal	Nutrients Target Carb 160.6g 70.5%Cal	Nutrients Target Carb 160.6g 70.5%Cal
Dec - 25 NO SCHOOL	Dec - 26 NO SCHOOL	Dec - 27 NO SCHOOL	Dec - 28 NO SCHOOL	Dec - 29 NO SCHOOL
Nutrients Target Carb 0.0g 0.0%Cal	Nutrients Target Carb 0.0g 0.0%Cal	Nutrients Target Carb 0.0g 0.0%Cal	Nutrients Target Carb 0.0g 0.0%Cal	Nutrients Target Carb 0.0g 0.0%Cal

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