

# Common Ground BREAKFASTjan2018

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 1  NO SCHOOL	Jan - 2  *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*	Jan - 3  *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*	Jan - 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*	Jan - 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*
Nutrients      Target Carb    0.0g    0.0%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
Jan - 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*	Jan - 9  *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*	Jan - 10  *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*	Jan - 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*	Jan - 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*
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
Jan - 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*	Jan - 16  *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*	Jan - 17  *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*	Jan - 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*	Jan - 19  STAFF DEVELOPMENT DAY

*\*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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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     0.0g    0.0%Cal
Jan - 22  STAFF DEVELOPMENT DAY	Jan - 23  STAFF DEVELOPMENT DAY	Jan - 24  *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*	Jan - 25  *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*	Jan - 26  *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     0.0g    0.0%Cal	Nutrients            Target Carb     0.0g    0.0%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
Jan - 29  *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*	Jan - 30  *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*	Jan - 31  *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*		
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