

# Common Ground High School

## SEPTEMBER BREAKFAST

### 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 3 NO SCHOOL	Sep - 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*	Sep - 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*	Sep - 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*	Sep - 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*
Sep - 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*	Sep - 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*	Sep - 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*	Sep - 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*	Sep - 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*
Sep - 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*	Sep - 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*	Sep - 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*	Sep - 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*	Sep - 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*

\*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.

**Common Ground High School**  
**SEPTEMBER BREAKFAST**  
**2018**

Jul 20, 2018

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Sep - 24	Sep - 25	Sep - 26	Sep - 27	Sep - 28
*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*	*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*	*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*	*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*	*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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