

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.

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SEPTEMBER BREAKFAST
2018

Jul 20, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 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*	Sep - 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*	Sep - 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*	Sep - 27 *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 - 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*

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