

Sylacauga City Schools

006 - Nichols Lawson Middle

Jan 10, 2019

January Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 1/7/2019 Breakfast Pizza Juice Fruit Cocktail Milk Variety Chocolate Grahams	Tue - 1/8/2019 Breakfast on a Stick Juice Peach Cups Syrup Milk Variety	Wed - 1/9/2019 Cinnamon Roll Sausage Link Juice Applesauce Milk Variety	Thu - 1/10/2019 Mini Berry Pancake Sausage Link Syrup Shiver Shock Pears Milk Variety	Fri - 1/11/2019 Biscuit Sausage Patty Jelly Juice Assorted Fruit Milk Variety
Mon - 1/14/2019 Pancakes Sausage Link Syrup Juice Assorted Fruit Milk Variety	Tue - 1/15/2019 Muffin Sausage Link Oatmeal Assorted Fruit Shiver Shock Milk Variety	Wed - 1/16/2019 Apple Strudel Smoked Sausage Juice Assorted Fruit Milk Variety	Thu - 1/17/2019 French Toast Sticks Sausage Link Syrup Assorted Fruit Juice Milk Variety	Fri - 1/18/2019 Biscuit Chicken Patty Jelly Juice Assorted Fruit Milk Variety
Mon - 1/21/2019	Tue - 1/22/2019 Breakfast on a Stick Juice Assorted Fruit Syrup Milk Variety	Wed - 1/23/2019 Cinnamon Roll Sausage Link Juice Assorted Fruit Milk Variety	Thu - 1/24/2019 Mini Blueberry Waffles Sausage Link Syrup Shiver Shock Assorted Fruit Milk Variety	Fri - 1/25/2019 Biscuit Sausage Patty Jelly Juice Assorted Fruit Milk Variety
Mon - 1/28/2019 Pancakes Sausage Link Syrup Juice Assorted Fruit Milk Variety	Tue - 1/29/2019 Muffin Sausage Link Oatmeal Assorted Fruit Shiver Shock Milk Variety	Wed - 1/30/2019 Cherry Strudel Stick Smoked Sausage Juice Assorted Fruit Milk Variety	Thu - 1/31/2019 French Toast Sticks Sausage Link Syrup Assorted Fruit Juice Milk Variety	

Breakfast Prices: Reduced \$.30; Paid \$1.50; Staff \$2.00; Visitors \$2.50.

Lunch Prices: Reduced \$.40; Paid \$2.45; Staff \$3.15; Visitors \$4.50.

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.