

Sylacauga City Schools

008 - Sylacauga High

Jan 2, 2019

Page 1

January Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 1/7/2019 Breakfast Pizza CIN TOAST CRUNCH Teddy Grahams Yogurt, Go-Gurt, Straw Fruit Cocktail Juice Milk Variety	Tue - 1/8/2019 Biscuit Sausage Patty Juice Assorted Fruit Oranges Honey Nut Cheerios Chocolate Grahams Yogurt, Go-Gurt, Straw Milk Variety Jelly	Wed - 1/9/2019 French Toast Sticks Sausage Link Juice Syrup Assorted Fruit Honey Nut Cheerios Teddy Grahams, Honey Yogurt, Go-Gurt, Straw Milk Variety	Thu - 1/10/2019 Frosted Cinnamon Roll Sausage Link Trix Cereal Bar Chocolate Grahams Juice Assorted Fruit Oranges Milk Variety	Fri - 1/11/2019 Breakfast Bagel Juice CIN TOAST CRUNCH Teddy Grahams, Honey Assorted Fruit Milk Variety
Mon - 1/14/2019 Breakfast Pizza CIN TOAST CRUNCH Yogurt, Go-Gurt, Straw Chocolate Grahams Juice Assorted Fruit Milk Variety	Tue - 1/15/2019 Breakfast Sandwich Jelly Juice Assorted Fruit Trix Cereal Bar Teddy Grahams, Honey Yogurt, Go-Gurt, Straw Milk Variety	Wed - 1/16/2019 French Toast Sticks Sausage Link Juice Syrup Assorted Fruit Honey Nut Cheerios Teddy Grahams, Honey Yogurt, Go-Gurt, Straw Milk Variety	Thu - 1/17/2019 Waffle Sticks Sausage Link Syrup Juice Assorted Fruit Milk Variety	Fri - 1/18/2019 Mini Pancakes Sausage Link Syrup Juice Cinnamon Toast Crunch Chocolate Grahams Fresh Fruit Milk Variety
Mon - 1/21/2019	Tue - 1/22/2019 Biscuit Chicken Patty Jelly Cereal, Apple Jacks Yogurt, Go-Gurt, Straw Chocolate Grahams Juice Assorted Fruit Milk Variety	Wed - 1/23/2019 Breakfast on a Stick Honey Nut Cheerios Chocolate Grahams Yogurt, Go-Gurt, Straw Juice Assorted Fruit Milk Variety	Thu - 1/24/2019 Breakfast Bagel COCOA PUFF CEREAL Teddy Grahams Yogurt, Go-Gurt, Straw Fruit Cocktail Juice Milk Variety	Fri - 1/25/2019 Waffle Sticks Sausage Link Juice Assorted Fruit Oranges Honey Nut Cheerios Chocolate Grahams Yogurt, Go-Gurt, Straw Milk Variety Jelly
Mon - 1/28/2019 French Toast Sticks Sausage Link Juice Syrup Assorted Fruit Honey Nut Cheerios Teddy Grahams, Honey Yogurt, Go-Gurt, Straw Milk Variety	Tue - 1/29/2019 Frosted Cinnamon Roll Sausage Link Trix Cereal Bar Chocolate Grahams Juice Assorted Fruit Oranges Milk Variety	Wed - 1/30/2019 Breakfast Bagel Juice CIN TOAST CRUNCH Teddy Grahams, Honey Assorted Fruit Milk Variety	Thu - 1/31/2019 Mini Maple Pancake Sausage Link COCOA PUFF CEREAL Yogurt, Go-Gurt, Straw Chocolate Grahams Juice Assorted Fruit 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.