

Sunflower County Consolidated Schools

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 Assorted Cold Cereals Fruit Flavor Cereal Bar Assorted Muffin Loave Strawberry Toaster Pastry Applesauce Fresh Oranges Assorted Fruit Juices Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 2 Sausage & Pancake on a Stick Assorted Cold Cereals Assorted Muffin Loave Chilled Peach Slices Fresh Apples Pancake Syrup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 3 Southern Biscuit Scrambled Eggs Hot Grits Assorted Cold Cereals Assorted Muffin Loave Chilled Pear Halves Fresh Bananas Fresh Oranges Assorted Jellies Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 4 Pancake Scrambled Eggs Assorted Cold Cereals Assorted Muffin Loave Fresh Bananas Mandarin Fruit Cup Pancake Syrup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk	Oct - 5 Southern Biscuit Breakfast Chicken Patt Assorted Cold Cereals Assorted Muffin Loave Sliced Strawberries Mandarin Fruit Cup Assorted Jellies Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk
Oct - 8 Fall Break	Oct - 9 Fall Break	Oct - 10 Assorted Cold Cereals Fruit Flavor Cereal Bar Assorted Muffin Loave Strawberry Toaster Pastry Applesauce Fresh Oranges Assorted Fruit Juices Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 11 Sausage & Pancake on a Stick Assorted Cold Cereals Assorted Muffin Loave Chilled Peach Slices Fresh Apples Pancake Syrup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 12 Waffles in a Bag Scrambled Eggs Assorted Cold Cereals Assorted Muffin Loave Fresh Bananas Mandarin Fruit Cup Assorted Fruit Juices Pancake Syrup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk
Oct - 15 Assorted Cold Cereals Fruit Flavor Cereal Bar Assorted Muffin Loave Strawberry Toaster Pastry Applesauce Fresh Oranges Assorted Fruit Juices Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 16 Sausage & Pancake on a Stick Assorted Cold Cereals Assorted Muffin Loave Chilled Peach Slices Fresh Apples Pancake Syrup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 17 Southern Biscuit Scrambled Eggs Hot Grits Assorted Cold Cereals Assorted Muffin Loave Chilled Pear Halves Fresh Bananas Fresh Oranges Assorted Jellies Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 18 Pancake Scrambled Eggs Assorted Cold Cereals Assorted Muffin Loave Fresh Bananas Mandarin Fruit Cup Pancake Syrup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk	Oct - 19 Southern Biscuit Breakfast Chicken Patt Assorted Cold Cereals Assorted Muffin Loave Sliced Strawberries Mandarin Fruit Cup Assorted Jellies Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk

**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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Oct - 22 Assorted Cold Cereals Fruit Flavor Cereal Bar Assorted Muffin Loave Strawberry Toaster Pastry Applesauce Fresh Oranges Assorted Fruit Juices Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 23 Sausage & Pancake on a Stick Assorted Cold Cereals Assorted Muffin Loave Chilled Peach Slices Fresh Apples Pancake Syrup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 24 Southern Biscuit Scrambled Eggs Hot Grits Assorted Cold Cereals Assorted Muffin Loave Chilled Pear Halves Sliced Strawberries Assorted Jellies Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 25 Waffies in a Bag Scrambled Eggs Assorted Cold Cereals Assorted Muffin Loave Fresh Bananas Mandarin Fruit Cup Pancake Syrup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk	Oct - 26 Assorted Cold Cereals Fruit Flavor Cereal Bar Assorted Muffin Loave Strawberry Toaster Pastry Applesauce Fresh Oranges Assorted Fruit Juices Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk
Oct - 29 Assorted Cold Cereals Fruit Flavor Cereal Bar Assorted Muffin Loave Strawberry Toaster Pastry Applesauce Fresh Oranges Assorted Fruit Juices Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 30 Sausage & Pancake on a Stick Assorted Cold Cereals Assorted Muffin Loave Chilled Peach Slices Fresh Apples Pancake Syrup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Oct - 31 Southern Biscuit Scrambled Eggs Hot Grits Assorted Cold Cereals Assorted Muffin Loave Chilled Pear Halves Sliced Strawberries Assorted Jellies Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk		

Good Nutrition is our Mission!
Menus are subject to change.
This institution is an equal opportunity provider.

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