

# Calhoun County Schools

## Breakfast October 2020

Oct 5, 2020

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Monday	Tuesday	Wednesday	Thursday	Friday
			Oct - 1 Pancake, mini Berry Sausage, Patty With Fruit Choice With Juice Assorted Milk Choice	Oct - 2 Cereal Cereal Bar With Fruit Choice With Juice Assorted Milk Choice
Oct - 5 Cereal Cereal Bar With Fruit Choice With Juice Assorted Milk Choice	Oct - 6 Cereal Poptart With Fruit Choice With Juice Assorted Milk Choice	Oct - 7 Cereal Cereal Bar With Fruit Choice With Juice Assorted Milk Choice	Oct - 8 Poptart Cereal Bar With Juice Assorted With Fruit Choice Milk Choice	Oct - 9 Muffin Cereal Bar With Juice Assorted With Fruit Choice Milk Choice
Oct - 12 Fall Break	Oct - 13 Fall Break	Oct - 14 Fall Break	Oct - 15 Fall Break	Oct - 16 Fall Break
Oct - 19 Cereal Cereal Bar With Fruit Choice With Juice Assorted Milk Choice	Oct - 20 Cereal Poptart With Fruit Choice With Juice Assorted Milk Choice	Oct - 21 Cereal Cereal Bar With Fruit Choice With Juice Assorted Milk Choice	Oct - 22 Poptart Cereal Bar With Juice Assorted With Fruit Choice Milk Choice	Oct - 23 Muffin Cereal Bar With Juice Assorted With Fruit Choice Milk Choice
Oct - 26 Cereal Cereal Bar With Fruit Choice With Juice Assorted Milk Choice	Oct - 27 Cereal Poptart With Fruit Choice With Juice Assorted Milk Choice	Oct - 28 Cereal Cereal Bar With Fruit Choice With Juice Assorted Milk Choice	Oct - 29 Poptart Cereal Bar With Juice Assorted With Fruit Choice Milk Choice	Oct - 30 Muffin Cereal Bar With Juice Assorted With Fruit Choice Milk Choice

Meals must have 1/2 cup fruit or vegetable.  
Menu is subject to change.

*\*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.**