

Windthorst ISD

WINDTHORST K-12 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 13 PANCAKES ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts ORANGES PEACHES STRAWBERRY YOGURT ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE	Dec - 14 BREAKFAST PIZZA MUFFIN,BLUEBERRY ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts STRAWBERRY YOGURT CRAISINS BANANAS ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE	Dec - 15 GLAZED DONUT OATMEAL ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts BANANAS CRAISINS APRICOT HALVES ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE	Dec - 16 BISCUIT & SAUSAGE OATMEAL ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts CRAISINS PEARS ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE	Dec - 17 WAFFLES MINIS ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts STRAWBERRY YOGURT APPLESAUCE CUP BANANAS ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE
Dec - 20 PANCAKES ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts ORANGES PEACHES STRAWBERRY YOGURT ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE	Dec - 21 BREAKFAST PIZZA MUFFIN,BLUEBERRY ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts STRAWBERRY YOGURT CRAISINS BANANAS ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE	Dec - 22 GLAZED DONUT OATMEAL ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts BANANAS CRAISINS APRICOT HALVES ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE	Dec - 23	Dec - 24
Dec - 27 Jan - 3 Jan - 10	Dec - 28 Jan - 4 Jan - 11	Dec - 29 Jan - 5 Jan - 12	Dec - 30 Jan - 6 Jan - 13	Dec - 31 Jan - 7 Jan - 14
PANCAKES ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts ORANGES PEACHES STRAWBERRY YOGURT ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE	BREAKFAST PIZZA MUFFIN,BLUEBERRY ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts STRAWBERRY YOGURT CRAISINS BANANAS ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE	GLAZED DONUT OATMEAL ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts BANANAS CRAISINS APRICOT HALVES ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE	BISCUIT & SAUSAGE HASH BROWN OATMEAL ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts CRAISINS PEARS ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE	FRENCH TOAST STICKS SAUSAGE PATTY ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts STRAWBERRY YOGURT APPLESAUCE CUP BANANAS ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE

**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.