

Windthorst ISD

WINDTHORST K-12 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 7 PANCAKES ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts ORANGES PEACHES STRAWBERRY YOGURT ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE	Nov - 8 BREAKFAST PIZZA MUFFIN,BLUEBERRY ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts STRAWBERRY YOGURT CRAISINS BANANAS ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE	Nov - 9 GLAZED DONUT OATMEAL ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts BANANAS CRAISINS APRICOT HALVES ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE	Nov - 10 BISCUIT & SAUSAGE OATMEAL ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts CRAISINS PEARS ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE	Nov - 11 WAFFLES MINIS SAUSAGE PATTY ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts STRAWBERRY YOGURT APPLESAUCE CUP BANANAS ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE
Nov - 14 PANCAKES ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts ORANGES PEACHES STRAWBERRY YOGURT ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE	Nov - 15 BREAKFAST PIZZA MUFFIN,BLUEBERRY ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts STRAWBERRY YOGURT CRAISINS BANANAS ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE	Nov - 16 GLAZED DONUT OATMEAL ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts BANANAS CRAISINS APRICOT HALVES ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE	Nov - 17 BISCUIT & SAUSAGE OATMEAL ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts CRAISINS PEARS ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE	Nov - 18 PANCAKE ON STICK ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts APPLES PEACHES 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.*