

# Windthorst ISD

## WINDTHORST K-12 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 6 PANCAKES ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts ORANGES PEACHES STRAWBERRY YOGURT ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE	Mar - 7 BREAKFAST PIZZA MUFFIN,BLUEBERRY ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts STRAWBERRY YOGURT CRAISINS BANANAS ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE	Mar - 8 GLAZED DONUT OATMEAL ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts BANANAS CRAISINS APRICOT HALVES ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE	Mar - 9 BISCUIT & SAUSAGE HASH BROWN OATMEAL ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts CRAISINS PEARS ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE	Mar - 10 FRENCH TOAST STICKS ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts STRAWBERRY YOGURT APPLESAUCE CUP BANANAS ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE
Mar - 13 Mar - 20 PANCAKES ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts ORANGES PEACHES STRAWBERRY YOGURT ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE	Mar - 14 Mar - 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	Mar - 15 Mar - 22 GLAZED DONUT OATMEAL ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts BANANAS CRAISINS APRICOT HALVES ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE	Mar - 16 Mar - 23 BISCUIT & SAUSAGE OATMEAL ASSORTED CEREAL BAR ASSORTED CEREALS Assorted Poptarts CRAISINS PEARS ASSORTED MILKS ORANGE JUICE APPLE CHERRY JUICE GRAPE JUICE	Mar - 17 Mar - 24 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

*\*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.*