

South Tippah School District

SOUTH TIPPAH BREAKFAST K-12

OCTOBER 1 -31, 2016

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 3 Banana Breakfast Bread French Toast Sticks Pancake Syrup Assorted Fruit Juices Chocolate Milk Fat Free Milk	Oct - 4 Honey Nut Cheerios CHEESE TOAST Fresh Fruit Cup Chocolate Milk Fat Free Milk	Oct - 5 Bagel w/ Sausage & Grav Strawberry Cream Cheese Assorted Cold Cereals Fresh Fruit Cup Chocolate Milk Fat Free Milk	Oct - 6 SAUSAGE, EGG, CHEESE SL Apple Frudel Assorted Fruit Juices Chocolate Milk Fat Free Milk	Oct - 7 Assorted Cold Cereals Whole Wheat Toast Sausage & Pancake on a Stick Fresh Fruit Cup Chocolate Milk Fat Free Milk
Oct - 10 NO SCHOOL TODAY	Oct - 11 NO SCHOOL TODAY	Oct - 12 Ham Slice Southern Biscuit Assorted Jellies Cherry Frudel FRESH FRUIT Assorted Fruit Juices Chocolate Milk Fat Free Milk	Oct - 13 Breakfast Sausage Pizza Sausage & Pancake on a Stick Frozen Fruit Juice Cups Assorted Fruit Juices Chocolate Milk Fat Free Milk	Oct - 14 Honey Nut Cheerios Whole Wheat Toast CHEESE TOAST Assorted Fruit Juices Fresh Fruit Cup Chocolate Milk Fat Free Milk
Oct - 17 Banana Breakfast Bread Marshmallow Mateys Assorted Fruit Juices Fresh Fruit Cup Chocolate Milk Fat Free Milk	Oct - 18 Cherry Frudel Bagel w/ Sausage & Grav Strawberry Cream Cheese Fresh Fruit Cup Assorted Fruit Juices Chocolate Milk Fat Free Milk	Oct - 19 French Toast Sticks Mini Spooners Cereal Fresh Fruit Cup Assorted Fruit Juices Chocolate Milk Fat Free Milk	Oct - 20 Southern Biscuit Sausage Patty Hashbrown Potatoes Fresh Fruit Cup Assorted Fruit Juices Chocolate Milk Fat Free Milk	Oct - 21 Assorted Cold Cereals Whole Wheat Toast CHEESE TOAST Fresh Fruit Cup Assorted Fruit Juices Chocolate Milk Fat Free Milk
Oct - 24 Banana Breakfast Bread Marshmallow Mateys Fresh Fruit Cup Assorted Fruit Juices Chocolate Milk Fat Free Milk	Oct - 25 Sausage & Pancake on a Stick Toasted Bagel Strawberry Cream Cheese Fresh Fruit Cup Assorted Fruit Juices Chocolate Milk Fat Free Milk	Oct - 26 French Toast Sticks Pancake Syrup Fresh Fruit Cup Assorted Fruit Juices Chocolate Milk Fat Free Milk	Oct - 27 Southern Biscuit Sausage Patty Hashbrown Potatoes Fresh Fruit Cup Assorted Fruit Juices Chocolate Milk Fat Free Milk	Oct - 28 Assorted Cold Cereals Whole Wheat Toast CHEESE TOAST Fresh Fruit Cup Assorted Fruit Juices Chocolate Milk Fat Free Milk
Oct - 31 Toasted Bagel Strawberry Cream Cheese Assorted Cold Cereals Whole Wheat Toast Fresh Fruit Cup Assorted Fruit Juices Chocolate Milk Fat Free Milk				

In accordance with Federal Law and U.S. Department of Agriculture policy, the South Tippah School District does not discriminate on the basis of race, sex, age, religion, disability or national origin.
All menus are subject to change according to product availability.

**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.