

Russell Middle School
BREAKFAST
2018-2019

Monday	Tuesday	Wednesday	Thursday	Friday
MILK, CHOCOLATE MILK, WHITE APPLESAUCE ORANGE JUICE BISCUIT SAUSAGE GRAVY, PEPPERED CEREAL, CINNAMON TOAST CRUNCH CEREAL, FRUIT LOOPS CEREAL, COCOA PUFFS CEREAL, MINI WHEATS W/TOAST PROMISE MARGARINE JELLY	MILK, CHOCOLATE MILK, WHITE APPLESAUCE ORANGE JUICE CEREAL, CINNAMON TOAST CRUNCH CEREAL, FRUIT LOOPS CEREAL, COCOA PUFFS CEREAL, MINI WHEATS W/TOAST PROMISE MARGARINE JELLY	MILK, CHOCOLATE MILK, WHITE APPLESAUCE ORANGE JUICE CHICKEN BISCUIT CEREAL, CINNAMON TOAST CRUNCH CEREAL, FRUIT LOOPS CEREAL, COCOA PUFFS CEREAL, MINI WHEATS W/TOAST PROMISE MARGARINE JELLY	MILK, CHOCOLATE MILK, WHITE APPLESAUCE ORANGE JUICE FRENCH TOAST STIX SYRUP CEREAL, CINNAMON TOAST CRUNCH CEREAL, FRUIT LOOPS CEREAL, COCOA PUFFS CEREAL, MINI WHEATS W/TOAST PROMISE MARGARINE JELLY	MILK, CHOCOLATE MILK, WHITE APPLESAUCE ORANGE JUICE GLAZED DONUT CEREAL, CINNAMON TOAST CRUNCH CEREAL, FRUIT LOOPS CEREAL, COCOA PUFFS CEREAL, MINI WHEATS W/TOAST PROMISE MARGARINE JELLY
MILK, CHOCOLATE MILK, WHITE APPLESAUCE ORANGE JUICE BISCUIT SAUSAGE GRAVY, PEPPERED CEREAL, CINNAMON TOAST CRUNCH CEREAL, FRUIT LOOPS CEREAL, COCOA PUFFS CEREAL, MINI WHEATS W/TOAST PROMISE MARGARINE JELLY	MILK, CHOCOLATE MILK, WHITE APPLESAUCE ORANGE JUICE PANCAKES SYRUP CEREAL, CINNAMON TOAST CRUNCH CEREAL, FRUIT LOOPS CEREAL, COCOA PUFFS CEREAL, MINI WHEATS W/TOAST PROMISE MARGARINE JELLY	MILK, CHOCOLATE MILK, WHITE APPLESAUCE ORANGE JUICE CINNAMON ROLL W/ICING CEREAL, CINNAMON TOAST CRUNCH CEREAL, FRUIT LOOPS CEREAL, COCOA PUFFS CEREAL, MINI WHEATS W/TOAST PROMISE MARGARINE JELLY	MILK, CHOCOLATE MILK, WHITE APPLESAUCE ORANGE JUICE SAUSAGE BISCUIT CEREAL, CINNAMON TOAST CRUNCH CEREAL, FRUIT LOOPS CEREAL, COCOA PUFFS CEREAL, MINI WHEATS W/TOAST PROMISE MARGARINE JELLY	MILK, CHOCOLATE MILK, WHITE APPLESAUCE ORANGE JUICE SCRAMBLED EGGS CEREAL, CINNAMON TOAST CRUNCH CEREAL, FRUIT LOOPS CEREAL, COCOA PUFFS CEREAL, MINI WHEATS W/TOAST PROMISE MARGARINE JELLY

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.

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MILK, CHOCOLATE MILK, WHITE APPLESAUCE ORANGE JUICE BISCUIT SAUSAGE GRAVY, PEPPERED CEREAL, CINNAMON TOAST CRUNCH CEREAL, FRUIT LOOPS CEREAL, COCOA PUFFS CEREAL, MINI WHEATS W/TOAST PROMISE MARGARINE JELLY	MILK, CHOCOLATE MILK, WHITE APPLESAUCE ORANGE JUICE BREAKFAST STICK W/SYRUP, CEREAL, CINNAMON TOAST CRUNCH CEREAL, FRUIT LOOPS CEREAL, COCOA PUFFS CEREAL, MINI WHEATS W/TOAST PROMISE MARGARINE JELLY	MILK, CHOCOLATE MILK, WHITE APPLESAUCE ORANGE JUICE CINNAMON ROLL W/ICING CEREAL, CINNAMON TOAST CRUNCH CEREAL, FRUIT LOOPS CEREAL, COCOA PUFFS CEREAL, MINI WHEATS W/TOAST PROMISE MARGARINE JELLY	MILK, CHOCOLATE MILK, WHITE APPLESAUCE ORANGE JUICE BREAKFAST PIZZA CEREAL, CINNAMON TOAST CRUNCH CEREAL, FRUIT LOOPS CEREAL, COCOA PUFFS CEREAL, MINI WHEATS W/TOAST PROMISE MARGARINE JELLY	MILK, CHOCOLATE MILK, WHITE APPLESAUCE ORANGE JUICE POPTART CEREAL, CINNAMON TOAST CRUNCH CEREAL, FRUIT LOOPS CEREAL, COCOA PUFFS CEREAL, MINI WHEATS W/TOAST PROMISE MARGARINE JELLY

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