

# North Tippah School District

## BREAKFAST

Oct 5, 2017

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Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 2  Breakfast Sausage Piz Pancake Crispy Toast Fruit Flavor Cereal Bar Blueberries Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk	Oct - 3  Assorted Cold Cereals Crispy Toast Cinnamon Rolls Chilled Peach Slices Assorted Fruit Juices Chocolate Milk Low Fat Milk	Oct - 4  Assorted Breakfast Bre Fruit Flavor Cereal Bar Crispy Toast Fresh Apples Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Assorted Jellies	Oct - 5  Mini Pancakes in a Ba Assorted Cold Cereals Crispy Toast Fresh Bananas Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk	Oct - 6  Breakfast Sausage Piz Fruit Flavor Cereal Bar Crispy Toast Pineapple Tidbits Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk
Oct - 9  NO SCHOOL TODAY	Oct - 10  Assorted Breakfast Bre Fruit Flavor Cereal Bar Crispy Toast Fresh Apples Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Assorted Jellies	Oct - 11  Mini Pancakes in a Ba Assorted Cold Cereals Crispy Toast Fresh Bananas Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk	Oct - 12  Breakfast Sausage Piz Fruit Flavor Cereal Bar Crispy Toast Pineapple Tidbits Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk	Oct - 13  Apple Frudel Assorted Cold Cereals Crispy Toast Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk
Oct - 16  Mini Pancakes in a Ba Assorted Cold Cereals Fruit Flavor Cereal Bar Crispy Toast Chilled Peach Slices Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Oct - 17  Sausage & Pancake on a Stick Assorted Cold Cereals Fruit Flavor Cereal Bar Crispy Toast Tropical Fruit Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Oct - 18  Breakfast Boat Assorted Cold Cereals Fruit Flavor Cereal Bar Crispy Toast Blueberries with Whipp Topping Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk	Oct - 19  Breakfast Burrito Assorted Cold Cereals Fruit Flavor Cereal Bar Crispy Toast Fresh Bananas Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk	Oct - 20  Cheese Omelet Assorted Cold Cereals Fruit Flavor Cereal Bar Crispy Toast Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk
Oct - 23  Toasted Bagel Assorted Cold Cereals Crispy Toast Fruit Flavor Cereal Bar Flavored Raisins Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk	Oct - 24  Sausage and Biscuit Assorted Cold Cereals Crispy Toast Fruit Flavor Cereal Bar Fresh Apples Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk	Oct - 25  Banana Muffin Crispy Toast Assorted Cold Cereals Fruit Flavor Cereal Bar Fresh Cantaloupe Cub Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Strawberry Cream Che	Oct - 26  Assorted Breakfast Bre Assorted Cold Cereals Crispy Toast Fruit Flavor Cereal Bar Cheese Block Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Strawberry Cream Che	Oct - 27  Banana Muffin Crispy Toast Assorted Cold Cereals Fruit Flavor Cereal Bar Fresh Cantaloupe Cub Assorted Fruit Juices Chocolate Milk Strawberry Milk Low Fat Milk Strawberry Cream Che

\*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.

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Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 30  Chicken Salad Sandwi BBQ Chicken Sandwic Mashed Potatoes Black-Eyed Peas Sliced Apples Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk	Oct - 31  Taco Soup Saltine Crackers Fish Sandwich Baked Beans Baby Carrots w/ Dressi Apple Delicious Assorted Fruit Juices Chocolate Milk Strawberry Milk Fat Free Milk			

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Oct - 2  Beef & Bean Burrito Glazed BBQ Meatballs on Hoagie Bun Green Beans Steamed Carrots Assorted Fruit Juices Fresh Orange Smiles Chocolate Milk Fat Free Milk Strawberry Milk Saltine Crackers Brownies	Oct - 3  Cheeseburger Personal Pan Pizza Tossed Salad w/ Dress Mexicali Corn Fruit Cocktail PEARS Mayonnaise Mustard, PC, MS1538 Ketchup Chocolate Milk Fat Free Milk Strawberry Milk Banana Pudding	Oct - 4  Fish Sandwich Meatloaf Yeast Roll Pinto Beans Mashed Potatoes PEACHES Assorted Fruit Juices Mayonnaise Hot Sauce Tartar Sauce Chocolate Milk Fat Free Milk Strawberry Milk	Oct - 5  Ham and Cheese on B Stromboli Supreme Whole Kernel Corn Tossed Salad w/ Dress Fresh Grapes Fresh Apples Mayonnaise Mustard, PC, MS1538 Chocolate Milk Fat Free Milk Strawberry Milk Sugar Cookie	Oct - 6  Taco Soup Mini Hot Dogs Saltine Crackers Oven Fries Pasta with Italian Red Sauce Tossed Salad w/ Dress Pineapple Tidbits Assorted Fruit Juices Mustard, PC, MS1538 Ketchup Mayonnaise Chocolate Milk Fat Free Milk Strawberry Milk Chocolate Chip Cookie
Oct - 9  NO SCHOOL TODAY	Oct - 10  Cheesy Breadsticks wit Marinara Sauce Ham and Cheese on B Oven Fries Steamed Carrots Assorted Fruit Juices Fruit Cocktail Chocolate Milk Fat Free Milk Oatmeal Raisin Cooki	Oct - 11  Sausage Pizza Cheeseburger Tossed Salad w/ Dress Whole Kernel Corn Fruit Slushes Sliced Strawberries Pasta with Italian Red Sauce Chocolate Milk Fat Free Milk Strawberry Milk	Oct - 12  Chili/Cheese Quesadill Macaroni and Cheese Mini Hot Dogs Pinto Beans Creamy Coleslaw Chilled Peach Slices Assorted Fruit Juices Cornbread Chocolate Milk Fat Free Milk Strawberry Milk Saltine Crackers	Oct - 13  Chili Cheese over Chip Loaded Baked Potato with Chicken and Ham Green Beans Baby Carrots w/ Dressi Chilled Peaches Pineapple Tidbits Chocolate Milk Fat Free Milk Strawberry Milk Saltine Crackers Croutons
Oct - 16  Chicken Salad Sandwi Philly Cheese Steak Sandwich Mixed Vegetables Creamy Coleslaw Assorted Fruit Juices Chilled Peach Slices Chocolate Milk Fat Free Milk Strawberry Milk Oatmeal Raisin Cooki	Oct - 17  Chicken Fajitas Chili Dog Whole Kernel Corn Steamed Carrots Fresh Apples PEARS Chocolate Milk Fat Free Milk Strawberry Milk Saltine Crackers	Oct - 18  BBQ Pulled Pork Burg Pepperoni Pizza Wedg Oven Fries Baked Beans Assorted Fruit Juices Fresh Grapes Chocolate Milk Fat Free Milk Strawberry Milk Brownies	Oct - 19  Chicken Nuggets Chili Con Carne No Be Tater Tots Green Beans Fresh Orange Smiles Fruit Cocktail Chocolate Milk Fat Free Milk Strawberry Milk Saltine Crackers	Oct - 20  Cheeseburger Fish Melt Mashed Potatoes with Cheese Peas and Carrots Applesauce Pineapple Tidbits Chocolate Milk Fat Free Milk Strawberry Milk Chocolate Chip Cookie
Oct - 23  Corn Dog Nuggets Chicken Patty Sandwic Baked Beans Broccoli Florets w/ Dip Assorted Fruit Juices Fresh Apples Chocolate Milk Fat Free Milk Strawberry Milk Mayonnaise Ketchup Mustard, PC, MS1538 Variety of Dipping Sau Chocolate Pudding	Oct - 24  Spaghetti & Meat Sauc Hamburger w/ Trimm Whole Wheat Garlic T Trimmings Green Peas Baby Carrots w/ Dressi Pineapple Tidbits Fresh Fruit Bowl Chocolate Milk Fat Free Milk Strawberry Milk Mustard, PC, MS1538 Mayonnaise Ketchup	Oct - 25  Taco Soup Saltine Crackers Fish Sandwich Baked Beans Baby Carrots w/ Dressi Apple Delicious Assorted Fruit Juices Tartar Sauce Chocolate Milk Fat Free Milk Strawberry Milk Hot Oatmeal	Oct - 26  BBQ Rib Sandwich Turkey & Cheese Hoa Trimmings Tater Tots Tossed Salad w/ Dress Fruit Cocktail Assorted Fruit Juices Chocolate Milk Fat Free Milk Strawberry Milk Mayonnaise Mustard, PC, MS1538 Ketchup	Oct - 27  BBQ Pulled Pork Burg Beef-A-Roni Quick Baked Potato Baby Carrots w/ Dressi Applesauce Fresh Fruit Cup Whole Wheat Roll Chocolate Milk Fat Free Milk Strawberry Milk Chocolate Chip Cookie

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