

Kings Canyon USD

BREAKFAST MENU

OCTOBER 2022

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| Oct - 3 Pancake on a Stick CONCHA JUICE, FRUIT, ASSORTED 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments | Oct - 4 Breakfast Pizza WGR Muffins Fruit Cup, Variety 1/2 Cup Fresh Fruit MILK - Variety* | Oct - 5 Cinnamon Roll WGR Berry Waffles BANANAS, FRESH JUICE, FRUIT, ASSORTED MILK - Variety* | Oct - 6 Egg/Potato Scramble WGR Green Chile Burrito JUICE, FRUIT, ASSORTED 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments | Oct - 7 Yogurt and Cereal Bowl WGR Sausage Croissant Fruit Cup, Variety 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments |
| Oct - 10 CHERRIOS & CHEESE Pancake on a Stick Fruit Cup, Variety 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments | Oct - 11 Breakfast Pizza YOGURT & GRANOLA BAR JUICE, FRUIT, ASSORTED Fruit Cup, Variety MILK - Variety* | Oct - 12 Cinnamon Roll WGR Green Chile Burrito Raisels, Variety 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments | Oct - 13 WGR Sausage Croissant French Toast Sticks Fruit Cup, Variety 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments | Oct - 14 Cinn Pancakes Tornado JUICE, FRUIT, ASSORTED 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments |
| Oct - 17 French Toast Sticks YOGURT & GRANOLA BAR JUICE, FRUIT, ASSORTED 1/2 Cup Fresh Fruit MILK - Variety* | Oct - 18 Breakfast Pizza WGR Muffins Fruit Cup, Variety 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments | Oct - 19 Cinnamon Roll WGR Quesadilla JUICE, FRUIT, ASSORTED 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments | Oct - 20 COWBOY BREAD WGR Cinn Toast Cereal JUICE, FRUIT, ASSORTED 1/2 Cup Fresh Fruit MILK - Variety* | Oct - 21 WGR Biscuit Sandwich CONCHA Fruit Cup, Variety 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments |
| Oct - 24 Dutch Waffle Egg/Potato Scramble Fruit Cup, Variety 1/2 Cup Fresh Fruit MILK - Variety* | Oct - 25 Breakfast Pizza Apple Bites Fruit Cup, Variety 1/2 Cup Fresh Fruit MILK - Variety* SYRUP,PANCAKE, IW | Oct - 26 Cinnamon Roll Waffle Sandwich JUICE, FRUIT, ASSORTED 1/2 Cup Fresh Fruit MILK - Variety* SYRUP,PANCAKE, IW | Oct - 27 WGR Bacon Croissant Cinn Pancakes JUICE, FRUIT, ASSORTED 1/2 Cup Fresh Fruit MILK - Variety* | Oct - 28 French Toast Sticks Tornado Fruit Cup, Variety 1/2 Cup Fresh Fruit MILK - Variety* |
| Oct - 31 Pancake on a Stick CONCHA JUICE, FRUIT, ASSORTED 1/2 Cup Fresh Fruit MILK - Variety* Assorted Condiments | | | | |

***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.