

Early College High School

9-12

Fall Semester 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Bagel (WG) Cream Cheese Scrambled Eggs w/ Ham Cheese Egg & Cheese Bagel Sausage, Egg & Cheese Bagel (WG) Assorted Cereals Blueberry Muffin (WG) Chocolate Chip Muffin (WG) Frosted Cinnamon Poptart (WG) String Cheese Fresh Apple Fresh Orange Pineapple Tidbits Assorted Juices Skim Milk 1% Milk Chocolate Skim Milk Margarine Grape Jelly	Cinnamon Roll (WG) Margarine Cheddar Cheese & Salsa Omelet Hash Brown Patty Assorted Cereals Bug Bites Cinnamon Graham Cracker Snack Frosted Cinnamon Poptart (WG) Chocolate Chip Muffin (WG) Blueberry Muffin (WG) Fresh Grapes Applesauce Fresh Apple Assorted Juices Skim Milk 1% Milk Chocolate Skim Milk Margarine Grape Jelly	Cheesy Ham, Egg & Potato Taco (WG) Egg & Cheese Bagel Sausage & Egg Biscuit (WG) Assorted Cereals Bug Bites Cinnamon Graham Cracker Snack Chocolate Chip Muffin (WG) Blueberry Muffin (WG) Sliced Toast (WG) Fresh Banana Fresh Apple Fresh Orange Fruit Cocktail Assorted Juices Skim Milk 1% Milk Chocolate Skim Milk Margarine Grape Jelly	Blueberry Muffin (WG) Egg & Cheese Bagel Egg, Cheese & Sausage Flatbread (WG) Assorted Cereals String Cheese Bug Bites Cinnamon Graham Cracker Snack Frosted Cinnamon Poptart (WG) Fresh Apple Fresh Orange Sliced Peaches Assorted Juices Skim Milk 1% Milk Chocolate Skim Milk Margarine Grape Jelly	Blueberry Muffin (WG) Egg & Cheese Bagel (Sausage, Egg & Cheese Bagel (WG) Bagel (WG) Cream Cheese Assorted Cereals String Cheese Bug Bites Cinnamon Graham Cracker Snack Frosted Cinnamon Poptart (WG) Chocolate Chip Muffin (WG) Fresh Apple Fresh Orange Sliced Peaches Assorted Juices Skim Milk 1% Milk Chocolate Skim Milk milk Grape Jelly Margarine
Glazed Cinnamon Roll (WG) Sausage, Egg & Chee Bagel (WG) Egg & Cheese Bagel Bagel (WG) Cream Cheese Assorted Cereals Bug Bites Cinnamon Graham Cracker Snack Frosted Cinnamon Poptart (WG) Chocolate Chip Muffin (WG) Blueberry Muffin (WG) String Cheese Fresh Orange Fresh Apple Diced Pears Assorted Juices Skim Milk 1% Milk Chocolate Skim Milk Grape Jelly Margarine	Bagel (WG) Cream Cheese Scrambled Eggs Bacon, Egg & Cheese Breakfast Burrito (WG) Assorted Cereals Bug Bites Cinnamon Graham Cracker Snack Blueberry Muffin (WG) Chocolate Chip Muffin (WG) Frosted Cinnamon Poptart (WG) Fresh Apple Fresh Orange Pineapple Tidbits Assorted Juices Skim Milk 1% Milk Chocolate Skim Milk Margarine Grape Jelly	Cinnamon Roll (WG) Margarine Cheddar Cheese Omelet Hash Brown Patty Assorted Cereals Bug Bites Cinnamon Graham Cracker Snack Frosted Cinnamon Poptart (WG) Blueberry Muffin (WG) Applesauce Fresh Apple Fresh Orange Assorted Juices Skim Milk 1% Milk Chocolate Skim Milk	Cheesy Bacon, Egg & Potato Taco (WG) Egg & Cheese Bagel Bagel (WG) Cream Cheese Assorted Cereals Frosted Cinnamon Poptart (WG) Chocolate Chip Muffin (WG) Blueberry Muffin (WG) Fresh Apple Fresh Orange Fruit Cocktail Assorted Juices Skim Milk 1% Milk Chocolate Skim Milk	Pancakes (WG) Maple Syrup Egg & Cheese Bagel Sausage, Egg & Chee Bagel (WG) Bagel (WG) Cream Cheese Assorted Cereals Bug Bites Cinnamon Graham Cracker Snack Frosted Cinnamon Poptart (WG) Chocolate Chip Muffin (WG) Blueberry Muffin (WG) String Cheese Fresh Apple Sliced Peaches Fresh Orange Assorted Juices Skim Milk 1% Milk Chocolate Skim Milk Margarine Grape 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.