

Covington ISD

Breakfast - All Grades

Sep 29, 2017

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Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 2 Breakfast Pizza Cinnamon Toast Crunc Lucky Charms Frosted Flakes Wheat Toast Pineapple with Cherry Apple Juice Banana Chocolate Milk Strawberry Milk White Milk	Oct - 3 Breakfast Chicken /Bis Cinnamon Toast Cinnamon Toast Crunc Coco Puffs Apple Juice Pears Banana Chocolate Milk Strawberry Milk White Milk Honey Jelly	Oct - 4 Breakfast Burrito Salsa Wheat Toast Orange Juice Cinnamon Toast Crunc Lucky Charms Frosted Flakes Banana Chocolate Milk Strawberry Milk White Milk Pineapple with Cherry	Oct - 5 Scrambled Eggs Cinnamon Toast Cinnamon Toast Crunc Frosted Flakes Lucky Charms Apple Juice Pears Banana Chocolate Milk Strawberry Milk White Milk	Oct - 6 Student Holiday
Oct - 9 Yogurt Cinnamon Toast Cinnamon Toast Crunc Lucky Charms Frosted Flakes Peaches Orange Juice Banana Chocolate Milk Strawberry Milk White Milk	Oct - 10 Biscuit Cream Gravy Cinnamon Toast Cinnamon Toast Crunc Frosted Flakes Lucky Charms Apple Juice Pears Banana Chocolate Milk Strawberry Milk White Milk	Oct - 11 Oatmeal Wheat Toast Cinnamon Toast Crunc Lucky Charms Frosted Flakes Orange Juice Mandarin Oranges Banana Chocolate Milk Strawberry Milk White Milk	Oct - 12 Morning Sausage Roll Cinnamon Toast Cinnamon Toast Crunc Coco Puffs Apple Juice Pears Banana Chocolate Milk Strawberry Milk White Milk	Oct - 13 Breakfast Bar Cinnamon Toast Crunc Coco Puffs Wheat Toast Pineapple with Cherry Apple Juice Banana Chocolate Milk Strawberry Milk White Milk
Oct - 16 Breakfast Pizza Cinnamon Toast Crunc Lucky Charms Frosted Flakes Wheat Toast Pineapple with Cherry Apple Juice Banana Chocolate Milk Strawberry Milk White Milk	Oct - 17 Breakfast Chicken /Bis Cinnamon Toast Cinnamon Toast Crunc Coco Puffs Apple Juice Pears Banana Chocolate Milk Strawberry Milk White Milk Honey Jelly	Oct - 18 Breakfast Burrito Salsa Wheat Toast Orange Juice Cinnamon Toast Crunc Lucky Charms Frosted Flakes Banana Chocolate Milk Strawberry Milk White Milk Pineapple with Cherry	Oct - 19 Scrambled Eggs Cinnamon Toast Cinnamon Toast Crunc Frosted Flakes Lucky Charms Apple Juice Pears Banana Chocolate Milk Strawberry Milk White Milk	Oct - 20 Cinnamon Roll Wheat Toast Sausage Link Cinnamon Toast Crunc Lucky Charms Frosted Flakes Fruit Cocktail Apple Orange Juice Chocolate Milk Strawberry Milk White Milk
Oct - 23 Yogurt Cinnamon Toast Cinnamon Toast Crunc Lucky Charms Frosted Flakes Peaches Orange Juice Banana Chocolate Milk Strawberry Milk White Milk	Oct - 24 Biscuit Cream Gravy Cinnamon Toast Cinnamon Toast Crunc Frosted Flakes Lucky Charms Apple Juice Pears Banana Chocolate Milk Strawberry Milk White Milk	Oct - 25 Oatmeal Wheat Toast Cinnamon Toast Crunc Lucky Charms Frosted Flakes Orange Juice Mandarin Oranges Banana Chocolate Milk Strawberry Milk White Milk	Oct - 26 Morning Sausage Roll Cinnamon Toast Cinnamon Toast Crunc Coco Puffs Apple Juice Pears Banana Chocolate Milk Strawberry Milk White Milk	Oct - 27 Breakfast Bar Cinnamon Toast Crunc Coco Puffs Wheat Toast Pineapple with Cherry Apple Juice Banana Chocolate Milk Strawberry Milk White Milk

**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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Oct - 30 Breakfast Pizza Cinnamon Toast Crunc Lucky Charms Frosted Flakes Wheat Toast Pineapple with Cherry Apple Juice Banana Chocolate Milk Strawberry Milk White Milk	Oct - 31 Breakfast Chicken /Bis Cinnamon Toast Cinnamon Toast Crunc Coco Puffs Apple Juice Pears Banana Chocolate Milk Strawberry Milk White Milk Honey Jelly			

This institution is an equal opportunity provider.

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

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