

# Encompass

## December 2021 Breakfast Menu

Oct 5, 2021

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 W/GR Bagel Cream Cheese Mandarin Oranges Whole-1-/Skim-2^	2 W/GCrispix Cereal Banana Whole-1-/Skim-2^	3 WGRFrenchToastSticks Applesauce Whole-1-/Skim-2^
6 Yogurt Canned Pears Graham Crackers Whole-1-/Skim-2^	7 W/G English Muffin Jelly or Apple Butter Mandarin Oranges Whole-1-/Skim-2^	8 Cheese WGR Toast Tropical Fruit Whole-1-/Skim-2^	9 Hosp Toast WG Oats Banana Whole-1-/Skim-2^	10 WGBaked Breads Pineapple Tidbits Whole-1-/Skim-2^
13 WGPancakes Applesauce Whole-1-/Skim-2^	14 CinnamonSwirlToast Pineapple Tidbits Whole-1-/Skim-2^	15 WGR Biscuit Jelly or Apple Butter Fruit Cocktail Whole-1-/Skim-2^	16 W/GLSCinnTstCrunhCereal Banana Whole-1-/Skim-2^	17 WGFrench Toast Berry Blend Whole-1-/Skim-2^
20 Egg Patty Canned Pears Whole-1-/Skim-2^	21 English Muffin Toast Jelly or Apple Butter Mandarin Oranges Whole-1-/Skim-2^	22 WGRZucchini Bread Pineapple Tidbits Whole-1-/Skim-2^	23 VarietyHospWGCereal(6g<) FrshorCanFruit&Veggie Whole-1-/Skim-2^	24 NO SCHOOL TODAY
27 WGR Muffins Fruit Cocktail Whole-1-/Skim-2^	28 W/GR Waffle Stixs Applesauce Whole-1-/Skim-2^	29 English Muffin Toast Jelly or Apple Butter Peaches Whole-1-/Skim-2^	30 SmorgofWGRBreads/Cereal FrshorCanFruit&Veggie Whole-1-/Skim-2^	31 NO SCHOOL TODAY

\*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.