

Encompass

December 2022 Breakfast Menu

Oct 6, 2022

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
			1 W/GCrispix Cereal(6g<) Banana Whole-1-/Skim-2^	2 WGRFrenchToastSticks Applesauce Whole-1-/Skim-2^
5 Cheese WGR Toast Fruit Cocktail Whole-1-/Skim-2^	6 English Muffin Toast Jelly or Apple Butter Pineapple Tidbits Whole-1-/Skim-2^	7 WGR Banana Bread Mandarin Oranges Whole-1-/Skim-2^	8 HospToast WG Oats(6g<) Banana Whole-1-/Skim-2^	9 WGFrench Toast Baked Apples Whole-1-/Skim-2^
12 Egg Patty Fruit Cocktail Whole-1-/Skim-2^	13 Blue Berry Bread(Toast) Pineapple Tidbits Whole-1-/Skim-2^	14 Pumpkin Bread Mandarin Oranges Whole-1-/Skim-2^	15 Hospt WG Corn Puffs(6g<) Banana Whole-1-/Skim-2^	16 WGPancakes Applesauce Whole-1-/Skim-2^
19 Yogurt WGSunrise Bites Fruit Cocktail Whole-1-/Skim-2^	20 W/G English Muffin Jelly or Apple Butter Pineapple Tidbits Whole-1-/Skim-2^	21 W/GR Bagel Cream Cheese Mandarin Oranges Whole-1-/Skim-2^	22 W/GLSCinnTtCrCereal(6g<) Banana Whole-1-/Skim-2^	23 Waffle Applesauce Whole-1-/Skim-2^
26 NO SCHOOL TODAY	27 WGR Muffins Pineapple Tidbits Whole-1-/Skim-2^	28 WGR Map Waffle Flatbread Mandarin Oranges Whole-1-/Skim-2^	29 VarietyHospWGCereal(6g<) Banana Whole-1-/Skim-2^	30 SmorgofWGRBreads/Cereal FrshorCanFruit&Veggie Whole-1-/Skim-2^

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.