

# Encompass

## November 2023 Breakfast Menu

Sep 14, 2023

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 WGR Biscuit Jelly or Apple Butter Mandarin Oranges Whole-1-/Skim-2^	2 W/GLSCinnTtCrCereal(6g<) Banana Whole-1-/Skim-2^	3 Waffle Applesauce Whole-1-/Skim-2^
6 WGRZucchini Bread Fruit Cocktail Whole-1-/Skim-2^	7 Raisin Toast Pineapple Tidbits Whole-1-/Skim-2^	8 FlatBread Jelly or Apple Butter Mandarin Oranges Whole-1-/Skim-2^	9 W/GCrispix Cereal(6g<) Banana Whole-1-/Skim-2^	10 WGFrench Toast Baked Apples Whole-1-/Skim-2^
13 Egg Patty Fruit Cocktail Whole-1-/Skim-2^	14 Cinnamon Burst Toast Pineapple Tidbits Whole-1-/Skim-2^	15 W/G English Muffin Jelly or Apple Butter Mandarin Oranges Whole-1-/Skim-2^	16 GMRice Chex(6g<) Banana Whole-1-/Skim-2^	17 Blue Berry Pancakes Applesauce Whole-1-/Skim-2^
20 WGR Pumpkin Bread Fruit Cocktail Whole-1-/Skim-2^	21 CinnamonSwirlToast Pineapple Tidbits Whole-1-/Skim-2^	22 Hard-Boiled Egg Toast,WholeGrain Mandarin Oranges Whole-1-/Skim-2^	23 NO SCHOOL TODAY	24 VarietyHospWGCereal(6g<) FrshorCanFruit&Veggie Whole-1-/Skim-2^
27 WGR Muffins Fruit Cocktail Whole-1-/Skim-2^	28 Cheese WGR Toast Pineapple Tidbits Whole-1-/Skim-2^	29 W/GR Bagel Cream Cheese Mandarin Oranges Whole-1-/Skim-2^	30 SmorgofWGRBreads/Cereal FrshorCanVegandFruit 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.**