

# 22-23 Ross HS Breakfast

## December 2022

| Mon   | Tue  | Wed   | Thu  | Fri   |
|---|--|---|--|---|
| <b>28</b><br>Mini Chocolate Donuts<br>Assorted 2 Pack Pop Tart<br>Cinnamon Toast Crunch Soft Bar<br>Banana Chocolate Chunk BeneFIT Bar<br>Oatmeal Chocolate Chip BeneFIT Bar<br>Assorted Cereal Bars<br>Strawberry NutriGrain Bar<br>Cocoa Cherry Bar<br>Assorted 100% Fruit Juice<br>Assorted Fruit Cups<br>Fresh Fruit Assortment<br>Fat Free Chocolate Milk<br>1% Milk<br>Assorted Yogurt              | <b>29</b><br>Eggo Mini Maple Waffles<br>Assorted 2 Pack Pop Tart<br>Cinnamon Toast Crunch Soft Bar<br>Banana Chocolate Chunk BeneFIT Bar<br>Oatmeal Chocolate Chip BeneFIT Bar<br>Assorted Cereal Bars<br>Strawberry NutriGrain Bar<br>Cocoa Cherry Bar<br>Assorted 100% Fruit Juice<br>Assorted Fruit Cups<br>Fresh Fruit Assortment<br>Fat Free Chocolate Milk<br>1% Milk<br>Assorted Yogurt | <b>30</b><br>Egg & Cheese Breakfast Pizza Bagel<br>Assorted 2 Pack Pop Tart<br>Cinnamon Toast Crunch Soft Bar<br>Banana Chocolate Chunk BeneFIT Bar<br>Oatmeal Chocolate Chip BeneFIT Bar<br>Assorted Cereal Bars<br>Strawberry NutriGrain Bar<br>Cocoa Cherry Bar<br>Assorted 100% Fruit Juice<br>Assorted Fruit Cups<br>Fresh Fruit Assortment<br>Fat Free Chocolate Milk<br>1% Milk<br>Assorted Yogurt | <b>1</b><br>Pillsbury Mini Cinnamon French Toast<br>Assorted 2 Pack Pop Tart<br>Cinnamon Toast Crunch Soft Bar<br>Banana Chocolate Chunk BeneFIT Bar<br>Oatmeal Chocolate Chip BeneFIT Bar<br>Assorted Cereal Bars<br>Strawberry NutriGrain Bar<br>Cocoa Cherry Bar<br>Assorted 100% Fruit Juice<br>Assorted Fruit Cups<br>Fresh Fruit Assortment<br>Fat Free Chocolate Milk<br>1% Milk<br>Assorted Yogurt | <b>2</b><br>Ultimate Breakfast Round UBR<br>Assorted 2 Pack Pop Tart<br>Cinnamon Toast Crunch Soft Bar<br>Banana Chocolate Chunk BeneFIT Bar<br>Oatmeal Chocolate Chip BeneFIT Bar<br>Assorted Cereal Bars<br>Strawberry NutriGrain Bar<br>Cocoa Cherry Bar<br>Assorted 100% Fruit Juice<br>Assorted Fruit Cups<br>Fresh Fruit Assortment<br>Fat Free Chocolate Milk<br>1% Milk<br>Assorted Yogurt  |
| <b>5</b><br>Strawberry Cream Cheese Mini Bagels<br>Assorted 2 Pack Pop Tart<br>Cinnamon Toast Crunch Soft Bar<br>Banana Chocolate Chunk BeneFIT Bar<br>Oatmeal Chocolate Chip BeneFIT Bar<br>Assorted Cereal Bars<br>Strawberry NutriGrain Bar<br>Cocoa Cherry Bar<br>Assorted 100% Fruit Juice<br>Assorted Fruit Cups<br>Fresh Fruit Assortment<br>Fat Free Chocolate Milk<br>1% Milk<br>Assorted Yogurt | <b>6</b><br>Cinnamon Glaze Pancakes<br>Assorted 2 Pack Pop Tart<br>Cinnamon Toast Crunch Soft Bar<br>Banana Chocolate Chunk BeneFIT Bar<br>Oatmeal Chocolate Chip BeneFIT Bar<br>Assorted Cereal Bars<br>Strawberry NutriGrain Bar<br>Cocoa Cherry Bar<br>Assorted 100% Fruit Juice<br>Assorted Fruit Cups<br>Fresh Fruit Assortment<br>Fat Free Chocolate Milk<br>1% Milk<br>Assorted Yogurt  | <b>7</b><br>French Toast Sticks<br>Assorted 2 Pack Pop Tart<br>Cinnamon Toast Crunch Soft Bar<br>Banana Chocolate Chunk BeneFIT Bar<br>Oatmeal Chocolate Chip BeneFIT Bar<br>Assorted Cereal Bars<br>Strawberry NutriGrain Bar<br>Cocoa Cherry Bar<br>Assorted 100% Fruit Juice<br>Assorted Fruit Cups<br>Fresh Fruit Assortment<br>Fat Free Chocolate Milk<br>1% Milk<br>Assorted Yogurt                 | <b>8</b><br>Cinnamon Blueberry Twisted Stix<br>Assorted 2 Pack Pop Tart<br>Cinnamon Toast Crunch Soft Bar<br>Banana Chocolate Chunk BeneFIT Bar<br>Oatmeal Chocolate Chip BeneFIT Bar<br>Assorted Cereal Bars<br>Strawberry NutriGrain Bar<br>Cocoa Cherry Bar<br>Assorted 100% Fruit Juice<br>Assorted Fruit Cups<br>Fresh Fruit Assortment<br>Fat Free Chocolate Milk<br>1% Milk<br>Assorted Yogurt      | <b>9</b><br>Sausage Gravy Breakfast Pizza<br>Assorted 2 Pack Pop Tart<br>Cinnamon Toast Crunch Soft Bar<br>Banana Chocolate Chunk BeneFIT Bar<br>Oatmeal Chocolate Chip BeneFIT Bar<br>Assorted Cereal Bars<br>Strawberry NutriGrain Bar<br>Cocoa Cherry Bar<br>Assorted 100% Fruit Juice<br>Assorted Fruit Cups<br>Fresh Fruit Assortment<br>Fat Free Chocolate Milk<br>1% Milk<br>Assorted Yogurt |

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| <b>12</b><br>Cinnamon Bun<br>Assorted 2 Pack Pop Tart<br>Cinnamon Toast Crunch Soft Bar<br>Banana Chocolate Chunk BeneFIT Bar<br>Oatmeal Chocolate Chip BeneFIT Bar<br>Assorted Cereal Bars<br>Strawberry NutriGrain Bar<br>Cocoa Cherry Bar<br>Assorted 100% Fruit Juice<br>Assorted Fruit Cups<br>Fresh Fruit Assortment<br>Fat Free Chocolate Milk<br>1% Milk<br>Assorted Yogurt          | <b>13</b><br>Ultimate Breakfast Round UBR<br>Assorted 2 Pack Pop Tart<br>Cinnamon Toast Crunch Soft Bar<br>Banana Chocolate Chunk BeneFIT Bar<br>Oatmeal Chocolate Chip BeneFIT Bar<br>Assorted Cereal Bars<br>Strawberry NutriGrain Bar<br>Cocoa Cherry Bar<br>Assorted 100% Fruit Juice<br>Assorted Fruit Cups<br>Fresh Fruit Assortment<br>Fat Free Chocolate Milk<br>1% Milk<br>Assorted Yogurt | <b>14</b><br>Beef Sausage and Cheese Bagel<br>Assorted 2 Pack Pop Tart<br>Cinnamon Toast Crunch Soft Bar<br>Banana Chocolate Chunk BeneFIT Bar<br>Oatmeal Chocolate Chip BeneFIT Bar<br>Assorted Cereal Bars<br>Strawberry NutriGrain Bar<br>Cocoa Cherry Bar<br>Assorted 100% Fruit Juice<br>Assorted Fruit Cups<br>Fresh Fruit Assortment<br>Fat Free Chocolate Milk<br>1% Milk<br>Assorted Yogurt | <b>15</b><br>Apple Frudel<br>Assorted 2 Pack Pop Tart<br>Cinnamon Toast Crunch Soft Bar<br>Banana Chocolate Chunk BeneFIT Bar<br>Oatmeal Chocolate Chip BeneFIT Bar<br>Assorted Cereal Bars<br>Strawberry NutriGrain Bar<br>Cocoa Cherry Bar<br>Assorted 100% Fruit Juice<br>Assorted Fruit Cups<br>Fresh Fruit Assortment<br>Fat Free Chocolate Milk<br>1% Milk<br>Assorted Yogurt | <b>16</b><br>Sausage Breakfast Pizza<br>Assorted 2 Pack Pop Tart<br>Cinnamon Toast Crunch Soft Bar<br>Banana Chocolate Chunk BeneFIT Bar<br>Oatmeal Chocolate Chip BeneFIT Bar<br>Assorted Cereal Bars<br>Strawberry NutriGrain Bar<br>Cocoa Cherry Bar<br>Assorted 100% Fruit Juice<br>Assorted Fruit Cups<br>Fresh Fruit Assortment<br>Fat Free Chocolate Milk<br>1% Milk<br>Assorted Yogurt |
| <b>19</b><br>Mini Chocolate Donuts<br>Assorted 2 Pack Pop Tart<br>Cinnamon Toast Crunch Soft Bar<br>Banana Chocolate Chunk BeneFIT Bar<br>Oatmeal Chocolate Chip BeneFIT Bar<br>Assorted Cereal Bars<br>Strawberry NutriGrain Bar<br>Cocoa Cherry Bar<br>Assorted 100% Fruit Juice<br>Assorted Fruit Cups<br>Fresh Fruit Assortment<br>Fat Free Chocolate Milk<br>1% Milk<br>Assorted Yogurt | <b>20</b><br>Ultimate Breakfast Round UBR<br>Assorted 2 Pack Pop Tart<br>Cinnamon Toast Crunch Soft Bar<br>Banana Chocolate Chunk BeneFIT Bar<br>Oatmeal Chocolate Chip BeneFIT Bar<br>Assorted Cereal Bars<br>Strawberry NutriGrain Bar<br>Cocoa Cherry Bar<br>Assorted 100% Fruit Juice<br>Assorted Fruit Cups<br>Fresh Fruit Assortment<br>Fat Free Chocolate Milk<br>1% Milk<br>Assorted Yogurt | <b>21</b><br>Holiday Break   | <b>22</b><br>Holiday Break  | <b>23</b><br>Holiday Break   |
| <b>26</b><br>Holiday Break   | <b>27</b><br>Holiday Break  | <b>28</b><br>Holiday Break   | <b>29</b><br>Holiday Break  | <b>30</b><br>Holiday Break   |

This institution is an equal opportunity provider.