

C.I.S.D. FOOD SERVICE DEPARTMENT

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 7 Sausage Breakfast Pizza Cereal Luck Charms Cereal Trix Cereal Cinnamon Toast Crunch Wheat Toast Applesauce Sweet 100% Orange Juice Chocolate Milk F/F White Milk 1% Strawberry Milk F/F	Jan - 8 Cheezy Scrambled Eggs Cereal Luck Charms Cereal Trix Cereal Cinnamon Toast Crunch Wheat Toast Pineapple Tidbits 100% Orange Juice Chocolate Milk F/F White Milk 1% Strawberry Milk F/F	Jan - 9 Chocolate Chip Muffin Cereal Luck Charms Cereal Trix Cereal Cinnamon Toast Crunch Wheat Toast Mandarin Oranges 100% Orange Juice Chocolate Milk F/F White Milk 1% Strawberry Milk F/F	Jan - 10 Blueberry Parfait Peach Parfait with Granola Cereal Luck Charms Cereal Trix Cereal Cinnamon Toast Crunch Wheat Toast Mandarin Oranges 100% Orange Juice Fresh Pear 100% Orange Juice Chocolate Milk F/F White Milk 1% Strawberry Milk F/F	Jan - 11 Dutch Waffle Cereal Luck Charms Cereal Trix Cereal Cinnamon Toast Crunch Wheat Toast Oranges 100% Orange Juice Chocolate Milk F/F White Milk 1% Strawberry Milk F/F
Jan - 14 Pancake n Sausage Stick Cereal Luck Charms Cereal Trix Cereal Cinnamon Toast Crunch Wheat Toast Applesauce Sweet 100% Orange Juice Chocolate Milk F/F White Milk 1% Strawberry Milk F/F	Jan - 15 Cheezy Scrambled Eggs Cereal Luck Charms Cereal Trix Cereal Cinnamon Toast Crunch Wheat Toast Pineapple Tidbits 100% Orange Juice Chocolate Milk F/F White Milk 1% Strawberry Milk F/F	Jan - 16 Cinnamon Roll Cereal Luck Charms Cereal Trix Cereal Cinnamon Toast Crunch Wheat Toast Mandarin Oranges 100% Orange Juice Chocolate Milk F/F White Milk 1% Strawberry Milk F/F	Jan - 17 French Toast Sticks Cereal Luck Charms Cereal Trix Cereal Cinnamon Toast Crunch Wheat Toast Pears 100% Orange Juice Chocolate Milk F/F White Milk 1% Strawberry Milk F/F	Jan - 18 Staff Development
Jan - 21 HOLIDAY	Jan - 22 Cheezy Scrambled Eggs Cereal Luck Charms Cereal Trix Cereal Cinnamon Toast Crunch Wheat Toast Pineapple Tidbits 100% Orange Juice Chocolate Milk F/F White Milk 1% Strawberry Milk F/F	Jan - 23 Chocolate Chip Muffin Cereal Luck Charms Cereal Trix Cereal Cinnamon Toast Crunch Wheat Toast Mandarin Oranges 100% Orange Juice Chocolate Milk F/F White Milk 1% Strawberry Milk F/F	Jan - 24 Blueberry Parfait Peach Parfait with Granola Cereal Luck Charms Cereal Trix Cereal Cinnamon Toast Crunch Wheat Toast Fresh Pear 100% Orange Juice Chocolate Milk F/F White Milk 1% Strawberry Milk F/F	Jan - 25 Dutch Waffle Cereal Luck Charms Cereal Trix Cereal Cinnamon Toast Crunch Wheat Toast Oranges 100% Orange Juice Chocolate Milk F/F White Milk 1% Strawberry Milk F/F
Jan - 28 Pancake n Sausage Stick Cereal Luck Charms Cereal Trix Cereal Cinnamon Toast Crunch Wheat Toast Applesauce Sweet 100% Orange Juice Chocolate Milk F/F White Milk 1% Strawberry Milk F/F	Jan - 29 Cheezy Scrambled Eggs Cereal Luck Charms Cereal Trix Cereal Cinnamon Toast Crunch Wheat Toast Pineapple Tidbits 100% Orange Juice Chocolate Milk F/F White Milk 1% Strawberry Milk F/F	Jan - 30 Cinnamon Roll Cereal Luck Charms Cereal Trix Cereal Cinnamon Toast Crunch Wheat Toast Mandarin Oranges 100% Orange Juice Chocolate Milk F/F White Milk 1% Strawberry Milk F/F	Jan - 31 French Toast Sticks Cereal Luck Charms Cereal Trix Cereal Cinnamon Toast Crunch Wheat Toast Pears 100% Orange Juice Chocolate Milk F/F White Milk 1% Strawberry Milk F/F	

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.