

Sherman Indian High School

001 - SHERMAN INDIAN HIGH SCHOOL

Cycle 2 Breakfast Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep - 25 Scrambled egg Breakfast Ham Buttermilk Biscuit Crispy Cubes Margarine Jelly Seasonal Fresh Fruit Milk 1% FF Chocolate Milk	Sep - 26 Pancake Whl Grn Sausage Patty Syrup Fresh Fruit Whole Milk 1% FF Chocolate Milk	Sep - 27 WG Cereal WW Toast Margarine Jelly Hashbrowns Seasonal Fresh Fruit 100% Juice, Assorted Milk 1% FF Chocolate Milk	Sep - 28 Sausage Patty English Muffin whl grn American Cheese Slic Fresh Fruit Whole 100% Juice, Assorted Milk 1% FF Chocolate Milk	Sep - 29 WW Toast Margarine Jelly Scrambled egg Hashbrowns Seasonal Fresh Fruit Milk 1% FF Chocolate Milk	Sep - 30 Corn Tortillas Scrambled egg Crispy Cubes Pico De Gallo Seasonal Fresh Fruit 100% Juice, Assorted Milk 1% FF Chocolate Milk	Oct - 1 Chilaquiles Fried Egg Seasonal Fresh Fruit 100% Juice, Assorted Milk 1% FF Chocolate Milk
Oct - 2 Bagel American Cheese Slic Egg Patty Tater Tots Fresh Fruit Whole Milk 1% FF Chocolate Milk	Oct - 3 WG Waffle Syrup Fried Egg Seasonal Fresh Fruit Milk 1% FF Chocolate Milk	Oct - 4 WG Cereal WW Toast Peanut Butter Seasonal Fresh Fruit 100% Juice, Assorted Milk 1% FF Chocolate Milk	Oct - 5 Egg & Chorizo Tacos Fresh Fruit Whole 100% Juice, Assorted Milk 1% FF Chocolate Milk	Oct - 6 Pancake Whl Grn Syrup Scrambled egg Seasonal Fresh Fruit Milk 1% FF Chocolate Milk	Oct - 7 Oatmeal WW Toast Margarine Jelly RAISINS SUGARS,BROWN 100% Juice, Assorted Milk 1% FF Chocolate Milk	Oct - 8 Scrambled egg Sausage Patty White English Muffin Peanut Butter Jelly Seasonal Fresh Fruit Milk 1% FF Chocolate Milk
Oct - 9 Chicken Frd Steak w/g Hashbrowns Fried Egg WW Toast Margarine Jelly Milk 1% FF Chocolate Milk	Oct - 10 . Biscuits & Gravy Crispy Cubes Pork Brkfst Sausage Seasonal Fresh Fruit 100% Juice, Assorted Milk 1% FF Chocolate Milk	Oct - 11 WG Waffle Syrup Scrambled egg Seasonal Fresh Fruit 100% Juice, Assorted Milk 1% FF Chocolate Milk	Oct - 12 Breakfast Sandwich Fried Egg American Cheese Slic English Muffin whl grn Fresh Fruit Whole 100% Juice, Assorted Milk 1% FF Chocolate Milk	Oct - 13 Cinnamon Roll WG Turkey Sausage Link Fruit Yogurt Hashbrowns Seasonal Fresh Fruit Milk 1% FF Chocolate Milk	Oct - 14 Corn Tortillas Scrambled egg Crispy Cubes Pico De Gallo Seasonal Fresh Fruit 100% Juice, Assorted Milk 1% FF Chocolate Milk	Oct - 15 Sausage & Pancake st SYRUP,PANCAKE Fresh Fruit Whole 100% Juice, Assorted Milk 1% FF Chocolate Milk
Oct - 16 French Toast Syrup Scrambled egg Turkey Sausage Link 100% Juice, Assorted Milk 1% FF Chocolate Milk	Oct - 17 Pancake Whl Grn Syrup Scrambled Egg Patty Scrambled Eggs Rosy Applesauce 100% Juice, Assorted Milk 1% FF Chocolate Milk	Oct - 18 English Muffin whl grn American Cheese Slic Sausage Patty Seasonal Fresh Fruit 100% Juice, Assorted Milk 1% FF Chocolate Milk	Oct - 19 Scrambled egg WW Toast Peanut Butter Jelly Fresh Fruit Whole Milk 1% FF Chocolate Milk	Oct - 20 WG Cereal Fruit Yogurt WW Toast Margarine Jelly Seasonal Fresh Fruit 100% Juice, Assorted Milk 1% FF Chocolate Milk	Oct - 21 WG Waffle Syrup Fried Egg Seasonal Fresh Fruit Milk 1% FF Chocolate Milk	Oct - 22 Egg & Chorizo Burrito Hashbrowns Seasonal Fresh Fruit Milk 1% FF Chocolate Milk

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.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct - 23 Sourdough Toast Margarine Scrambled Eggs Bacon Tater Tots Seasonal Fresh Fruit 100% Juice, Assorted Milk 1% FF Chocolate Milk	Oct - 24 Oatmeal WW Toast Margarine Jelly RAISINS SUGARS,BROWN 100% Juice, Assorted Milk 1% FF Chocolate Milk	Oct - 25 WG Cereal WW Toast Margarine Jelly Hashbrowns Seasonal Fresh Fruit 100% Juice, Assorted Milk 1% FF Chocolate Milk	Oct - 26 Scrambled egg WW Toast Margarine Jelly 100% Juice, Assorted Fresh Fruit Whole Milk 1% FF Chocolate Milk	Oct - 27 Corn Tortillas Scrambled egg Crispy Cubes Pico De Gallo Seasonal Fresh Fruit 100% Juice, Assorted Milk 1% FF Chocolate Milk	Oct - 28 WG Bagel Cream Cheese Fruit Yogurt Seasonal Fresh Fruit 100% Juice, Assorted Milk 1% FF Chocolate Milk	Oct - 29 Pancakes Syrup Scrambled egg Sausage Patty Fresh Fruit Whole 100% Juice, Assorted Milk 1% FF Chocolate Milk
Oct - 30 Breakfast Sandwich Crispy Cubes Fresh Fruit Whole Milk 1% FF Chocolate Milk	Oct - 31 Egg & Chorizo Tacos Fresh Fruit Whole 100% Juice, Assorted Milk 1% FF Chocolate Milk	Nov - 1 Fried Egg WW Toast Peanut Butter Fruit Yogurt Fresh Fruit Whole Milk 1% FF Chocolate Milk	Nov - 2 Oatmeal WW Toast Margarine Jelly RAISINS SUGARS,BROWN 100% Juice, Assorted Milk 1% FF Chocolate Milk	Nov - 3 WG Waffle Syrup Scrambled Eggs Seasonal Fresh Fruit Milk 1% FF Chocolate Milk	Nov - 4 WG Cereal WW Toast Margarine Jelly Fried Egg Seasonal Fresh Fruit 100% Juice, Assorted Milk 1% FF Chocolate Milk	Nov - 5 Biscuits & Gravy Bacon Hashbrowns Fresh Fruit Whole Milk 1% FF Chocolate Milk
Nov - 6 Scrambled egg Breakfast Ham Buttermilk Biscuit Crispy Cubes Margarine Jelly Seasonal Fresh Fruit Milk 1% FF Chocolate Milk						

2016-2017

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** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

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