

EPCHS CAFE

RAIDERS BREAKFAST MENU

Mar 16, 2012

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Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 2 VARIETY BREAKFAS OR CINNAMON ROLLS W CEREAL,VARIETY FRUIT JUICE,ASSOR FRUIT,ASSORTED F PBJ,HALF SANDWIC MILK,VARIETY,PRAIR	Apr - 3 RAIDERS VARIETY B OR CHOICE OF MUFFIN CEREAL,VARIETY FRUIT JUICE,ASSOR PBJ,HALF SANDWIC MILK,VARIETY,PRAIR	Apr - 4 **PANCAKES W/ SYR SAUSAGE LINK MARGARINE SYRUP OR DONUT CEREAL,VARIETY FRUIT JUICE,ASSOR FRUIT,ASSORTED F PBJ,HALF SANDWIC MILK,VARIETY,PRAIR	Apr - 5 BISCUITS SAUSAGE GRAVY CH OR YELLOW CAKE OR CEREAL,VARIETY FRUIT JUICE,ASSOR FRUIT,ASSORTED F PBJ,HALF SANDWIC MILK,VARIETY,PRAIR	Apr - 6 NO SCHOOL TODAY
Apr - 9 VARIETY BREAKFAS OR CINNAMON ROLLS W CEREAL,VARIETY FRUIT JUICE,ASSOR FRUIT,ASSORTED F PBJ,HALF SANDWIC MILK,VARIETY,PRAIR	Apr - 10 RAIDERS VARIETY B OR CHOICE OF MUFFIN CEREAL,VARIETY FRUIT JUICE,ASSOR FRUIT,ASSORTED F PBJ,HALF SANDWIC MILK,VARIETY,PRAIR	Apr - 11 FRENCH TOAST STI SAUSAGE LINK MARGARINE SYRUP OR DONUT CEREAL,VARIETY FRUIT JUICE,ASSOR FRUIT,ASSORTED F PBJ,HALF SANDWIC MILK,VARIETY,PRAIR	Apr - 12 BISCUITS SAUSAGE GRAVY CH OR CEREAL,VARIETY YELLOW CAKE FRUIT JUICE,ASSOR FRUIT,ASSORTED F PBJ,HALF SANDWIC MILK,Skim	Apr - 13 BREAKFAST BURRIT OR RICE KRISPY TREAT CEREAL,VARIETY FRUIT JUICE,ASSOR FRUIT,ASSORTED F PBJ,HALF SANDWIC MILK,VARIETY,PRAIR
Apr - 16 VARIETY BREAKFAS OR CINNAMON ROLLS W CEREAL,VARIETY FRUIT JUICE,ASSOR FRUIT,ASSORTED F PBJ,HALF SANDWIC MILK,VARIETY,PRAIR	Apr - 17 RAIDERS VARIETY B OR CHOICE OF MUFFIN CEREAL,VARIETY FRUIT JUICE,ASSOR FRUIT,ASSORTED F PBJ,HALF SANDWIC MILK,VARIETY,PRAIR	Apr - 18 **WAFFLE STICKS SAUSAGE PATTIES MARGARINE SYRUP,PANCAKE OR DONUT CEREAL,VARIETY FRUIT JUICE,ASSOR FRUIT,ASSORTED F PBJ,HALF SANDWIC MILK,VARIETY,PRAIR	Apr - 19 BISCUITS SAUSAGE GRAVY CH OR YELLOW CAKE CEREAL,VARIETY FRUIT JUICE,ASSOR FRUIT,ASSORTED F PBJ,HALF SANDWIC MILK,VARIETY,PRAIR	Apr - 20 EARLY RISERS OR RICE KRISPY TREAT CEREAL,VARIETY FRUIT JUICE,ASSOR FRUIT,ASSORTED F PBJ,HALF SANDWIC MILK,VARIETY,PRAIR
Apr - 23 VARIETY BREAKFAS OR CINNAMON ROLLS W CEREAL,VARIETY FRUIT JUICE,ASSOR FRUIT,ASSORTED F PBJ,HALF SANDWIC MILK,VARIETY,PRAIR	Apr - 24 COOK'S CHOICE	Apr - 25 COOK'S CHOICE	Apr - 26 BISCUITS SAUSAGE GRAVY CH OR YELLOW CAKE OR CEREAL,VARIETY FRUIT JUICE,ASSOR FRUIT,ASSORTED F PBJ,HALF SANDWIC MILK,VARIETY,PRAIR	Apr - 27 HOT POCKETS, EGG OR RICE KRISPY TREAT CEREAL,VARIETY FRUIT JUICE,ASSOR FRUIT,ASSORTED F PBJ,HALF SANDWIC MILK,Skim

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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Apr - 30 VARIETY BREAKFAS OR CINNAMON ROLLS W CEREAL,VARIETY FRUIT JUICE,ASSOR FRUIT,ASSORTED F PBJ,HALF SANDWIC MILK,VARIETY,PRAIR				

ALL MENUS ARE SUBJECT TO CHANGE

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