


Utah Fall Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 3 Pancakes SYRUP,PANCAKE Cereal, Assorted RTE Yogurt, FF, 4oz String Cheese Peanut Butter Cups ORANGES Milk Non-fat Chocolate MILK,1% Lowfat	Oct - 4 Strawberry Banana Smoothie w/ Crunchy Granola Topping Toast, Whole Wheat Yogurt, FF, 4oz String Cheese Peanut Butter Cups Dried Cherries Milk Non-fat Chocolate MILK,1% Lowfat	Oct - 5 Southwest Breakfast Quesadilla w/ Salsa Cereal, Assorted RTE Yogurt, FF, 4oz String Cheese Peanut Butter Cups BANANAS Milk Non-fat Chocolate MILK,1% Lowfat	Oct - 6 Oatmeal with Toppings Toast, Whole Wheat Yogurt, FF, 4oz String Cheese Peanut Butter Cups Watermelon Chunks Milk Non-fat Chocolate MILK,1% Lowfat	Oct - 7 Chicken Biscuit Cereal, Assorted RTE Yogurt, FF, 4oz String Cheese Peanut Butter Cups Apple Wedges Milk Non-fat Chocolate MILK,1% Lowfat
Oct - 10 WAFFLES SYRUP,PANCAKE Cereal, Assorted RTE Yogurt, FF, 4oz String Cheese Peanut Butter Cups ORANGES Milk Non-fat Chocolate MILK,1% Lowfat	Oct - 11 Apple Breakfast Crisp Yogurt, Greek, FF Toast, Whole Wheat Yogurt, FF, 4oz String Cheese Peanut Butter Cups PEACHES,FRESH Milk Non-fat Chocolate MILK,1% Lowfat	Oct - 12 Egg, Toast, and Turke Cereal, Assorted RTE Yogurt, FF, 4oz String Cheese Peanut Butter Cups BANANAS Milk Non-fat Chocolate MILK,1% Lowfat	Oct - 13 Banana Muffin Toast, Whole Wheat Yogurt, FF, 4oz String Cheese Peanut Butter Cups Cantaloupe w/ grapes Milk Non-fat Chocolate MILK,1% Lowfat	Oct - 14 Egg, Turkey Ham, Che Cereal, Assorted RTE Yogurt, FF, 4oz String Cheese Peanut Butter Cups Apple Wedges Milk Non-fat Chocolate MILK,1% Lowfat



Utah

FARM to FORK

Harvest of the Season

Green Highlight=Seasonal scratch recipe available

Yellow Highlight= Harvest of the Season item, source locally when possible

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.