

**Marble Falls ISD**  
**007 - Falls Career High/Epic**  
**BREAKFAST 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
				Dec - 1  Whole Grain Glazed Donut Variety Muffin w/ Yogurt Conchas Breakfast Snack Pack Apple Juice 4oz Carton Orange Juice 4oz Carton Fresh Apple Fat Free Chocolate Milk Low Fat Milk
Dec - 4  Sausage Roll Variety Muffin w/ Yogurt Conchas Cereal Variety 2oz. Apple Juice 4oz Carton Orange Juice 4oz Carton Fresh Apple Fat Free Chocolate Milk Low Fat Milk Jelly Ketchup	Dec - 5  Bacon, Egg & CheeseTaco Empananda Apple Cinnamon Cereal Variety 2oz. Apple Juice 4oz Carton Orange Juice 4oz Carton Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Picante Sauce	Dec - 6  Scrambled Eggs & Bacon Hash Browns Biscuit Variety Muffin w/ Yogurt Cereal Variety 2oz. Apple Juice 4oz Carton Orange Juice 4oz Carton Fresh Orange Fat Free Chocolate Milk Low Fat Milk Ketchup Cream Gravy	Dec - 7  Brkfst. Sausage Pizza Empananda Apple Cinnamon Cereal Variety 2oz. Apple Juice 4oz Carton Orange Juice 4oz Carton Fresh Banana Fat Free Chocolate Milk Low Fat Milk	Dec - 8  Whole Grain Glazed Donut Variety Muffin w/ Yogurt Conchas Breakfast Snack Pack Apple Juice 4oz Carton Orange Juice 4oz Carton Fresh Apple Fat Free Chocolate Milk Low Fat Milk
Dec - 11  French Toast Cinn Glazed Variety Muffin w/ Yogurt Conchas Cereal Variety 2oz. Apple Juice 4oz Carton Orange Juice 4oz Carton Fresh Apple Fat Free Chocolate Milk Low Fat Milk Syrup	Dec - 12  Bacon, Egg & CheeseTaco Empananda Apple Cinnamon Cereal Variety 2oz. Apple Juice 4oz Carton Orange Juice 4oz Carton Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Picante Sauce	Dec - 13  Sausage Biscuit Variety Muffin w/ Yogurt Conchas Cereal Variety 2oz. Apple Juice 4oz Carton Orange Juice 4oz Carton Fresh Orange Fat Free Chocolate Milk Low Fat Milk Jelly Cream Gravy	Dec - 14  Brkfst. Sausage Pizza Empananda Apple Cinnamon Cereal Variety 2oz. Apple Juice 4oz Carton Orange Juice 4oz Carton Fresh Banana Fat Free Chocolate Milk Low Fat Milk	Dec - 15  Cinnamon Roll Variety Muffin w/ Yogurt Conchas Breakfast Snack Pack Apple Juice 4oz Carton Orange Juice 4oz Carton Fresh Apple Fat Free Chocolate Milk Low Fat Milk

*\*NA\* - 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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<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Dec - 18  Pig in a Blanket Variety Muffin w/ Yogurt Conchas Cereal Variety 2oz. Apple Juice 4oz Carton Orange Juice 4oz Carton Fresh Apple Fat Free Chocolate Milk Low Fat Milk Ketchup	Dec - 19  Bacon, Egg & CheeseTaco Empananda Apple Cinnamon Cereal Variety 2oz. Apple Juice 4oz Carton Orange Juice 4oz Carton Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Picante Sauce	Dec - 20  Scrambled Eggs & Bacon Hash Browns Biscuit Variety Muffin w/ Yogurt Conchas Cereal Variety 2oz. Apple Juice 4oz Carton Orange Juice 4oz Carton Fresh Orange Fat Free Chocolate Milk Low Fat Milk Ketchup Cream Gravy	Dec - 21  Brkfst. Sausage Pizza Empananda Apple Cinnamon Cereal Variety 2oz. Apple Juice 4oz Carton Orange Juice 4oz Carton Fresh Banana Fat Free Chocolate Milk Low Fat Milk	Dec - 22

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