

**Marble Falls ISD**  
**001 - MARBLE FALLS HIGH SCHOOL**  
**BREAKFAST 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
				Dec - 1  Mini Strawberry Bagels Sausage Roll Smoked Knoc Chicken & Cheese Maple Bacon, Egg & CheeseTaco Pancake & Saugage on a S Brkfst. Sausage Pizza Ham Cheese WG Croissant Variety Muffin w/ Yogurt Conchas Waffles Variety Whole Grain Glazed Donut Breakfast Snack Pack Assorted Juice Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Jelly Syrup Picante Sauce
Dec - 4  Mini Strawberry Bagels Sausage Roll Smoked Knoc Chicken & Cheese Maple Bacon, Egg & CheeseTaco Pancake & Saugage on a S Brkfst. Sausage Pizza Ham Cheese WG Croissant Variety Muffin w/ Yogurt Conchas Waffles Variety Whole Grain Glazed Donut Cereal Variety 2oz. Assorted Juice Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Jelly Syrup Picante Sauce	Dec - 5  YOGURT PARFAIT Mini Strawberry Bagels Sausage Roll Smoked Knoc Chicken & Cheese Maple Bacon, Egg & CheeseTaco Pancake & Saugage on a S Brkfst. Sausage Pizza Ham Cheese WG Croissant Variety Muffin w/ Yogurt Conchas Waffles Variety Whole Grain Glazed Donut Cereal Variety 2oz. Assorted Juice Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Jelly Syrup Picante Sauce	Dec - 6  Mini Strawberry Bagels Sausage Roll Smoked Knoc Chicken & Cheese Maple Bacon, Egg & CheeseTaco Pancake & Saugage on a S Brkfst. Sausage Pizza Ham Cheese WG Croissant Variety Muffin w/ Yogurt Conchas Waffles Variety Whole Grain Glazed Donut Cereal Variety 2oz. Assorted Juice Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Jelly Syrup Picante Sauce	Dec - 7  YOGURT PARFAIT Mini Strawberry Bagels Sausage Roll Smoked Knoc Chicken & Cheese Maple Bacon, Egg & CheeseTaco Pancake & Saugage on a S Brkfst. Sausage Pizza Ham Cheese WG Croissant Variety Muffin w/ Yogurt Conchas Waffles Variety Whole Grain Glazed Donut Cereal Variety 2oz. Assorted Juice Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Jelly Syrup Picante Sauce	Dec - 8  Mini Strawberry Bagels Sausage Roll Smoked Knoc Chicken & Cheese Maple Bacon, Egg & CheeseTaco Pancake & Saugage on a S Brkfst. Sausage Pizza Ham Cheese WG Croissant Variety Muffin w/ Yogurt Conchas Waffles Variety Whole Grain Glazed Donut Breakfast Snack Pack Assorted Juice Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Jelly Syrup Picante Sauce

*\*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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Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 11  Mini Strawberry Bagels Sausage Roll Smoked Knoc Chicken & Cheese Maple Bacon, Egg & CheeseTaco Pancake & Saugage on a S Brkfst. Sausage Pizza Ham Cheese WG Croissant Variety Muffin w/ Yogurt Conchas Waffles Variety Whole Grain Glazed Donut Cereal Variety 2oz. Assorted Juice Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Jelly Syrup Picante Sauce	Dec - 12  YOGURT PARFAIT Mini Strawberry Bagels Sausage Roll Smoked Knoc Chicken & Cheese Maple Bacon, Egg & CheeseTaco Pancake & Saugage on a S Brkfst. Sausage Pizza Ham Cheese WG Croissant Variety Muffin w/ Yogurt Conchas Waffles Variety Whole Grain Glazed Donut Cereal Variety 2oz. Assorted Juice Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Jelly Syrup Picante Sauce	Dec - 13  Mini Strawberry Bagels Sausage Roll Smoked Knoc Chicken & Cheese Maple Bacon, Egg & CheeseTaco Pancake & Saugage on a S Brkfst. Sausage Pizza Ham Cheese WG Croissant Variety Muffin w/ Yogurt Conchas Waffles Variety Whole Grain Glazed Donut Cereal Variety 2oz. Assorted Juice Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Jelly Syrup Picante Sauce	Dec - 14  YOGURT PARFAIT Mini Strawberry Bagels Sausage Roll Smoked Knoc Chicken & Cheese Maple Bacon, Egg & CheeseTaco Pancake & Saugage on a S Brkfst. Sausage Pizza Ham Cheese WG Croissant Variety Muffin w/ Yogurt Conchas Waffles Variety Whole Grain Glazed Donut Cereal Variety 2oz. Assorted Juice Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Jelly Syrup Picante Sauce	Dec - 15  Mini Strawberry Bagels Sausage Roll Smoked Knoc Chicken & Cheese Maple Bacon, Egg & CheeseTaco Pancake & Saugage on a S Brkfst. Sausage Pizza Ham Cheese WG Croissant Variety Muffin w/ Yogurt Conchas Waffles Variety Whole Grain Glazed Donut Breakfast Snack Pack Assorted Juice Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Jelly Syrup Picante Sauce
Dec - 18  Mini Strawberry Bagels Sausage Roll Smoked Knoc Chicken & Cheese Maple Bacon, Egg & CheeseTaco Pancake & Saugage on a S Brkfst. Sausage Pizza Ham Cheese WG Croissant Variety Muffin w/ Yogurt Conchas Waffles Variety Whole Grain Glazed Donut Cereal Variety 2oz. Assorted Juice Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Jelly Syrup Picante Sauce	Dec - 19  YOGURT PARFAIT Mini Strawberry Bagels Sausage Roll Smoked Knoc Chicken & Cheese Maple Bacon, Egg & CheeseTaco Pancake & Saugage on a S Brkfst. Sausage Pizza Ham Cheese WG Croissant Variety Muffin w/ Yogurt Conchas Waffles Variety Whole Grain Glazed Donut Cereal Variety 2oz. Assorted Juice Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Jelly Syrup Picante Sauce	Dec - 20  Mini Strawberry Bagels Sausage Roll Smoked Knoc Chicken & Cheese Maple Bacon, Egg & CheeseTaco Pancake & Saugage on a S Brkfst. Sausage Pizza Ham Cheese WG Croissant Variety Muffin w/ Yogurt Conchas Waffles Variety Whole Grain Glazed Donut Cereal Variety 2oz. Assorted Juice Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Jelly Syrup Picante Sauce	Dec - 21  YOGURT PARFAIT Mini Strawberry Bagels Sausage Roll Smoked Knoc Chicken & Cheese Maple Bacon, Egg & CheeseTaco Pancake & Saugage on a S Brkfst. Sausage Pizza Ham Cheese WG Croissant Variety Muffin w/ Yogurt Conchas Waffles Variety Whole Grain Glazed Donut Cereal Variety 2oz. Assorted Juice Variety Fresh Fruit Fat Free Chocolate Milk Low Fat Milk Jelly Syrup Picante Sauce	Dec - 22

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