Page 1

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

Nov 29, 2023

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

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Page 2

## Marble Falls ISD 001 - MARBLE FALLS HIGH SCHOOL

Nov 29, 2023

## **BREAKFAST 2023**

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

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