

# Houlka Attendance Center

## K-12 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 5 Pop Tarts Assorted Breakfast Bread Assorted Fruits Assorted Fruit Juices Assorted Milk Cereal Bowl & Cereal Bar	Oct - 6 Pop Tarts Assorted Breakfast Bread Assorted Fruits Assorted Fruit Juices Assorted Milk Cereal Bowl & Cereal Bar	Oct - 7 Pop Tarts Assorted Breakfast Bread Assorted Fruits Assorted Fruit Juices Assorted Milk Cereal Bowl & Cereal Bar	Oct - 8 Pop Tarts Assorted Breakfast Bread Assorted Fruits Assorted Fruit Juices Assorted Milk Cereal Bowl & Cereal Bar	Oct - 9 Pop Tarts Assorted Breakfast Bread Assorted Fruits Assorted Milk Yogurt Choice
Oct - 12 Pop Tarts Assorted Breakfast Bread Assorted Fruits Assorted Fruit Juices Assorted Milk	Oct - 13 Pop Tarts Assorted Breakfast Bread Assorted Fruits Assorted Fruit Juices Assorted Milk	Oct - 14 Pop Tarts Assorted Breakfast Bread Assorted Fruit Juices Assorted Fruits Assorted Milk	Oct - 15 Sausage & Pancake on a Stick Assorted Fruit Juices Assorted Fruits Assorted Milk Cereal Bowl & Cereal Bar	Oct - 16 Pop Tarts Assorted Breakfast Bread Assorted Fruit Juices Assorted Fruits Assorted Milk Yogurt Choice
Oct - 19 Pop Tarts Assorted Breakfast Bread Assorted Fruit Juices Assorted Fruits Assorted Milk	Oct - 20 Pop Tarts Assorted Breakfast Bread Assorted Fruit Juices Assorted Fruits Assorted Milk String Cheese	Oct - 21 Mini Confetti Pancakes In a Bag Assorted Breakfast Bread Assorted Fruit Juices Assorted Fruits Assorted Milk	Oct - 22 Pop Tarts Assorted Breakfast Bread Assorted Fruit Juices Assorted Fruits Assorted Milk	Oct - 23 Pop Tarts Assorted Breakfast Bread Assorted Fruit Juices Assorted Fruits Assorted Milk
Oct - 26 Pop Tarts Assorted Breakfast Bread Assorted Fruits Assorted Fruit Juices Assorted Milk	Oct - 27 Pop Tarts Assorted Breakfast Bread Assorted Fruit Juices Assorted Fruits Assorted Milk	Oct - 28 Sausage & Pancake on a Stick Assorted Fruit Juices Assorted Fruits Assorted Milk	Oct - 29 Pop Tarts Assorted Breakfast Bread Assorted Fruit Juices Assorted Fruits Assorted Milk	Oct - 30 Pop Tarts Assorted Breakfast Bread Assorted Fruit Juices Assorted Fruits Assorted Milk

MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE  
 THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

\*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.