

Menu Calendar Report - June, 2024

Generated on: 6/12/2024 9:25:11 AM by Drew Jones

Site: Lamar High School
 Meal Type: Breakfast
 Site Group: High School
 Menu Line: 9-12 Breakfast

Mon	Tue	Wed	Thu	Fri
	3 Jun	4 Jun	5 Jun	6 Jun
CINNAMON TOAST CRUNCH CEREAL (44.00 g) GLAZED CINNAMON ROLL (41.67 g) DICED PEACH CUP (18.00 g) JUICE, APPLE (14.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)	COCOA PUFFS CEREAL (47.00 g) EGG AND CHEESE BISCUIT (28.00 g) JUICE, APPLE (14.00 g) ORANGE (19.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)	CINNAMON WAFFLE (37.00 g) FROSTED FLAKES CEREAL (44.00 g) CRISPS GRANNY SMITH APPLES (14.06 g) JUICE, APPLE (14.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g) SYRUP (30.00 g)	LUCKY CHARM CEREAL (46.00 g) MINI CONFETTI PANCAKES (36.00 g) JUICE, APPLE (14.00 g) SLICED PEACHES (14.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)	LUCKY CHARM CEREAL (46.00 g) STRAWBERRY PASTRY (75.00 g) WHOLE GRAIN POWDERED DONUT (49.00 g) JUICE, APPLE (14.00 g) ORANGE (19.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)
	10 Jun	11 Jun	12 Jun	13 Jun
BANANA MUFFIN (47.00 g) CHOCOLATE CHIP MUFFIN (46.50 g) COCOA PUFFS CEREAL (47.00 g) JUICE, APPLE (14.00 g) ORANGE (19.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)	FROSTED FLAKES CEREAL (44.00 g) MINI FRENCH TOAST (37.00 g) CRISPS GRANNY SMITH APPLES (14.06 g) JUICE, APPLE (14.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)	CHICKEN BISCUIT (33.00 g) LUCKY CHARM CEREAL (46.00 g) JUICE, APPLE (14.00 g) ORANGE (19.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)	TURKEY AND CHEESE BREAKFAST PIZZA (31.00 g) VANILLA GLAZED DONUT (47.00 g) CANNED PINEAPPLE TIDBITS (11.33 g) JUICE, APPLE (14.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)	COCOA PUFFS CEREAL (47.00 g) VANILLA GLAZED DONUT (47.00 g) CANNED MANDARIN ORANGES (17.00 g) JUICE, APPLE (14.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)
	17 Jun	18 Jun	19 Jun	20 Jun
GLAZED CINNAMON ROLL (41.67 g) STRAWBERRY PASTRY (75.00 g) DICED PEACH CUP (18.00 g) JUICE, APPLE (14.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)	EGG AND CHEESE BISCUIT (28.00 g) WHOLE GRAIN BREAKFAST BUN (40.00 g) JUICE, APPLE (14.00 g) ORANGE (19.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)		MINI CONFETTI PANCAKES (36.00 g) STRAWBERRY PASTRY (75.00 g) JUICE, APPLE (14.00 g) SLICED PEACHES (14.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)	BREAKFAST TACO (15.26 g) WHOLE GRAIN BREAKFAST BUN (40.00 g) WHOLE GRAIN POWDERED DONUT (49.00 g) JUICE, APPLE (14.00 g) ORANGE (19.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)
	24 Jun	25 Jun	26 Jun	27 Jun
BANANA MUFFIN (47.00 g) CHOCOLATE CHIP MUFFIN (46.50 g) COCOA PUFFS CEREAL (47.00 g) JUICE, APPLE (14.00 g) ORANGE (19.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)	MINI FRENCH TOAST (37.00 g) VANILLA GLAZED DONUT (47.00 g) CRISPS GRANNY SMITH APPLES (14.06 g) JUICE, APPLE (14.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)	CHICKEN BISCUIT (33.00 g) LUCKY CHARM CEREAL (46.00 g) JUICE, APPLE (14.00 g) ORANGE (19.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)	TURKEY AND CHEESE BREAKFAST PIZZA (31.00 g) VANILLA GLAZED DONUT (47.00 g) CANNED PINEAPPLE TIDBITS (11.33 g) JUICE, APPLE (14.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)	COCOA PUFFS CEREAL (47.00 g) VANILLA GLAZED DONUT (47.00 g) CANNED MANDARIN ORANGES (17.00 g) JUICE, APPLE (14.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)
				28 Jun
				COCOA PUFFS CEREAL (47.00 g) VANILLA GLAZED DONUT (47.00 g) CANNED MANDARIN ORANGES (17.00 g) JUICE, APPLE (14.00 g) TEXAS LOCAL 1% WHITE MILK (12.00 g) TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)

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Mon		Tue		Wed		Thu		Fri	
	1 Jul		2 Jul		3 Jul		4 Jul		5 Jul
	GLAZED CINNAMON ROLL (41.67 g)		EGG AND CHEESE BISCUIT (28.00 g)		CINNAMON WAFFLE (37.00 g)				BREAKFAST TACO (15.26 g)
	STRAWBERRY PASTRY (75.00 g)		WHOLE GRAIN BREAKFAST BUN (40.00 g)		FROSTED FLAKES CEREAL (44.00 g)				WHOLE GRAIN BREAKFAST BUN (40.00 g)
	DICED PEACH CUP (18.00 g)		JUICE, APPLE (14.00 g)		CRISPS GRANNY SMITH APPLES (14.06 g)				WHOLE GRAIN POWDERED DONUT (49.00 g)
	JUICE, APPLE (14.00 g)		ORANGE (19.00 g)		JUICE, APPLE (14.00 g)				JUICE, APPLE (14.00 g)
	TEXAS LOCAL 1% WHITE MILK (12.00 g)		TEXAS LOCAL 1% WHITE MILK (12.00 g)		TEXAS LOCAL 1% WHITE MILK (12.00 g)				ORANGE (19.00 g)
	TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)		TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)		TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)				TEXAS LOCAL 1% WHITE MILK (12.00 g)
					SYRUP (30.00 g)				TEXAS LOCAL FAT FREE CHOCOLATE MILK (20.00 g)

Carbohydrate values in grams follow the Menu Item name