

Child Nutrition Program

ANNISTON SECONDARY SCHOOLS BREAKFAST MENU

Jan 4, 2018

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jan - 8 French Toast Powdered Sugar (1 Tbs.) Sausage link (1) Cereal, Asst (2) Fruit Juice Chocolate Milk Strawberry Milk Milk 1%	Jan - 9 Pancake on a Stick Cereal, Asst (2) Fruit Juice Chocolate Milk Strawberry Milk Milk 1%	Jan - 10 Mini Pancakes Sausage link (1) Cereal, Asst (2) Fruit Juice Milk 1% Chocolate Milk Strawberry Milk	Jan - 11 Sausage Biscuit WG Cereal, Asst (2) Fruit Juice Milk 1% Chocolate Milk Strawberry Milk	Jan - 12 Breakfast Bagel Cereal, Asst (2) Fruit Juice Milk 1% Chocolate Milk Strawberry Milk	Avg Nutrients Target Cals... 525 100% Sodium. 632 mg S.Fat 5.1g 8.7%Cal
Nutrients Target Cals... 622 104% Sodium. 685 mg S.Fat 5.2g 7.5%Cal	Nutrients Target Cals... 463 100% Sodium. 485 mg S.Fat 4.3g 8.4%Cal	Nutrients Target Cals... 520 100% Sodium. 633 mg S.Fat 3.5g 6.0%Cal	Nutrients Target Cals... 600 100% Sodium. 809 mg S.Fat 9.9g 14.8%Cal	Nutrients Target Cals... 417 93% Sodium. 546 mg S.Fat 2.5g 5.3%Cal	
Jan - 15	Jan - 16 Breakfast Pizza WG Cereal, Asst (2) Fruit Juice Milk 1% Chocolate Milk Strawberry Milk	Jan - 17 Breakfast Burrito Salsa Cereal, Asst (2) Fruit Juice Milk 1% Chocolate Milk Strawberry Milk	Jan - 18 Sausage Biscuit WG Cereal, Asst (2) Fruit Juice Milk 1% Chocolate Milk Strawberry Milk	Jan - 19 Cinnamon Rolls GLAZE,POWDERED SUG Cereal, Asst (2) Fruit Juice Milk 1% Chocolate Milk Strawberry Milk	Avg Nutrients Target Cals... 497 100% Sodium. 580 mg S.Fat 4.7g 8.6%Cal
	Nutrients Target Cals... 394 88% Sodium. 605 mg S.Fat 2.6g 5.9%Cal	Nutrients Target Cals... 452 100% Sodium. 526 mg S.Fat 3.9g 7.7%Cal	Nutrients Target Cals... 600 100% Sodium. 809 mg S.Fat 9.9g 14.8%Cal	Nutrients Target Cals... 541 100% Sodium. 383 mg S.Fat 2.6g 4.3%Cal	
Jan - 22 Pancake on a Stick Cereal, Asst (2) Fruit Juice Milk 1% Chocolate Milk Strawberry Milk	Jan - 23 French Toast Powdered Sugar (1 Tbs.) Sausage link (1) Cereal, Asst (2) Fruit Juice Milk 1% Chocolate Milk Strawberry Milk	Jan - 24 Breakfast Pizza WG Cereal, Asst (2) Fruit Juice Milk 1% Chocolate Milk Strawberry Milk	Jan - 25 Cinnamon Rolls GLAZE,POWDERED SUG Cereal, Asst (2) Fruit Juice Milk 1% Chocolate Milk Strawberry Milk	Jan - 26 Sausage Biscuit WG Cereal, Asst (2) Fruit Juice Milk 1% Chocolate Milk Strawberry Milk	Avg Nutrients Target Cals... 529 100% Sodium. 607 mg S.Fat 5.0g 8.5%Cal

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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