

Child Nutrition Program

MIDDLE SCHOOL BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jan - 8 Pancake on a Stick Cereal, Asst (2) Banana Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Jan - 9 Breakfast Pizza WG Cereal, Asst (2) Sliced Peaches Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Jan - 10 Mini Maple Pancakes Cereal, Asst (2) Apple Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Jan - 11 French Toast Powdered Sugar (1 Tbs.) Cereal, Asst (2) Juice Applesauce Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Jan - 12 Sausage Biscuit WG Cereal, Asst (2) Juice Chilled Pineapple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients Target Cals... 452 100% Sodium. 530 mg S.Fat 4.2g 8.4%Cal
Nutrients Target Cals... 441 100% Sodium. 423 mg S.Fat 4.1g 8.4%Cal	Nutrients Target Cals... 361 90% Sodium. 577 mg S.Fat 2.5g 6.4%Cal	Nutrients Target Cals... 367 92% Sodium. 389 mg S.Fat 1.1g 2.8%Cal	Nutrients Target Cals... 501 100% Sodium. 473 mg S.Fat 3.0g 5.4%Cal	Nutrients Target Cals... 589 107% Sodium. 786 mg S.Fat 10.3g 15.8%Cal	
Jan - 15	Jan - 16 Breakfast Bagel Cereal, Asst (2) Juice Apple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Jan - 17 Cinnamon Rolls GLAZE,POWDERED SUG Cereal, Asst (2) Juice Banana Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Jan - 18 Mini Waffles Cereal, Asst (2) Chilled Pineapple Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Jan - 19 Sausage Biscuit WG Cereal, Asst (2) Banana Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients Target Cals... 468 100% Sodium. 460 mg S.Fat 4.1g 7.8%Cal
	Nutrients Target Cals... 330 83% Sodium. 450 mg S.Fat 2.1g 5.8%Cal	Nutrients Target Cals... 536 100% Sodium. 332 mg S.Fat 2.7g 4.5%Cal	Nutrients Target Cals... 406 100% Sodium. 272 mg S.Fat 1.1g 2.4%Cal	Nutrients Target Cals... 600 109% Sodium. 787 mg S.Fat 10.4g 15.7%Cal	
Jan - 22 French Toast Powdered Sugar (1 Tbs.) Cereal, Asst (2) Banana Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Jan - 23 Breakfast Pizza WG Cereal, Asst (2) Juice Mandarin Oranges Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Jan - 24 Asst. Cereal Bars Yogurt Cereal, Asst (2) Apple Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Jan - 25 Mini Pancakes Sausage link (1) Cereal, Asst (2) Juice Fruit Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Jan - 26 Chicken Biscuit Cereal, Asst (2) Chilled Pineapple Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients Target Cals... 469 100% Sodium. 538 mg S.Fat 3.3g 6.4%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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