

Child Nutrition Program

MIDDLE SCHOOL BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			Mar - 1 Apple Frudel Cereal, Asst (2) Apple Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Mar - 2 Biscuit, Whole Grain Sausage link (1) Cereal, Asst (2) Chilled Pineapple Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients Target Cals... 444 100% Sodium. 561 mg S.Fat 4.4g 8.9%Cal
			Nutrients Target Cals... 376 94% Sodium. 367 mg S.Fat 1.7g 4.0%Cal	Nutrients Target Cals... 513 100% Sodium. 754 mg S.Fat 7.2g 12.6%Cal	
Mar - 5 Pancake on a Stick Cereal, Asst (2) Banana Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Mar - 6 Breakfast Pizza WG Cereal, Asst (2) Sliced Peaches Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Mar - 7 Mini Maple Pancakes Cereal, Asst (2) Apple Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Mar - 8 French Toast Powdered Sugar (1 Tbs.) Cereal, Asst (2) Juice Applesauce Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Mar - 9 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	
Mar - 12 Graham Cracker Snacks Yogurt Cereal, Asst (2) Juice Sliced Peaches Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Mar - 13 Breakfast Bagel Cereal, Asst (2) Juice Apple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Mar - 14 Cinnamon Rolls GLAZE,POWDERED SUG Cereal, Asst (2) Juice Banana Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Mar - 15 Mini Waffles Cereal, Asst (2) Chilled Pineapple Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Mar - 16 Sausage Biscuit WG Cereal, Asst (2) Banana Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients Target Cals... 461 100% Sodium. 426 mg S.Fat 3.5g 6.7%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.*

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.

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Jan 4, 2018

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