

# Child Nutrition Program

## ANNISTON SECONDARY SCHOOLS BREAKFAST MENU

Jul 3, 2017

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	Aug - 8 Mini Waffles Sausage link (1) Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Chocolate Milk Strawberry Milk Milk 1% Vanilla Milk	Aug - 9 Pancake on a Stick Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Chocolate Milk Strawberry Milk Milk 1% Vanilla Milk	Aug - 10 Mini Pancakes Sausage link (1) Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 11 Sausage Biscuit WG Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients    Target Cals...            501    100% Sodium.           560 mg S.Fat    4.6g    8.2%Cal
	Nutrients            Target Cals...            516    100% Sodium.           518 mg S.Fat    3.5g    6.1%Cal	Nutrients            Target Cals...            422    94% Sodium.           403 mg S.Fat    2.6g    5.6%Cal	Nutrients            Target Cals...            500    100% Sodium.           583 mg S.Fat    3.4g    6.2%Cal	Nutrients            Target Cals...            565    100% Sodium.           736 mg S.Fat    8.7g    13.9%Cal	
Aug - 14 Egg and Bacon Croissant Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 15 Apple Frudel Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 16 Sausage Biscuit WG Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 17 Cinnamon Rolls GLAZE,POWDERED SUG Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 18 Mini Maple Pancakes Bacon (2) Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients    Target Cals...            503    100% Sodium.           543 mg S.Fat    4.3g    7.6%Cal
Nutrients            Target Cals...            540    100% Sodium.           593 mg S.Fat    5.9g    9.8%Cal	Nutrients            Target Cals...            439    98% Sodium.           437 mg S.Fat    1.6g    3.3%Cal	Nutrients            Target Cals...            582    100% Sodium.           780 mg S.Fat    8.7g    13.5%Cal	Nutrients            Target Cals...            500    100% Sodium.           379 mg S.Fat    2.7g    4.9%Cal	Nutrients            Target Cals...            454    100% Sodium.           526 mg S.Fat    2.4g    4.8%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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Aug - 21  Pancake on a Stick Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 22  French Toast Sausage link (1) Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 23  Egg and Bacon Croissant Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 24  Mini Waffles Sausage link (1) Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 25  Sausage Biscuit WG Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients    Target Cals...            533        100% Sodium.           606 mg S.Fat    5.1g    8.7%Cal
Nutrients            Target Cals...            439        98% Sodium.           420 mg S.Fat    3.2g    6.5%Cal	Nutrients            Target Cals...            579        100% Sodium.           672 mg S.Fat    4.6g    7.2%Cal	Nutrients            Target Cals...            552        100% Sodium.           637 mg S.Fat    6.1g    9.9%Cal	Nutrients            Target Cals...            512        100% Sodium.           522 mg S.Fat    3.1g    5.5%Cal	Nutrients            Target Cals...            582        100% Sodium.           780 mg S.Fat    8.7g    13.5%Cal	
Aug - 28  Apple Frudel Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 29  Sausage on Bun Yoplait Go-Gurt Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 30  Mini Maple Pancakes Bacon (2) Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 31  Cinnamon Rolls GLAZE,POWDERED SUG Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk		Avg Nutrients    Target Cals...            477        100% Sodium.           483 mg S.Fat    2.6g    5.0%Cal
Nutrients            Target Cals...            408        91% Sodium.           393 mg S.Fat    1.3g    2.9%Cal	Nutrients            Target Cals...            488        100% Sodium.           474 mg S.Fat    4.2g    7.8%Cal	Nutrients            Target Cals...            484        100% Sodium.           657 mg S.Fat    2.7g    5.1%Cal	Nutrients            Target Cals...            530        100% Sodium.           408 mg S.Fat    2.3g    4.0%Cal		

USDA is an equal opportunity provider and employer.

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