

# Child Nutrition Program

## MIDDLE SCHOOL BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	Aug - 8  Pancake on a Stick Cereal, Asst (2) Asst. Cereal Bars Banana Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 9  Mini Maple Pancakes Cereal, Asst (2) Asst. Cereal Bars Apple Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 10  French Toast Cereal, Asst (2) Asst. Cereal Bars Juice Applesauce Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 11  Sausage Biscuit WG Cereal, Asst (2) Asst. Cereal Bars Juice Pears Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients    Target Cals...            411    100% Sodium.           485 mg S.Fat    3.6g    8.0%Cal
	Nutrients            Target Cals...            465    100% Sodium.           479 mg S.Fat    3.9g    7.6%Cal	Nutrients            Target Cals...            374    93% Sodium.           449 mg S.Fat    1.2g    3.0%Cal	Nutrients            Target Cals...            261    65% Sodium.           249 mg S.Fat    0.7g    2.4%Cal	Nutrients            Target Cals...            544    100% Sodium.           763 mg S.Fat    8.7g    14.4%Cal	
Aug - 14  Graham Cracker Snacks Yogurt Cereal, Asst (2) Asst. Cereal Bars Juice Sliced Peaches Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 15  Breakfast Bagel Cereal, Asst (2) Asst. Cereal Bars Juice Apple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 16  Cinnamon Rolls GLAZE,POWDERED SUG Cereal, Asst (2) Asst. Cereal Bars Juice Banana Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 17  Mini Waffles Cereal, Asst (2) Asst. Cereal Bars Pears Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 18  Sausage Biscuit WG Cereal, Asst (2) Asst. Cereal Bars Banana Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients    Target Cals...            462    100% Sodium.           477 mg S.Fat    3.2g    6.2%Cal
Nutrients            Target Cals...            463    100% Sodium.           374 mg S.Fat    1.1g    2.1%Cal	Nutrients            Target Cals...            345    86% Sodium.           486 mg S.Fat    2.0g    5.2%Cal	Nutrients            Target Cals...            542    100% Sodium.           420 mg S.Fat    2.7g    4.6%Cal	Nutrients            Target Cals...            416    100% Sodium.           345 mg S.Fat    1.2g    2.6%Cal	Nutrients            Target Cals...            543    100% Sodium.           762 mg S.Fat    8.8g    14.5%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.

**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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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Aug - 21  French Toast Cereal, Asst (2) Asst. Cereal Bars Banana Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 22  Egg and Bacon Croissant Cereal, Asst (2) Asst. Cereal Bars Juice Mandarin Oranges Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 23  Asst. Cereal Bars Yogurt Cereal, Asst (2) Apple Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 24  Mini Pancakes Sausage link (1) Cereal, Asst (2) Asst. Cereal Bars Juice Fruit Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 25  Chicken Biscuit Cereal, Asst (2) Asst. Cereal Bars Pears Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients    Target Cals...            495    100% Sodium.           567 mg S.Fat    3.8g    6.8%Cal
Nutrients            Target Cals...            510    100% Sodium.           494 mg S.Fat    2.8g    5.0%Cal	Nutrients            Target Cals...            545    100% Sodium.           637 mg S.Fat    6.1g    10.1%Cal	Nutrients            Target Cals...            453    100% Sodium.           343 mg S.Fat    1.6g    3.1%Cal	Nutrients            Target Cals...            492    100% Sodium.           615 mg S.Fat    3.1g    5.7%Cal	Nutrients            Target Cals...            476    100% Sodium.           746 mg S.Fat    5.2g    9.8%Cal	
Aug - 28  Sausage on Bun Yoplait Go-Gurt Cereal, Asst (2) Asst. Cereal Bars Banana Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 29  Cinnamon Rolls Cereal, Asst (2) Asst. Cereal Bars Sliced Peaches Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 30  Graham Cracker Snacks Yogurt Cereal, Asst (2) Asst. Cereal Bars Pears Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Aug - 31  Apple Frudel Cereal, Asst (2) Asst. Cereal Bars Apple Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk		Avg Nutrients    Target Cals...            452    100% Sodium.           414 mg S.Fat    2.3g    4.6%Cal
Nutrients            Target Cals...            510    100% Sodium.           472 mg S.Fat    4.3g    7.6%Cal	Nutrients            Target Cals...            432    100% Sodium.           397 mg S.Fat    2.3g    4.9%Cal	Nutrients            Target Cals...            473    100% Sodium.           368 mg S.Fat    1.1g    2.0%Cal	Nutrients            Target Cals...            395    99% Sodium.           419 mg S.Fat    1.6g    3.7%Cal		

USDA is an equal opportunity provider and employer.

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