

Child Nutrition Program

MIDDLE SCHOOL BREAKFAST MENU

Page 1

Jul 3, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
				Dec - 1 Chicken Biscuit Cereal, Asst (2) Asst. Cereal Bars Pears Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients Target Cals... 476 100% Sodium. 746 mg S.Fat 5.2g 9.8%Cal
				Nutrients Target Cals... 476 100% Sodium. 746 mg S.Fat 5.2g 9.8%Cal	
Dec - 4 Sausage on Bun Yoplait Go-Gurt Cereal, Asst (2) Asst. Cereal Bars Banana Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Dec - 5 Cinnamon Rolls Cereal, Asst (2) Asst. Cereal Bars Sliced Peaches Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Dec - 6 Graham Cracker Snacks Yogurt Cereal, Asst (2) Asst. Cereal Bars Pears Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Dec - 7 Apple Frudel Cereal, Asst (2) Asst. Cereal Bars Apple Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Dec - 8 Biscuit, Whole Grain Sausage link (1) Cereal, Asst (2) Asst. Cereal Bars Chilled Pineapple Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients Target Cals... 464 100% Sodium. 478 mg S.Fat 3.1g 6.0%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	Nutrients Target Cals... 512 100% Sodium. 735 mg S.Fat 6.1g 10.8%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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Page 2

Jul 3, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Dec - 11 Pancake on a Stick Cereal, Asst (2) Asst. Cereal Bars Banana Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Dec - 12 Egg and Bacon Croissant Cereal, Asst (2) Asst. Cereal Bars Sliced Peaches Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Dec - 13 Mini Maple Pancakes Cereal, Asst (2) Asst. Cereal Bars Apple Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Dec - 14 French Toast Cereal, Asst (2) Asst. Cereal Bars Juice Applesauce Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Dec - 15 Sausage Biscuit WG Cereal, Asst (2) Asst. Cereal Bars Juice Pears Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients Target Cals... 433 100% Sodium. 513 mg S.Fat 4.1g 8.6%Cal
Nutrients Target Cals... 465 100% Sodium. 479 mg S.Fat 3.9g 7.6%Cal	Nutrients Target Cals... 522 100% Sodium. 627 mg S.Fat 6.1g 10.5%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	
Dec - 18 Cereal, Asst (2) Asst. Cereal Bars Juice Sliced Peaches Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Dec - 19 Cereal, Asst (2) Asst. Cereal Bars Juice Sliced Peaches Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk				Avg Nutrients Target Cals... 259 65% Sodium. 217 mg S.Fat 0.5g 1.6%Cal
Nutrients Target Cals... 259 65% Sodium. 217 mg S.Fat 0.5g 1.6%Cal	Nutrients Target Cals... 259 65% Sodium. 217 mg S.Fat 0.5g 1.6%Cal				

USDA is an equal opportunity provider and employer.

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