

# Child Nutrition Program

## ANNISTON SECONDARY SCHOOLS BREAKFAST MENU

Jul 3, 2017

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		Nov - 1 Mini Maple Pancakes Bacon (2) Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 2 Cinnamon Rolls GLAZE,POWDERED SUG Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk	Nov - 3 Sausage Biscuit WG Cereal, Asst (2) Asst. Cereal Bars Chilled Pineapple Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients    Target Cals...            536        100% Sodium.           614 mg S.Fat    4.6g    7.7%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	Nutrients            Target Cals...            594        100% Sodium.           777 mg S.Fat    8.7g    13.2%Cal	
Nov - 6 Mini Waffles Sausage link (1) Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Chocolate Milk Strawberry Milk Milk 1% Vanilla Milk	Nov - 7 Pancake on a Stick Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Chocolate Milk Strawberry Milk Milk 1% Vanilla Milk	Nov - 8 Mini Pancakes Sausage link (1) Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 9 Sausage Biscuit WG Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 10	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		

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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Nov - 13 Egg and Bacon Croissant Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 14 Apple Frudel Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 15 Sausage Biscuit WG Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 16 Cinnamon Rolls GLAZE,POWDERED SUG Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 17 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	
Nov - 20 Pancake on a Stick Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 21 French Toast Sausage link (1) Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 22	Nov - 23	Nov - 24	Avg Nutrients    Target Cals...            509    100% Sodium.           546 mg S.Fat    3.9g    6.9%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				

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Nov - 27 Apple Frudel Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 28 Sausage on Bun Yoplait Go-Gurt Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 29 Mini Maple Pancakes Bacon (2) Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 30 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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