

Child Nutrition Program

MIDDLE SCHOOL BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		Nov - 1 Graham Cracker Snacks Yogurt Cereal, Asst (2) Asst. Cereal Bars Pears Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 2 Apple Frudel Cereal, Asst (2) Asst. Cereal Bars Apple Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 3 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... 460 100% Sodium. 507 mg S.Fat 2.9g 5.7%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	
Nov - 6 Pancake on a Stick Cereal, Asst (2) Asst. Cereal Bars Banana Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 7 Mini Maple Pancakes Cereal, Asst (2) Asst. Cereal Bars Apple Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 8 French Toast Cereal, Asst (2) Asst. Cereal Bars Juice Applesauce Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 9 Sausage Biscuit WG Cereal, Asst (2) Asst. Cereal Bars Juice Pears Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 10 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		

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
Nov - 13 Graham Cracker Snacks Yogurt Cereal, Asst (2) Asst. Cereal Bars Juice Sliced Peaches Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 14 Breakfast Bagel Cereal, Asst (2) Asst. Cereal Bars Juice Apple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 15 Cinnamon Rolls GLAZE,POWDERED SUG Cereal, Asst (2) Asst. Cereal Bars Juice Banana Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 16 Mini Waffles Cereal, Asst (2) Asst. Cereal Bars Pears Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 17 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	
Nov - 20	Nov - 21	Nov - 22	Nov - 23	Nov - 24	Avg Nutrients Target Cals... *N/A* Sodium. *N/A* mg S.Fat *N/A*g *N/A%Cal
Nov - 27 French Toast Cereal, Asst (2) Asst. Cereal Bars Banana Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 28 Egg and Bacon Croissant Cereal, Asst (2) Asst. Cereal Bars Juice Mandarin Oranges Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 29 Asst. Cereal Bars Yogurt Cereal, Asst (2) Apple Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Nov - 30 Mini Pancakes Sausage link (1) Cereal, Asst (2) Asst. Cereal Bars Juice Fruit Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk		Avg Nutrients Target Cals... 500 100% Sodium. 522 mg S.Fat 3.4g 6.1%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		

USDA is an equal opportunity provider and employer.

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