

# Child Nutrition Program

## ANNISTON SECONDARY SCHOOLS BREAKFAST MENU

Jul 3, 2017

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Oct - 2 Mini Waffles Sausage link (1) Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Chocolate Milk Strawberry Milk Milk 1% Vanilla Milk	Oct - 3 Pancake on a Stick Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Chocolate Milk Strawberry Milk Milk 1% Vanilla Milk	Oct - 4 Mini Pancakes Sausage link (1) Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 5 Sausage Biscuit WG Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 6 Breakfast Bagel Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients    Target Cals...            479        100% Sodium.           530 mg S.Fat    3.9g    7.4%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	Nutrients            Target Cals...            390        87% Sodium.           409 mg S.Fat    1.4g    3.2%Cal	
Oct - 9 Egg and Bacon Croissant Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 10 Apple Frudel Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 11 Sausage Biscuit WG Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 12 Cinnamon Rolls GLAZE,POWDERED SUG Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 13 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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Oct - 16 Pancake on a Stick Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 17 French Toast Sausage link (1) Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 18 Egg and Bacon Croissant Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 19 Mini Waffles Sausage link (1) Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 20 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	
Oct - 23	Oct - 24	Oct - 25	Oct - 26	Oct - 27	Avg Nutrients    Target Cals...            *N/A* Sodium.            *N/A* mg S.Fat    *N/A*g    *N/A%Cal
Oct - 30 Apple Frudel Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 31 Sausage on Bun Yoplait Go-Gurt Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk				Avg Nutrients    Target Cals...            448        100% Sodium.            433 mg S.Fat    2.8g    5.6%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				

USDA is an equal opportunity provider and employer.

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