

Child Nutrition Program

MIDDLE SCHOOL BREAKFAST MENU

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Jul 3, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Oct - 2 Pancake on a Stick Cereal, Asst (2) Asst. Cereal Bars Banana Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 3 Egg and Bacon Croissant Cereal, Asst (2) Asst. Cereal Bars Sliced Peaches Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 4 Mini Maple Pancakes Cereal, Asst (2) Asst. Cereal Bars Apple Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 5 French Toast Cereal, Asst (2) Asst. Cereal Bars Juice Applesauce Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 6 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	
Oct - 9 Graham Cracker Snacks Yogurt Cereal, Asst (2) Asst. Cereal Bars Juice Sliced Peaches Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 10 Breakfast Bagel Cereal, Asst (2) Asst. Cereal Bars Juice Apple Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 11 Cinnamon Rolls GLAZE,POWDERED SUG Cereal, Asst (2) Asst. Cereal Bars Juice Banana Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 12 Mini Waffles Cereal, Asst (2) Asst. Cereal Bars Pears Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 13 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
Oct - 16 French Toast Cereal, Asst (2) Asst. Cereal Bars Banana Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 17 Egg and Bacon Croissant Cereal, Asst (2) Asst. Cereal Bars Juice Mandarin Oranges Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 18 Asst. Cereal Bars Yogurt Cereal, Asst (2) Apple Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 19 Mini Pancakes Sausage link (1) Cereal, Asst (2) Asst. Cereal Bars Juice Fruit Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 20 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	
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 Sausage on Bun Yoplait Go-Gurt Cereal, Asst (2) Asst. Cereal Bars Banana Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Oct - 31 Cinnamon Rolls Cereal, Asst (2) Asst. Cereal Bars Sliced Peaches Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk				Avg Nutrients Target Cals... 471 100% Sodium. 434 mg S.Fat 3.3g 6.4%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				

USDA is an equal opportunity provider and employer.

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