

Child Nutrition Program

ANNISTON SECONDARY SCHOOLS BREAKFAST MENU

Jul 3, 2017

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
				Sep - 1 Sausage Biscuit WG Cereal, Asst (2) Asst. Cereal Bars Chilled Pineapple Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients Target Cals... 594 100% Sodium. 777 mg S.Fat 8.7g 13.2%Cal
				Nutrients Target Cals... 594 100% Sodium. 777 mg S.Fat 8.7g 13.2%Cal	
Sep - 4	Sep - 5 Pancake on a Stick Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Chocolate Milk Strawberry Milk Milk 1% Vanilla Milk	Sep - 6 Mini Pancakes Sausage link (1) Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Sep - 7 Sausage Biscuit WG Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Sep - 8 Breakfast Bagel Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Avg Nutrients Target Cals... 469 100% Sodium. 533 mg S.Fat 4.0g 7.7%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	

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Sep - 11 Egg and Bacon Croissant Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Sep - 12 Apple Frudel Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Sep - 13 Sausage Biscuit WG Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Sep - 14 Cinnamon Rolls GLAZE,POWDERED SUG Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Sep - 15 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	
Sep - 18 Pancake on a Stick Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Sep - 19 French Toast Sausage link (1) Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Sep - 20 Egg and Bacon Croissant Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Sep - 21 Mini Waffles Sausage link (1) Cereal, Asst (2) Asst. Cereal Bars Fruit Juice Milk 1% Chocolate Milk Strawberry Milk Vanilla Milk	Sep - 22 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	

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Sep - 25	Sep - 26	Sep - 27	Sep - 28	Sep - 29	Avg Nutrients Target
Apple Frudel	Sausage on Bun	Mini Maple Pancakes	Cinnamon Rolls	Sausage Biscuit WG	Cals... 501 100%
Cereal, Asst (2)	Yoplait Go-Gurt	Bacon (2)	GLAZE,POWDERED SUG	Cereal, Asst (2)	Sodium. 542 mg
Asst. Cereal Bars	Cereal, Asst (2)	Cereal, Asst (2)	Cereal, Asst (2)	Asst. Cereal Bars	S.Fat 3.9g 6.9%Cal
Fruit	Asst. Cereal Bars	Asst. Cereal Bars	Asst. Cereal Bars	Chilled Pineapple	
Juice	Fruit	Fruit	Fruit	Juice	
Milk 1%	Juice	Juice	Juice	Milk 1%	
Chocolate Milk	Milk 1%	Milk 1%	Milk 1%	Chocolate Milk	
Strawberry Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk	Strawberry Milk	
Vanilla Milk	Strawberry Milk	Strawberry Milk	Strawberry Milk	Vanilla Milk	
Vanilla Milk	Vanilla Milk	Vanilla Milk			
Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target	
Cals... 408 91%	Cals... 488 100%	Cals... 484 100%	Cals... 530 100%	Cals... 594 100%	
Sodium. 393 mg	Sodium. 474 mg	Sodium. 657 mg	Sodium. 408 mg	Sodium. 777 mg	
S.Fat 1.3g 2.9%Cal	S.Fat 4.2g 7.8%Cal	S.Fat 2.7g 5.1%Cal	S.Fat 2.3g 4.0%Cal	S.Fat 8.7g 13.2%Cal	

USDA is an equal opportunity provider and employer.

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