

Breakfast NUTRIENT INFORMATION

| Breakfast Week of 5/7, 5/21 | Svg Size | Calories | Total Fat | Sat Fat | Sodium | Protein | Carbs |
|--|-----------------|-----------------|------------------|----------------|---------------|----------------|--------------|
| Monday | | | | | | | |
| Breakfast Pizza | 1 each | 210 | 8 | 2 | 480 | 10 | 27 |
| Cereal, Fruit Cheerios | 1 each | 120 | 5 | 0 | 150 | 2 | 26 |
| Cereal, Reduced Sugar Cocoa Puffs | 1 each | 110 | 1.5 | 0 | 160 | 2 | 25 |
| Cereal, Trix less Sugar | 1 each | 110 | 1.5 | 0 | 140 | 1 | 24 |
| Mini Donuts-Chocolate (grades 7-12) | 1 pkg | 300 | 13 | 8 | 290 | 5 | 39 |
| Mini Donuts- Powdered (grades 7-12) | 1 pkg | 270 | 11 | 3 | 230 | 4 | 41 |
| Yogurt | 4 oz | 80 | 0 | 0 | 65 | 4 | 16 |
| Juice, Orange | 4 oz | 60 | 0 | 0 | 1 | 0 | 13 |
| Juice, Apple | 4 oz | 60 | 0 | 0 | 5 | 0 | 14 |
| Sliced Peaches | 1/2 cup | 48 | 0 | 0 | 4.3 | 0 | 12.5 |
| Milk, 1% plain | 8 oz | 100 | 2.5 | 1.5 | 125 | 8 | 12 |
| Milk, Skim plain | 8 oz | 80 | 0 | 0 | 125 | 8 | 12 |
| Tuesday | | | | | | | |
| Pancake Pups | 3 each | 180 | 9 | 2.5 | 280 | 6 | 15 |
| Syrup | 1 packet | 78 | 0 | 0 | 29 | 0 | 20 |
| Cereal, Fruit Cheerios | 1 each | 120 | 5 | 0 | 150 | 2 | 26 |
| Cereal, Reduced Sugar Cocoa Puffs | 1 each | 110 | 1.5 | 0 | 160 | 2 | 25 |
| Cereal, Trix less Sugar | 1 each | 110 | 1.5 | 0 | 140 | 1 | 24 |
| Goldfish Grahams | 1 pkg | 130 | 4.5 | 1 | 140 | 2 | 21 |

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| Graham Crackers | 1 pkg | 90 | 2.5 | 0 | 95 | 2 | 17 |
| Breakfast Bun (grades 7-12) | 1 each | 230 | 7 | 2 | 340 | 6 | 39 |
| Juice, Orange | 4 oz | 60 | 0 | 0 | 1 | 0 | 13 |
| Juice, Apple | 4 oz | 60 | 0 | 0 | 5 | 0 | 14 |
| Pineapple Tidbits | 1/2 cup | 62 | 0 | 0 | 0 | 0 | 16 |
| Milk, 1% plain | 8 oz | 100 | 2.5 | 1.5 | 125 | 8 | 12 |
| Milk, Skim plain | 8 oz | 80 | 0 | 0 | 125 | 8 | 12 |
| Wednesday | | | | | | | |
| Mini Blueberry Pancakes | 1 pkg | 210 | 6 | 1 | 310 | 4 | 35 |
| Sausage Link | 1each | 60 | 4 | 1 | 80 | 6 | 0 |
| Cereal, Fruit Cheerios | 1 each | 120 | 5 | 0 | 150 | 2 | 26 |
| Cereal, Reduced Sugar Cocoa Puffs | 1 each | 110 | 1.5 | 0 | 160 | 2 | 25 |
| Cereal, Trix less Sugar | 1 each | 110 | 1.5 | 0 | 140 | 1 | 24 |
| Yogurt | 4 oz | 80 | 0 | 0 | 65 | 4 | 16 |
| Mini Donuts-Chocolate (grades 7-12) | 1 pkg | 300 | 13 | 8 | 290 | 5 | 39 |
| Mini Donuts- Powdered (grades 7-12) | 1 pkg | 270 | 11 | 3 | 230 | 4 | 41 |
| Juice, Orange | 4 oz | 60 | 0 | 0 | 1 | 0 | 13 |
| Juice, Apple | 4 oz | 60 | 0 | 0 | 5 | 0 | 14 |
| Mixed Fruit | 1/2 cup | 57 | 0 | 0 | 9.5 | 1 | 13.3 |

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| Milk, 1% plain | 8 oz | 100 | 2.5 | 1.5 | 125 | 8 | 12 |
| Milk, Skim plain | 8 oz | 80 | 0 | 0 | 125 | 8 | 12 |
| Thursday | | | | | | | |
| Dutch Waffle, Whole Grain | 1 each | 300 | 13 | 3 | 359 | 4 | 43 |
| Sausage Link | 1each | 60 | 4 | 1 | 80 | 6 | 0 |
| Cereal, Fruit Cheerios | 1 each | 120 | 5 | 0 | 150 | 2 | 26 |
| Cereal, Reduced Sugar Cocoa Puffs | 1 each | 110 | 1.5 | 0 | 160 | 2 | 25 |
| Cereal, Trix less Sugar | 1 each | 110 | 1.5 | 0 | 140 | 1 | 24 |
| Goldfish Grahams | 1 pkg | 130 | 4.5 | 1 | 140 | 2 | 21 |
| Graham Crackers | 1 pkg | 90 | 2.5 | 0 | 95 | 2 | 17 |
| Breakfast Bun (grades 7-12) | 1 each | 230 | 7 | 2 | 340 | 6 | 39 |
| Juice, Orange | 4 oz | 60 | 0 | 0 | 1 | 0 | 13 |
| Juice, Apple | 4 oz | 60 | 0 | 0 | 5 | 0 | 14 |
| Sliced Peaches | 1/2 cup | 48 | 0 | 0 | 4.3 | 0 | 12.5 |
| Milk, 1% plain | 8 oz | 100 | 2.5 | 1.5 | 125 | 8 | 12 |
| Milk, Skim plain | 8 oz | 80 | 0 | 0 | 125 | 8 | 12 |
| Friday | | | | | | | |
| Chicken Biscuit | 1 each | 300 | 14.5 | 7 | 590 | 11 | 32 |
| Cereal, Fruit Cheerios | 1 each | 120 | 5 | 0 | 150 | 2 | 26 |

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|---|-----------------|-----------------|------------------|----------------|---------------|----------------|--------------|
| Cereal, Reduced Sugar Cocoa Puffs | 1 each | 110 | 1.5 | 0 | 160 | 2 | 25 |
| Cereal, Trix less Sugar | 1 each | 110 | 1.5 | 0 | 140 | 1 | 24 |
| Yogurt | 4 oz | 80 | 0 | 0 | 65 | 4 | 16 |
| Whole Grain Pop Tart (grades 7-12) | 1 each | 185 | 2.5 | 1 | 190 | 2.5 | 37 |
| Juice, Orange | 4 oz | 60 | 0 | 0 | 1 | 0 | 13 |
| Juice, Apple | 4 oz | 60 | 0 | 0 | 5 | 0 | 14 |
| Pineapple Tidbits | 1/2 cup | 62 | 0 | 0 | 0 | 0 | 16 |
| Milk, 1% plain | 8 oz | 100 | 2.5 | 1.5 | 125 | 8 | 12 |
| Milk, Skim plain | 8 oz | 80 | 0 | 0 | 125 | 8 | 12 |