

Breakfast NUTRIENT INFORMATION

Breakfast	Week of 10/1, 10/15, 10/29	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday								
Bean and Cheese Burrito		1 each	214	6.4	2.21	330	9.16	30
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
Trix Yogurt		1 each	100	0.5	0.5	50	3	20
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
Milk, Skim plain		8 oz	80	0	0	125	8	12
Milk, 1% plain		8 oz	100	2.5	1.5	125	8	12
Tuesday								
Breakfast Burger		1 each	214	6.6	2	488	12.5	26
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
Trix Yogurt		1 each	100	0.5	0.5	50	3	20
Mini Donuts-Chocolate (grades 7-12)		1 pkg	300	13	8	290	5	39
Juice, Orange		4 oz	60	0	0	1	0	13
Juice, Apple		4 oz	60	0	0	5	0	14

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Breakfast Week of 10/1, 10/15, 10/29	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, Skim plain	8 oz	80	0	0	125	8	12
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Wednesday							
French Toast Sticks	1 pkg	327	8	2	317	6.3	58
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
Trix Yogurt	1 each	100	0.5	0.5	50	3	20
Banana Bread Square (Grades 7-12)	1 pkg	281	8.5	1.1	201	4.5	46.5
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Milk, Skim plain	8 oz	80	0	0	125	8	12
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Thursday							
Donut Holes	3 each	140	8	3.5	150	2	15
Sausage Patty	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

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Breakfast	Week of 10/1, 10/15, 10/29	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Trix Yogurt		1 each	100	0.5	0.5	50	3	20
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
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
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
Trix Yogurt		1 each	100	0.5	0.5	50	3	20
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
Milk, Skim plain		8 oz	80	0	0	125	8	12
Milk, 1% plain		8 oz	100	2.5	1.5	125	8	12

Breakfast NUTRIENT INFORMATION

Breakfast Week of 10/8, 10/22	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
Trix Yogurt	1 each	100	0.5	0.5	50	3	20
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
Milk, Skim plain	8 oz	80	0	0	125	8	12
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Tuesday							
Apple Cinnamon Toast	1 each	260	6	1	290	8	45
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
Trix Yogurt	1 each	100	0.5	0.5	50	3	20
Mini Donuts-Chocolate (grades 7-12)	1 pkg	300	13	8	290	5	39
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14

Breakfast NUTRIENT INFORMATION

Breakfast Week of 10/8, 10/22	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, Skim plain	8 oz	80	0	0	125	8	12
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Wednesday							
Mini 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
Trix Yogurt	1 each	100	0.5	0.5	50	3	20
Banana Bread Square (Grades 7-12)	1 pkg	281	8.5	1.1	201	4.5	46.5
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Milk, Skim plain	8 oz	80	0	0	125	8	12
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Thursday							
Chicken and Waffle Sticks	1 serving	319	7.5	1.5	361	9.5	53
Syrup Cup	1 each	118	0	0	0	0	30
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
Trix Yogurt	1 each	100	0.5	0.5	50	3	20
Mini Donuts- Powdered (grades 7-12)	1 pkg	270	11	3	230	4	41

Breakfast NUTRIENT INFORMATION

Breakfast Week of 10/8, 10/22	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
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							
Sausage Egg Cheese Muffin	1 serving	266	10.5	3.2	567	17.5	26
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
Trix Yogurt	1 each	100	0.5	0.5	50	3	20
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
Milk, Skim plain	8 oz	80	0	0	125	8	12
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12