

**Breakfast NUTRIENT INFORMATION**

<b>Breakfast Week of 11/5, 11/26</b>	<b>Svg Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Sodium</b>	<b>Protein</b>	<b>Carbs</b>
<b>Monday</b>							
<b>Breakfast Pizza</b>	1 each	210	8	2	480	10	27
<b>Cereal Bar</b>	1 each	150	3	0	100	3	30
<b>Trix Yogurt</b>	1 each	100	0.5	0.5	50	3	20
<b>Whole Grain Pop Tart (grades 7-12)</b>	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
<b>Tuesday</b>							
<b>Apple Cinnamon Toast</b>	1 each	260	6	1	290	8	45
<b>Cereal Bar</b>	1 each	150	3	0	100	3	30
<b>Trix Yogurt</b>	1 each	100	0.5	0.5	50	3	20
<b>Mini Donuts-Chocolate (grades 7-12)</b>	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
Milk, Skim plain	8 oz	80	0	0	125	8	12
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12

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<b>Wednesday</b>							
<b>Mini Pancakes</b>	1 pkg	210	6	1	310	4	35
<b>Sausage Link</b>	1each	60	4	1	80	6	0
<b>Cereal Bar</b>	1 each	150	3	0	100	3	30
<b>Trix Yogurt</b>	1 each	100	0.5	0.5	50	3	20
<b>Banana Bread Square (Grades 7-12)</b>	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
<b>Thursday</b>							
<b>Chicken and Waffle Sticks</b>	1 serving	319	7.5	1.5	361	9.5	53
<b>Syrup Cup</b>	1 each	118	0	0	0	0	30
<b>Cereal Bar</b>	1 each	150	3	0	100	3	30
<b>Trix Yogurt</b>	1 each	100	0.5	0.5	50	3	20
<b>Mini Donuts- Powdered (grades 7-12)</b>	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

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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
<b>Friday</b>							
<b>Sausage Egg Cheese Muffin</b>	1 serving	266	10.5	3.2	567	17.5	26
<b>Cereal Bar</b>	1 each	150	3	0	100	3	30
<b>Trix Yogurt</b>	1 each	100	0.5	0.5	50	3	20
<b>Breakfast Bun (grades 7-12)</b>	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**

<b>Breakfast Week of 11/12</b>	<b>Svg Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Sodium</b>	<b>Protein</b>	<b>Carbs</b>
<b>Monday</b>							
<b>Bean and Cheese Burrito</b>	1 each	214	6.4	2.21	330	9.16	30
<b>Cereal Bar</b>	1 each	150	3	0	100	3	30
<b>Trix Yogurt</b>	1 each	100	0.5	0.5	50	3	20
<b>Whole Grain Pop Tart (grades 7-12)</b>	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
<b>Tuesday</b>							
<b>Breakfast Burger</b>	1 each	214	6.6	2	488	12.5	26
<b>Cereal Bar</b>	1 each	150	3	0	100	3	30
<b>Trix Yogurt</b>	1 each	100	0.5	0.5	50	3	20
<b>Mini Donuts-Chocolate (grades 7-12)</b>	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
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**

<b>Breakfast Week of 11/12</b>	<b>Svg Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Sodium</b>	<b>Protein</b>	<b>Carbs</b>
<b>Wednesday</b>							
<b>French Toast Sticks</b>	1 pkg	327	8	2	317	6.3	58
<b>Cereal Bar</b>	1 each	150	3	0	100	3	30
<b>Trix Yogurt</b>	1 each	100	0.5	0.5	50	3	20
<b>Banana Bread Square (Grades 7-12)</b>	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
<b>Thursday</b>							
<b>Donut Holes</b>	3 each	140	8	3.5	150	2	15
<b>Sausage Patty</b>	1each	60	4	1	80	6	0
<b>Cereal Bar</b>	1 each	150	3	0	100	3	30
<b>Trix Yogurt</b>	1 each	100	0.5	0.5	50	3	20
<b>Mini Donuts- Powdered (grades 7-12)</b>	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

**Breakfast NUTRIENT INFORMATION**

<b>Breakfast Week of 11/12</b>	<b>Svg Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Sodium</b>	<b>Protein</b>	<b>Carbs</b>
Milk, Skim plain	8 oz	80	0	0	125	8	12
<b>Friday</b>							
<b>Chicken Biscuit</b>	1 each	300	14.5	7	590	11	32
<b>Cereal Bar</b>	1 each	150	3	0	100	3	30
<b>Trix Yogurt</b>	1 each	100	0.5	0.5	50	3	20
<b>Breakfast Bun (grades 7-12)</b>	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