Breakfast NUTRIENT INFORMATION

Breakfast Week of 1/7, 1/21	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday- Holiday							
Pancake on a Stick w/ Syrup	1 each	318	10	2.5	310	7	47
Cereal Bar	1 each	150	3	0	100	3	30
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							
Strawberry Pancake Bowl	1 each	220	5	2.5	340	5	39
Cereal Bar	1 each	150	3	0	100	3	30
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
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 1/7, 1/21	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Wednesday							
French Toast Sticks	1 pkg	327	8	2	317	6.3	58
Cereal Bar	1 each	150	3	0	100	3	30
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 Bar	1 each	150	3	0	100	3	30
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

Breakfast NUTRIENT INFORMATION

Breakfast Week of 1/7, 1/21	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, Skim plain	8 oz	80	0	0	125	8	12
Friday							
Chicken Biscuit	1 each	300	14.5	7	590	11	32
Cereal Bar	1 each	150	3	0	100	3	30
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 1/14, 1/28	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Breakfast Pizza	1 each	210	8	2	480	10	27
Cereal Bar	1 each	150	3	0	100	3	30
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							
Sunrise Stick- Beef and Cheese	1 each	169	7	4	300	9	17
Cereal Bar	1 each	150	3	0	100	3	30
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
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 1/14, 1/28	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Wednesday							
Mini Pancakes	1 pkg	210	6	1	310	4	35
Sausage Link	1each	60	4	1	80	6	0
Cereal Bar	1 each	150	3	0	100	3	30
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 Bar	1 each	150	3	0	100	3	30
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

Breakfast NUTRIENT INFORMATION

Breakfast Week of 1/14, 1/28	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
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 Bar	1 each	150	3	0	100	3	30
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