

**Breakfast NUTRIENT INFORMATION**

<b>Breakfast Week of 9/3, 9/16, 9/30</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 Taquito</b>	1 each	140	6	1.5	400	8	15
<b>Cereal- Cinnamon Toast Crunch</b>	1 bowl	230	5	1	320	3	44
<b>Cereal- Cinnamon Chex</b>	1 bowl	230	5	1	340	3	45
<b>Cereal- Cocoa Puffs</b>	1 bowl	210	3	0	220	3	47
<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>Chicken Patty</b>	1 each	96	4	1	207	8	7
<b>Waffle Sticks with Syrup</b>	2 each	239	3.5	0.5	166	2.5	50
<b>Cereal- Cinnamon Toast Crunch</b>	1 bowl	230	5	1	320	3	44
<b>Cereal- Cinnamon Chex</b>	1 bowl	230	5	1	340	3	45
<b>Cereal- Cocoa Puffs</b>	1 bowl	210	3	0	220	3	47
<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

**Breakfast NUTRIENT INFORMATION**

<b>Breakfast Week of 9/3, 9/16, 9/30</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>
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>Wednesday</b>							
<b>French Toast Sticks with syrup</b>	3 each	328	9	2	289	8	57
<b>Cereal- Cinnamon Toast Crunch</b>	1 bowl	230	5	1	320	3	44
<b>Cereal- Cinnamon Chex</b>	1 bowl	230	5	1	340	3	45
<b>Cereal- Cocoa Puffs</b>	1 bowl	210	3	0	220	3	47
<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>Banana Bread Square</b>	1 pkg	281	8.5	1.1	201	4.5	46.5
<b>Cereal- Cinnamon Toast Crunch</b>	1 bowl	230	5	1	320	3	44
<b>Cereal- Cinnamon Chex</b>	1 bowl	230	5	1	340	3	45
<b>Cereal- Cocoa Puffs</b>	1 bowl	210	3	0	220	3	47
<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

**Breakfast NUTRIENT INFORMATION**

<b>Breakfast Week of 9/3, 9/16, 9/30</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>
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
<b>Friday</b>							
<b>Chicken Biscuit</b>	1 each	306	14	7	577	12	33
<b>Cereal- Cinnamon Toast Crunch</b>	1 bowl	230	5	1	320	3	44
<b>Cereal- Cinnamon Chex</b>	1 bowl	230	5	1	340	3	45
<b>Cereal- Cocoa Puffs</b>	1 bowl	210	3	0	220	3	47
<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 9/9, 9/23</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- Cinnamon Toast Crunch</b>	1 bowl	230	5	1	320	3	44
<b>Cereal- Cinnamon Chex</b>	1 bowl	230	5	1	340	3	45
<b>Cereal- Cocoa Puffs</b>	1 bowl	210	3	0	220	3	47
<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>Dutch Waffle with Syrup</b>	1 each	419	13	3	350	4	74
<b>Turkey Sausage Patty</b>	1 each	60	4	1	90	6	0
<b>Cereal- Cinnamon Toast Crunch</b>	1 bowl	230	5	1	320	3	44
<b>Cereal- Cinnamon Chex</b>	1 bowl	230	5	1	340	3	45
<b>Cereal- Cocoa Puffs</b>	1 bowl	210	3	0	220	3	47
<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

**Breakfast NUTRIENT INFORMATION**

<b>Breakfast Week of 9/9, 9/23</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>
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>Wednesday</b>							
<b>Mini Pancakes</b>	1 pkg	210	6	1	310	4	35
<b>Turkey Sausage Patty</b>	1each	60	4	1	90	6	0
<b>Cereal- Cinnamon Toast Crunch</b>	1 bowl	230	5	1	320	3	44
<b>Cereal- Cinnamon Chex</b>	1 bowl	230	5	1	340	3	45
<b>Cereal- Cocoa Puffs</b>	1 bowl	210	3	0	220	3	47
<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 Sticks</b>	3 each	134	7	2	260	11	6.5
<b>Biscuit Stick with Gravy</b>	1 each	110	5	3	370	2	13
<b>Gravy</b>	1 ounce	17	0	0	190	0	4
<b>Cereal- Cinnamon Toast Crunch</b>	1 bowl	230	5	1	320	3	44
<b>Cereal- Cinnamon Chex</b>	1 bowl	230	5	1	340	3	45
<b>Cereal- Cocoa Puffs</b>	1 bowl	210	3	0	220	3	47

**Breakfast NUTRIENT INFORMATION**

<b>Breakfast Week of 9/9, 9/23</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>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
Milk, Skim plain	8 oz	80	0	0	125	8	12
<b>Friday</b>							
<b>Cinnamon Toast Crunch Square</b>	1 serving	250	8	3	280	6	40
<b>Turkey Sausage Patty</b>	1 each	60	4	1	90	6	0
<b>Cereal- Cinnamon Toast Crunch</b>	1 bowl	230	5	1	320	3	44
<b>Cereal- Cinnamon Chex</b>	1 bowl	230	5	1	340	3	45
<b>Cereal- Cocoa Puffs</b>	1 bowl	210	3	0	220	3	47
<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