

BREAKFAST K-12

2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
<p>3</p> <p>Breakfast Sliders Mandarin Fruit Cup Assorted Fruit Juices Chocolate Milk Fat Free Milk Assorted Jellies Assorted Cold Cereals Chocolate Toaster Pastry Strawberry Toaster Pastry</p> <p>View Nutrients</p>	<p>4</p> <p>Sausage & Pancake on a Stick Chilled Peach Slices Assorted Fruit Juices Pancake Syrup Chocolate Milk Fat Free Milk Assorted Cold Cereals Chocolate Toaster Pastry Strawberry Toaster Pastry</p> <p>View Nutrients</p>	<p>5</p> <p>Scrambled Eggs Breakfast Chicken Patty Crispy Toast Assorted Jellies Assorted Fruit Juices Pineapple Tidbits Chocolate Milk Fat Free Milk Assorted Cold Cereals Chocolate Toaster Pastry Strawberry Toaster Pastry</p> <p>View Nutrients</p>	<p>6</p> <p>Mini Pancakes in a Bag Pineapple Tidbits Assorted Fruit Juices Chocolate Milk Fat Free Milk Pancake Syrup Assorted Cold Cereals Assorted Muffin Loaves</p> <p>View Nutrients</p>	<p>7</p> <p>Southern Biscuit Breakfast Chicken Patty Sausage Patty Assorted Jellies Chilled Peach Slices Assorted Fruit Juices Chocolate Milk Fat Free Milk Assorted Cold Cereals Assorted Muffin Loaves</p> <p>View Nutrients</p>	<p>Calories 454 Cholesterol 26 mg Sodium 533 mg Dietary Fiber 3.50 g Iron 5.04 mg Calcium 371.25 mg Vitamin A 1116 IU Vitamin C 41.05 mg Sugars 41.09 g 36.2% Protein 13.30 g 11.7% Carbohydrate 86.94 g 76.5% Total Fat 7.04 g 14.0% Saturated Fat 1.86 g 3.7%</p>
<p>10</p> <p>Cheese Omelet Ham Slice Croissant Assorted Jellies Applesauce Assorted Cold Cereals Choice of Strawberry & Raspberry Yogurts Assorted Fruit Juices Chocolate Milk Fat Free Milk</p> <p>View Nutrients</p>	<p>11</p> <p>Breakfast Sausage Pizza Assorted Breakfast Bread Fruit Cocktail Assorted Cold Cereals Choice of Strawberry & Raspberry Yogurts Assorted Fruit Juices Fat Free Milk Chocolate Milk</p> <p>View Nutrients</p>	<p>12</p> <p>Breakfast Burrito Mini Cinnis Chilled Peach Slices Assorted Cold Cereals Chocolate Toaster Pastry Strawberry Toaster Pastry Assorted Fruit Juices Chocolate Milk Fat Free Milk</p> <p>View Nutrients</p>	<p>13</p> <p>French Toast Sticks Bacon Strips Breakfast Chicken Patty Pineapple Tidbits Pancake Syrup Assorted Cold Cereals Chocolate Toaster Pastry Strawberry Toaster Pastry Assorted Fruit Juices Fat Free Milk Chocolate Milk</p> <p>View Nutrients</p>	<p>14</p> <p>Whole Grain Biscuit Breakfast Chicken Patty Sausage Patty Chilled Peach Slices Assorted Jellies Assorted Cold Cereals Assorted Fruit Juices Chocolate Milk Fat Free Milk</p> <p>View Nutrients</p>	<p>Calories 437 Cholesterol 32 mg Sodium 529 mg Dietary Fiber 3.48 g Iron 4.61 mg Calcium 361.95 mg Vitamin A 1063 IU Vitamin C 40.29 mg Sugars 36.09 g 33.0% Protein 14.07 g 12.9% Carbohydrate 80.46 g 73.7% Total Fat 7.52 g 15.5% Saturated Fat 2.24 g 4.6%</p>
<p>17</p> <p>Breakfast Sausage Pizza Choice of Strawberry & Blueberry Yogurts Choice of Strawberry & Raspberry Yogurts Assorted Cold Cereals Chocolate Toaster Pastry Strawberry Toaster Pastry Pineapple Tidbits Assorted Fruit Juices Chocolate Milk Fat Free Milk NO SCHOOL</p> <p>View Nutrients</p>	<p>18</p> <p>Waffles in a Bag Sausage Patty Breakfast Chicken Patty Assorted Cold Cereals Assorted Muffin Loaves Fruit Cocktail Assorted Fruit Juices Chocolate Milk Fat Free Milk Pancake Syrup</p> <p>View Nutrients</p>	<p>19</p> <p>Sausage & Pancake on a Stick Assorted Cold Cereals Assorted Breakfast Bread Chilled Peach Slices Assorted Fruit Juices Pancake Syrup Chocolate Milk Fat Free Milk Choice of Strawberry & Raspberry Yogurts</p> <p>View Nutrients</p>	<p>20</p> <p>Bacon, Egg, and Cheese Biscuit Chilled Peach Slices Assorted Fruit Juices Chocolate Milk Fat Free Milk Assorted Cold Cereals Strawberry Toaster Pastry Assorted Jellies</p> <p>View Nutrients</p>		