

US Foods K-8 Breakfast

| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
|--|--|--|---|---|---|
| | | Aug - 14 Glazed Donut WG Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Aug - 15 Oatmeal Whole Grain Cereal Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Aug - 16 WG Biscuit Biscuit Gravy LS Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Avg Nutrients Target Cals... 497 100% Sodium. 483 mg S.Fat 4.1g 7.4%Cal |
| Aug - 19 Turkey Pancake Wrap Pancake Syrup Pouch Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Aug - 20 Mini Bagel Strawberry Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Aug - 21 Whole Grain Cereal Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Aug - 22 Blueberry Waffles Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Aug - 23 Mini French Toast Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Avg Nutrients Target Cals... 494 100% Sodium. 446 mg S.Fat 1.4g 2.5%Cal |
| Aug - 26 WG Biscuit Turkey Sausage Patty Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Aug - 27 Whole Grain Cereal Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Aug - 28 Mini Cinnis Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Aug - 29 Breakfast Burrito Salsa Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Aug - 30 Cinn Toast Crunch Bar Strawberry Yogurt Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Avg Nutrients Target Cals... 497 100% Sodium. 529 mg S.Fat 2.2g 3.9%Cal |
| Sep - 2 NO SCHOOL TODAY | Sep - 3 Double Chocolate Muffin Strawberry-Banana Yogu Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Sep - 4 Breakfast Pizza Sausage Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Sep - 5 Mini Maple Pancakes Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Sep - 6 Scrambled Eggs Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Avg Nutrients Target Cals... 485 100% Sodium. 402 mg S.Fat 1.4g 2.6%Cal |
| Sep - 9 WG Cinnamon Pop Tart Strawberry Yogurt Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Sep - 10 Whole Grain Cereal Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Sep - 11 Glazed Donut WG Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Sep - 12 Oatmeal Whole Grain Cereal Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Sep - 13 WG Biscuit Biscuit Gravy LS Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Avg Nutrients Target Cals... 500 100% Sodium. 470 mg S.Fat 2.7g 4.8%Cal |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.
 *- denotes combined nutrient totals with either missing or incomplete nutrient data.

The Success R-VI School District is an equal opportunity employer

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
|--|--|--|---|---|--|
| Sep - 16 NO SCHOOL TODAY | Sep - 17 Mini Bagel Strawberry Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Sep - 18 Whole Grain Cereal Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Sep - 19 Blueberry Waffles Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Sep - 20 Mini French Toast Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Avg Nutrients Target Cals... 482 100% Sodium. 433 mg S.Fat 1.2g 2.2%Cal |
| Sep - 23 WG Biscuit Turkey Sausage Patty Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Sep - 24 Whole Grain Cereal Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Sep - 25 Mini Cinnis Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Sep - 26 Breakfast Burrito Salsa Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Sep - 27 Cinn Toast Crunch Bar Strawberry Yogurt Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Avg Nutrients Target Cals... 497 100% Sodium. 529 mg S.Fat 2.2g 3.9%Cal |
| Sep - 30 Whole Grain Cereal Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Oct - 1 Double Chocolate Muffin Strawberry-Banana Yogu Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Oct - 2 Breakfast Pizza Sausage Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Oct - 3 Mini Maple Pancakes Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Oct - 4 Scrambled Eggs Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Avg Nutrients Target Cals... 485 100% Sodium. 418 mg S.Fat 1.2g 2.1%Cal |
| Oct - 7 WG Cinnamon Pop Tart Strawberry Yogurt Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Oct - 8 Whole Grain Cereal Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Oct - 9 Glazed Donut WG Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Oct - 10 Oatmeal Whole Grain Cereal Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Oct - 11 WG Biscuit Biscuit Gravy LS Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Avg Nutrients Target Cals... 500 100% Sodium. 470 mg S.Fat 2.7g 4.8%Cal |
| Oct - 14 Turkey Pancake Wrap Pancake Syrup Pouch Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Oct - 15 Mini Bagel Strawberry Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Oct - 16 Whole Grain Cereal Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Oct - 17 Blueberry Waffles Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Oct - 18 NO SCHOOL TODAY | Avg Nutrients Target Cals... 497 100% Sodium. 420 mg S.Fat 1.5g 2.7%Cal |

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| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
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| Oct - 21 NO SCHOOL TODAY | Oct - 22 Whole Grain Cereal Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Oct - 23 Mini Cinnis Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Oct - 24 Breakfast Burrito Salsa Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Oct - 25 Cinn Toast Crunch Bar Strawberry Yogurt Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Avg Nutrients Target Cals... 492 100% Sodium. 480 mg S.Fat 1.3g 2.4%Cal |
| Oct - 28 Whole Grain Cereal Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Oct - 29 Double Chocolate Muffin Strawberry-Banana Yogu Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Oct - 30 Breakfast Pizza Sausage Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | Oct - 31 Mini Maple Pancakes Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk | | Avg Nutrients Target Cals... 490 100% Sodium. 414 mg S.Fat 1.0g 1.9%Cal |

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