

# US Foods

## K-8 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Aug - 23 WG Cinnamon Pop Tart Strawberry Yogurt Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Aug - 24 Whole Grain Cereal Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Aug - 25 Glazed Donut WG Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Aug - 26 Oatmeal Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Aug - 27 WG Biscuit Biscuit Gravy LS Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Avg Nutrients    Target Cals...            499        100% Sodium.           456 mg S.Fat    2.7g    4.9%Cal
Aug - 30 Turkey Pancake Wrap Pancake Syrup Pouch Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Aug - 31 Mini Bagel Strawberry Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Sep - 1 Whole Grain Cereal Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Sep - 2 Blueberry Waffles Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Sep - 3 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
Sep - 6 NO SCHOOL TODAY	Sep - 7 Whole Grain Cereal Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Sep - 8 Mini Cinnis Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Sep - 9 Breakfast Burrito Salsa Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Sep - 10 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
Sep - 13 Whole Grain Cereal Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Sep - 14 Double Chocolate Muffin Strawberry-Banana Yogu Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Sep - 15 Breakfast Pizza Sausage Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Sep - 16 Mini Maple Pancakes Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Sep - 17 Scrambled Eggs Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Avg Nutrients    Target Cals...            485        100% Sodium.           472 mg S.Fat    1.2g    2.1%Cal
Sep - 20 WG Cinnamon Pop Tart Strawberry Yogurt Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Sep - 21 Whole Grain Cereal Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Sep - 22 Glazed Donut WG Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Sep - 23 Oatmeal Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Sep - 24 WG Biscuit Biscuit Gravy LS Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Avg Nutrients    Target Cals...            499        100% Sodium.           456 mg S.Fat    2.7g    4.9%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.*

**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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Sep - 27 Turkey Pancake Wrap Pancake Syrup Pouch Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Sep - 28 Mini Bagel Strawberry Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Sep - 29 Whole Grain Cereal Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Sep - 30 Blueberry Waffles Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Oct - 1 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
Oct - 4 WG Biscuit Turkey Sausage Patty Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Oct - 5 Whole Grain Cereal Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Oct - 6 Mini Cinnis Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Oct - 7 Breakfast Burrito Salsa Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Oct - 8 Cinn Toast Crunch Bar Strawberry Yogurt Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Avg Nutrients Target Cals... 499 100% Sodium. 529 mg S.Fat 2.2g 3.9%Cal
Oct - 11 Whole Grain Cereal Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Oct - 12 Double Chocolate Muffin Strawberry-Banana Yogu Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Oct - 13 Breakfast Pizza Sausage Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Oct - 14 Mini Maple Pancakes Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Oct - 15 Scrambled Eggs Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Avg Nutrients Target Cals... 485 100% Sodium. 472 mg S.Fat 1.2g 2.1%Cal
Oct - 18 WG Cinnamon Pop Tart Strawberry Yogurt Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Oct - 19 Whole Grain Cereal Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Oct - 20 Glazed Donut WG Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Oct - 21 Oatmeal Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Oct - 22 WG Biscuit Biscuit Gravy LS Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Avg Nutrients Target Cals... 499 100% Sodium. 456 mg S.Fat 2.7g 4.9%Cal
Oct - 25 Turkey Pancake Wrap Pancake Syrup Pouch Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Oct - 26 Mini Bagel Strawberry Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Oct - 27 Whole Grain Cereal Toast Whole Grain Grape Jelly Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Oct - 28 Blueberry Waffles Fresh Fruit Choice Assorted Juice 4 oz Assorted Milk	Oct - 29 NO SCHOOL TODAY	Avg Nutrients Target Cals... 497 100% Sodium. 420 mg S.Fat 1.5g 2.7%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.*

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