

US Foods

K-12 Breakfast

Jan 16, 2019

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 4 Glazed Donut WG Cereal w/Toast Fruit or Juice Assorted Milk	Feb - 5 Mini Eggo Waffles Cereal w/Toast Fruit or Juice Assorted Milk	Feb - 6 Breakfast Burrito WG Cereal w/Toast Fruit or Juice Assorted Milk	Feb - 7 Oatmeal Cereal w/Toast Fruit or Juice Assorted Milk	Feb - 1 Biscuits & Gravy Cereal w/Toast Fruit or Juice Assorted Milk	Avg Nutrients Target Cals... 466 100% Sodium. 581 mg S.Fat 4.2g 8.1%Cal
Feb - 11 Yogurt w/Toast Cereal w/Toast Fruit or Juice Assorted Milk	Feb - 12 Glazed Cinnamon Roll Cereal w/Toast Fruit or Juice Assorted Milk	Feb - 13 Turkey Pancake Wrap Cereal w/Toast Fruit or Juice Assorted Milk	Feb - 14 Biscuits & Gravy Cereal w/Toast Fruit or Juice Assorted Milk	Feb - 8 Biscuits & Gravy Cereal w/Toast Fruit or Juice Assorted Milk	Avg Nutrients Target Cals... 465 100% Sodium. 480 mg S.Fat 3.7g 7.1%Cal
Feb - 18 NO SCHOOL TODAY	Feb - 19 Waffles Pancake Syrup Cup Cereal w/Toast Fruit or Juice Assorted Milk	Feb - 20 Muffin Choice Cereal w/Toast Fruit or Juice Assorted Milk	Feb - 21 Mini Donuts Cereal w/Toast Fruit or Juice Assorted Milk	Feb - 15 NO SCHOOL TODAY	Avg Nutrients Target Cals... 453 100% Sodium. 485 mg S.Fat 1.7g 3.4%Cal
Feb - 25 Mini Maple Pancakes Cereal w/Toast Fruit or Juice Assorted Milk	Feb - 26 Breakfast Pizza Sausage Cereal w/Toast Fruit or Juice Assorted Milk	Feb - 27 French Toast Sticks Pancake Syrup Cup Cereal w/Toast Fruit or Juice Assorted Milk	Feb - 28 Cereal Bar & Yogurt Cereal w/Toast Fruit or Juice Assorted Milk	Feb - 22 Biscuits & Gravy Cereal w/Toast Fruit or Juice Assorted Milk	Avg Nutrients Target Cals... 476 100% Sodium. 472 mg S.Fat 3.1g 5.8%Cal
Mar - 4 Glazed Donut WG Cereal w/Toast Fruit or Juice Assorted Milk	Mar - 5 Mini Eggo Waffles Cereal w/Toast Fruit or Juice Assorted Milk	Mar - 6 Breakfast Burrito WG Cereal w/Toast Fruit or Juice Assorted Milk	Mar - 7 Oatmeal Cereal w/Toast Fruit or Juice Assorted Milk	Mar - 1 Biscuits & Gravy Cereal w/Toast Fruit or Juice Assorted Milk	Avg Nutrients Target Cals... 467 100% Sodium. 455 mg S.Fat 1.5g 2.9%Cal
				Mar - 8 Biscuits & Gravy Cereal w/Toast Fruit or Juice Assorted Milk	Avg Nutrients Target Cals... 465 100% Sodium. 480 mg S.Fat 3.7g 7.1%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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Mar - 11 Yogurt w/Toast Cereal w/Toast Fruit or Juice Assorted Milk	Mar - 12 Glazed Cinnamon Roll Cereal w/Toast Fruit or Juice Assorted Milk	Mar - 13 Biscuits & Gravy Cereal w/Toast Fruit or Juice Assorted Milk	Mar - 14 NO SCHOOL TODAY	Mar - 15 NO SCHOOL TODAY	Avg Nutrients Target Cals... 458 100% Sodium. 484 mg S.Fat 1.7g 3.3%Cal
Mar - 18 NO SCHOOL TODAY	Mar - 19 Waffles Pancake Syrup Cup Cereal w/Toast Fruit or Juice Assorted Milk	Mar - 20 Muffin Choice Cereal w/Toast Fruit or Juice Assorted Milk	Mar - 21 Mini Donuts Cereal w/Toast Fruit or Juice Assorted Milk	Mar - 22 Biscuits & Gravy Cereal w/Toast Fruit or Juice Assorted Milk	Avg Nutrients Target Cals... 476 100% Sodium. 472 mg S.Fat 3.1g 5.8%Cal
Mar - 25 Mini Maple Pancakes Cereal w/Toast Fruit or Juice Assorted Milk	Mar - 26 Breakfast Pizza Sausage Cereal w/Toast Fruit or Juice Assorted Milk	Mar - 27 French Toast Sticks Pancake Syrup Cup Cereal w/Toast Fruit or Juice Assorted Milk	Mar - 28 Cereal Bar & Yogurt Cereal w/Toast Fruit or Juice Assorted Milk	Mar - 29 Biscuits & Gravy Cereal w/Toast Fruit or Juice Assorted Milk	Avg Nutrients Target Cals... 467 100% Sodium. 455 mg S.Fat 1.5g 2.9%Cal
Apr - 1 Glazed Donut WG Cereal w/Toast Fruit or Juice Assorted Milk	Apr - 2 Mini Eggo Waffles Cereal w/Toast Fruit or Juice Assorted Milk	Apr - 3 Breakfast Burrito WG Cereal w/Toast Fruit or Juice Assorted Milk	Apr - 4 Oatmeal Cereal w/Toast Fruit or Juice Assorted Milk	Apr - 5 Biscuits & Gravy Cereal w/Toast Fruit or Juice Assorted Milk	Avg Nutrients Target Cals... 465 100% Sodium. 480 mg S.Fat 3.7g 7.1%Cal
Apr - 8 Egg & Cheese Biscuit Cereal w/Toast Fruit or Juice Assorted Milk	Apr - 9 Glazed Cinnamon Roll Cereal w/Toast Fruit or Juice Assorted Milk	Apr - 10 Turkey Pancake Wrap Cereal w/Toast Fruit or Juice Assorted Milk	Apr - 11 Yogurt w/Toast Cereal w/Toast Fruit or Juice Assorted Milk	Apr - 12 Biscuits & Gravy Cereal w/Toast Fruit or Juice Assorted Milk	Avg Nutrients Target Cals... 463 100% Sodium. 519 mg S.Fat 2.4g 4.7%Cal
Apr - 15 Waffles Pancake Syrup Cup Cereal w/Toast Fruit or Juice Assorted Milk	Apr - 16 Muffin Choice Cereal w/Toast Fruit or Juice Assorted Milk	Apr - 17 Mini Donuts Cereal w/Toast Fruit or Juice Assorted Milk	Apr - 18 Biscuits & Gravy Cereal w/Toast Fruit or Juice Assorted Milk	Apr - 19 NO SCHOOL TODAY	Avg Nutrients Target Cals... 476 100% Sodium. 472 mg S.Fat 3.1g 5.8%Cal

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Apr - 22 NO SCHOOL TODAY	Apr - 23 Breakfast Pizza Sausage Cereal w/Toast Fruit or Juice Assorted Milk	Apr - 24 French Toast Sticks Pancake Syrup Cup Cereal w/Toast Fruit or Juice Assorted Milk	Apr - 25 Cereal Bar & Yogurt Cereal w/Toast Fruit or Juice Assorted Milk	Apr - 26 Biscuits & Gravy Cereal w/Toast Fruit or Juice Assorted Milk	Avg Nutrients Target Cals... 470 100% Sodium. 484 mg S.Fat 1.8g 3.4%CaL
Apr - 29 Glazed Donut WG Cereal w/Toast Fruit or Juice Assorted Milk	Apr - 30 Mini Eggo Waffles Cereal w/Toast Fruit or Juice Assorted Milk				Avg Nutrients Target Cals... 480 100% Sodium. 465 mg S.Fat 3.5g 6.5%CaL

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May - 6 Egg & Cheese Biscuit Cereal w/Toast Fruit or Juice Assorted Milk	May - 7 Glazed Cinnamon Roll Cereal w/Toast Fruit or Juice Assorted Milk	May - 8 Turkey Pancake Wrap Cereal w/Toast Fruit or Juice Assorted Milk	May - 9 Yogurt w/Toast Cereal w/Toast Fruit or Juice Assorted Milk	May - 10 Biscuits & Gravy Cereal w/Toast Fruit or Juice Assorted Milk	Avg Nutrients Target Cals... 455 100% Sodium. 491 mg S.Fat 3.8g 7.5%Ca1
May - 13 Grilled Egg & Toast Cereal w/Toast Fruit or Juice Assorted Milk	May - 14 Waffles Pancake Syrup Cup Cereal w/Toast Fruit or Juice Assorted Milk	May - 15 Muffin Choice Cereal w/Toast Fruit or Juice Assorted Milk	May - 16 Mini Donuts Cereal w/Toast Fruit or Juice Assorted Milk	May - 17 Biscuits & Gravy Cereal w/Toast Fruit or Juice Assorted Milk	Avg Nutrients Target Cals... 463 100% Sodium. 519 mg S.Fat 2.4g 4.7%Ca1
					Avg Nutrients Target Cals... 470 mg Sodium. 470 mg S.Fat 2.6g 5.1%Ca1

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