

US Foods K-12 Breakfast

Oct 18, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			Nov - 1 Cereal Bar & Yogurt Cereal w/Toast Fruit or Juice Assorted Milk	Nov - 2 Biscuits & Gravy Cereal w/Toast Fruit or Juice Assorted Milk	Avg Nutrients Target Cals... 466 100% Sodium. 477 mg S.Fat 2.3g 4.5%Cal
Nov - 5 Glazed Donut WG Cereal w/Toast Fruit or Juice Assorted Milk	Nov - 6 Mini Eggo Waffles Cereal w/Toast Fruit or Juice Assorted Milk	Nov - 7 Breakfast Burrito WG Cereal w/Toast Fruit or Juice Assorted Milk	Nov - 8 Oatmeal Cereal w/Toast Fruit or Juice Assorted Milk	Nov - 9 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
Nov - 12 NO SCHOOL TODAY	Nov - 13 NO SCHOOL TODAY	Nov - 14 Glazed Cinnamon Roll Cereal w/Toast Fruit or Juice Assorted Milk	Nov - 15 Yogurt w/Toast Cereal w/Toast Fruit or Juice Assorted Milk	Nov - 16 Biscuits & Gravy Cereal w/Toast Fruit or Juice Assorted Milk	Avg Nutrients Target Cals... 458 100% Sodium. 484 mg S.Fat 1.7g 3.3%Cal
Nov - 19 Grilled Egg & Toast Cereal w/Toast Fruit or Juice Assorted Milk	Nov - 20 Mini Donuts Cereal w/Toast Fruit or Juice Assorted Milk	Nov - 21 NO SCHOOL TODAY	Nov - 22 NO SCHOOL TODAY	Nov - 23 NO SCHOOL TODAY	Avg Nutrients Target Cals... 470 100% Sodium. 453 mg S.Fat 3.5g 6.6%Cal
Nov - 26 Mini Maple Pancakes Cereal w/Toast Fruit or Juice Assorted Milk	Nov - 27 Breakfast Pizza Sausage Cereal w/Toast Fruit or Juice Assorted Milk	Nov - 28 French Toast Sticks Pancake Syrup Cup Cereal w/Toast Fruit or Juice Assorted Milk	Nov - 29 Cereal Bar & Yogurt Cereal w/Toast Fruit or Juice Assorted Milk	Nov - 30 Biscuits & Gravy Cereal w/Toast Fruit or Juice Assorted Milk	Avg Nutrients Target Cals... 467 100% Sodium. 476 mg S.Fat 1.5g 2.9%Cal
Dec - 3 Glazed Donut WG Cereal w/Toast Fruit or Juice Assorted Milk	Dec - 4 Mini Eggo Waffles Cereal w/Toast Fruit or Juice Assorted Milk	Dec - 5 Breakfast Burrito WG Cereal w/Toast Fruit or Juice Assorted Milk	Dec - 6 Oatmeal Cereal w/Toast Fruit or Juice Assorted Milk	Dec - 7 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.
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Monday
Jan - 28
Mini Maple Pancakes
Cereal w/Toast
Fruit or Juice
Assorted Milk

Tuesday
Jan - 29
Breakfast Pizza Sausage
Cereal w/Toast
Fruit or Juice
Assorted Milk

Wednesday
Jan - 30
French Toast Sticks
Pancake Syrup Cup
Cereal w/Toast
Fruit or Juice
Assorted Milk

Thursday
Jan - 31
Cereal Bar & Yogurt
Cereal w/Toast
Fruit or Juice
Assorted Milk

Friday

Nutrients		
Avg Nutrients	Target	
Cals...	467	100%
Sodium.	450 mg	
S.Fat	0.8g	1.6%Cal

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