

**MCISD Child Nutrition Program**  
HHFKA - 9-12

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			Feb - 1  Tky Bacon/ Cheese Omel Cheesy Pig in Blanket,PK Cereal, assorted,K-12 Assorted Breakfast Treat Marranito,K-12 Apple, Fresh, PK-12 BANANAS,K-12 Fruit Punch Juice Apple Juice Orange Juice,K-12 Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF Salsa	Feb - 2  Sausage and Egg Taco Tamales-2 Each Breakfas Cereal, assorted,K-12 Assorted Breakfast Treat Marranito,K-12 Apple, Fresh, PK-12 BANANAS,K-12 Fruit Punch Juice Apple Juice Orange Juice,K-12 Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF Salsa	Avg Nutrients    Target Cals...            518    100% Chol...            239 mg Sodium.           699 mg Vit A            1136 IU Vit C            79.0 mg T.Fat    18.6g    32.2%Cal S.Fat    6.4g    11.0%Cal
			Nutrients            Target Cals...            471    100% Chol...            277 mg Sodium.           643 mg Vit A            1191 IU Vit C            55.9 mg T.Fat    17.0g    32.4%Cal S.Fat    6.1g    11.7%Cal	Nutrients            Target Cals...            566    100% Chol...            202 mg Sodium.           755 mg Vit A            1080 IU Vit C            102.1 mg T.Fat    20.2g    32.1%Cal S.Fat    6.6g    10.5%Cal	

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 5 Chocolate Chip Muffin Breakfast Burrito,K-12 Cereal, assorted,K-12 Assorted Breakfast Treat Marranito,K-12 Apple, Fresh, PK-12 BANANAS,K-12 Fruit Punch Juice Apple Juice Orange Juice,K-12 Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF Salsa	Feb - 6 Cheese Omelet/Sausage/ Cheesy Pig in Blanket,PK Cereal, assorted,K-12 Assorted Breakfast Treat Marranito,K-12 Apple, Fresh, PK-12 BANANAS,K-12 Fruit Punch Juice Apple Juice Orange Juice,K-12 Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF Salsa	Feb - 7 Bacon/Egg/Cheese/WG Breakfast on a Stick Peanutbutter WW Apple, Fresh, PK-12 BANANAS,K-12 Fruit Punch Juice Apple Juice Orange Juice,K-12 Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF Salsa	Feb - 8 Tky Bacon/ Cheese Omel Pig in a Blanket Cereal, assorted,K-12 Assorted Breakfast Treat Marranito,K-12 Apple, Fresh, PK-12 BANANAS,K-12 Fruit Punch Juice Apple Juice Orange Juice,K-12 Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF Salsa	Feb - 9 Potato and Egg Taco - 9- Tamales-2 Each Breakfas Cereal, assorted,K-12 Assorted Breakfast Treat Marranito,K-12 Apple, Fresh, PK-12 BANANAS,K-12 Fruit Punch Juice Apple Juice Orange Juice,K-12 Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF Salsa	Avg Nutrients Target Cals... 519 100% Chol... 138 mg Sodium. 569 mg Vit A 971 IU Vit C 96.9 mg T.Fat 14.1g 24.4%Cal S.Fat 4.7g 8.1%Cal
Nutrients Target Cals... 529 100% Chol... 15 mg Sodium. 448 mg Vit A 872 IU Vit C 120.0 mg T.Fat 8.6g 14.7%Cal S.Fat 3.0g 5.2%Cal	Nutrients Target Cals... 511 100% Chol... 156 mg Sodium. 593 mg Vit A 1013 IU Vit C 118.5 mg T.Fat 15.5g 27.3%Cal S.Fat 5.8g 10.2%Cal	Nutrients Target Cals... 559 100% Chol... 63 mg Sodium. 636 mg Vit A 806 IU Vit C 87.0 mg T.Fat 14.0g 22.6%Cal S.Fat 3.8g 6.1%Cal	Nutrients Target Cals... 471 100% Chol... 276 mg Sodium. 617 mg Vit A 1109 IU Vit C 55.9 mg T.Fat 17.0g 32.4%Cal S.Fat 6.0g 11.4%Cal	Nutrients Target Cals... 527 100% Chol... 179 mg Sodium. 551 mg Vit A 1056 IU Vit C 103.1 mg T.Fat 15.4g 26.3%Cal S.Fat 5.0g 8.5%Cal	

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Feb - 12	Feb - 13	Feb - 14	Feb - 15	Feb - 16	Avg Nutrients Target
Cheese Omelet/Sausage/ Pig in a Blanket Cereal, assorted,K-12 Assorted Breakfast Treat Marranito,K-12 Apple, Fresh, PK-12 BANANAS,K-12 Fruit Punch Juice Apple Juice Orange Juice,K-12 Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF Salsa	Bacon/Egg/Cheese/WG Breakfast on a Stick Peanutbutter WW Apple, Fresh, PK-12 Fruit Punch Juice Apple Juice Orange Juice,K-12 Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF Salsa	Tamales-2 Each Breakfas Chocolate Chip Muffin Assorted Breakfast Treat Cereal Marranito,K-12 Apple, Fresh, PK-12 ORANGES,FRESH (6-12 Fruit Punch Juice Apple Juice Orange Juice,K-12 Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF Salsa	Cheese Omelet/Sausage/ Cheesy Pig in Blanket,PK Cereal Assorted Breakfast Treat Marranito,K-12 Apple, Fresh, PK-12 BANANAS,K-12 Fruit Punch Juice Apple Juice Orange Juice,K-12 Milk, Skim,PK Milk,Chocolate,FF Salsa	Chorizo/egg taco Oatmeal Cinnamon Toast Cereal Assorted Breakfast Treat Marranito,K-12 Apple, Fresh, PK-12 BANANAS,K-12 Fruit Punch Juice Apple Juice Orange Juice,K-12 Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF Salsa	Cals... 525 100% Chol... 114 mg Sodium. 568 mg Vit A 1053 IU Vit C 102.6 mg T.Fat 14.0g 24.0%Cal S.Fat 4.6g 7.9%Cal
Nutrients Target Cals... 511 100% Chol... 154 mg Sodium. 567 mg Vit A 931 IU Vit C 118.5 mg T.Fat 15.5g 27.3%Cal S.Fat 5.6g 9.9%Cal	Nutrients Target Cals... 519 100% Chol... 72 mg Sodium. 716 mg Vit A 1191 IU Vit C 62.3 mg T.Fat 16.2g 28.1%Cal S.Fat 5.2g 9.0%Cal	Nutrients Target Cals... 477 100% Chol... 21 mg Sodium. 358 mg Vit A 659 IU Vit C 147.7 mg T.Fat 9.8g 18.5%Cal S.Fat 2.4g 4.6%Cal	Nutrients Target Cals... 547 100% Chol... 159 mg Sodium. 630 mg Vit A 1260 IU Vit C 81.5 mg T.Fat 14.8g 24.3%Cal S.Fat 5.2g 8.6%Cal	Nutrients Target Cals... 573 100% Chol... 166 mg Sodium. 569 mg Vit A 1226 IU Vit C 102.9 mg T.Fat 13.6g 21.4%Cal S.Fat 4.6g 7.2%Cal	

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 19 Tamales-2 Each Breakfas Breakfast on a Stick Assorted Breakfast Treat Cereal, assorted,K-12 Marranito,K-12 Apple, Fresh, PK-12 BANANAS,K-12 Fruit Punch Juice Apple Juice Orange Juice,K-12 Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF Salsa	Feb - 20 Spin./Mozz.Cheese Omel Breakfast Burrito,K-12 Cereal, assorted,K-12 Assorted Breakfast Treat Marranito,K-12 Apple, Fresh, PK-12 BANANAS,K-12 Fruit Punch Juice Apple Juice Orange Juice,K-12 Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF Salsa	Feb - 21 Potato and Egg Taco - 9- Breakfast on a Stick Peanutbutter WW Apple, Fresh, PK-12 BANANAS,K-12 Fruit Punch Juice Apple Juice Orange Juice,K-12 Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF Salsa	Feb - 22 Cheese Omelet/Sausage/ Pig in a Blanket Cereal Assorted Breakfast Treat Marranito,K-12 Apple, Fresh, PK-12 BANANAS,K-12 Fruit Punch Juice Apple Juice Orange Juice,K-12 Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF Salsa	Feb - 23 Bacon/Egg/Cheese/Taco Tamales-2 Each Breakfas Cereal, assorted,K-12 Assorted Breakfast Treat Marranito,K-12 Apple, Fresh, PK-12 BANANAS,K-12 Fruit Punch Juice Apple Juice Orange Juice,K-12 Chilled Milk Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF Salsa	Avg Nutrients Target Cals... 528 100% Chol... 105 mg Sodium. 561 mg Vit A 997* IU Vit C 97.1* mg T.Fat 14.0g 23.9%Cal S.Fat 4.7g 8.0%Cal
Nutrients Target Cals... 553 100% Chol... 14 mg Sodium. 526 mg Vit A 830 IU Vit C 119.3 mg T.Fat 13.4g 21.8%Cal S.Fat 4.0g 6.4%Cal	Nutrients Target Cals... 487 100% Chol... 149 mg Sodium. 491 mg Vit A 1290 IU Vit C 82.3 mg T.Fat 10.5g 19.4%Cal S.Fat 4.0g 7.4%Cal	Nutrients Target Cals... 532 100% Chol... 178 mg Sodium. 556 mg Vit A 734 IU Vit C 99.8 mg T.Fat 18.2g 30.8%Cal S.Fat 5.4g 9.1%Cal	Nutrients Target Cals... 547 100% Chol... 157 mg Sodium. 603 mg Vit A 1177 IU Vit C 81.5 mg T.Fat 14.8g 24.3%Cal S.Fat 5.1g 8.3%Cal	Nutrients Target Cals... 520 100% Chol... 26 mg Sodium. 627 mg Vit A 954* IU Vit C 102.5* mg T.Fat 13.3g 23.0%Cal S.Fat 5.0g 8.7%Cal	
Feb - 26	Feb - 27 Cheese Omelet/Sausage/ Pig in a Blanket Cereal, assorted,K-12 Assorted Breakfast Treat Marranito,K-12 Apple, Fresh, PK-12 BANANAS,K-12 Fruit Punch Juice Apple Juice Orange Juice,K-12 Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF Salsa	Feb - 28 Bacon/Egg/Cheese/WG Breakfast on a Stick Peanutbutter WW Apple, Fresh, PK-12 BANANAS,K-12 Fruit Punch Juice Apple Juice Orange Juice,K-12 Milk, Skim,PK Milk,Chocolate,FF Milk,Strawberry,FF Salsa			Avg Nutrients Target Cals... 535 100% Chol... 109 mg Sodium. 601 mg Vit A 868* IU Vit C 102.7* mg T.Fat 14.7g 24.8%Cal S.Fat 4.7g 7.9%Cal

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	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: right;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">511</td> <td style="text-align: right;">100%</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">154</td> <td style="text-align: right;">mg</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">567</td> <td style="text-align: right;">mg</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">931*</td> <td style="text-align: right;">IU</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">118.5*</td> <td style="text-align: right;">mg</td> <td></td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">15.5g</td> <td style="text-align: right;">27.3%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">5.6g</td> <td style="text-align: right;">9.9%Cal</td> <td></td> <td></td> <td></td> </tr> </table>	Nutrients		Target				Cals...	511	100%				Chol...	154	mg				Sodium.	567	mg				Vit A	931*	IU				Vit C	118.5*	mg				T.Fat	15.5g	27.3%Cal				S.Fat	5.6g	9.9%Cal				<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Nutrients</td> <td style="width: 15%;"></td> <td style="width: 15%; text-align: right;">Target</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">559</td> <td style="text-align: right;">100%</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">63</td> <td style="text-align: right;">mg</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">636</td> <td style="text-align: right;">mg</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">806*</td> <td style="text-align: right;">IU</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">87.0*</td> <td style="text-align: right;">mg</td> <td></td> <td></td> <td></td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">14.0g</td> <td style="text-align: right;">22.6%Cal</td> <td></td> <td></td> <td></td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.8g</td> <td style="text-align: right;">6.1%Cal</td> <td></td> <td></td> <td></td> </tr> </table>	Nutrients		Target				Cals...	559	100%				Chol...	63	mg				Sodium.	636	mg				Vit A	806*	IU				Vit C	87.0*	mg				T.Fat	14.0g	22.6%Cal				S.Fat	3.8g	6.1%Cal						
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	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	525	450-600	100%	Tot. Fat	14.59 g	25.03%	
Cholesterol	131 mg			Sat. Fat	4.85 g	8.31%	<10.00%
Sodium	584 mg	640					
Vitamin A	1006*						
Vitamin C	97.16*						

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