

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			Feb - 1  Tky Bacon & Cheese Om 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...            513    100% Chol...            239 mg Sodium.           689 mg Vit A               1136 IU Vit C               79.0 mg T.Fat    18.5g    32.4%Cal S.Fat     6.4g    11.2%Cal
			Nutrients            Target Cals...            460    100% Chol...            277 mg Sodium.           624 mg Vit A               1191 IU Vit C               55.9 mg T.Fat    16.8g    32.9%Cal S.Fat     6.1g    12.0%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	

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

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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/Toast/Sa 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 Om 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	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Avg Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">525 100%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">162 mg</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">571 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1007 IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">96.9 mg</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">14.7g 25.1%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">4.9g 8.4%Cal</td> </tr> </tbody> </table>	Avg Nutrients	Target	Cals...	525 100%	Chol...	162 mg	Sodium.	571 mg	Vit A	1007 IU	Vit C	96.9 mg	T.Fat	14.7g 25.1%Cal	S.Fat	4.9g 8.4%Cal																																																															
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Feb - 12 Spin./Mozz.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 - 13 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	Feb - 14 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	Feb - 15 Cheese Omelet/Toast/Sa 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 Milk,Strawberry,FF Salsa	Feb - 16 Cheese Omelet/Toast/Sa 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 Milk - Variety K-12 Salsa	Avg Nutrients Target Cals... 542 100% Chol... 185 mg Sodium. 569 mg Vit A 1249 IU Vit C 94.0 mg T.Fat 14.8g 24.5%Cal S.Fat 4.9g 8.1%Cal
Nutrients Target Cals... 530 100% Chol... 275 mg Sodium. 535 mg Vit A 1581 IU Vit C 82.3 mg T.Fat 14.9g 25.3%Cal S.Fat 5.3g 9.0%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... 584 100% Chol... 281 mg Sodium. 657 mg Vit A 1438 IU Vit C 81.5 mg T.Fat 17.8g 27.4%Cal S.Fat 6.3g 9.7%Cal	Nutrients Target Cals... 599 100% Chol... 276 mg Sodium. 580 mg Vit A 1378 IU Vit C 96.4 mg T.Fat 15.2g 22.8%Cal S.Fat 5.3g 7.9%Cal	

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Calories	532	450-600	100%	Tot. Fat	15.13 g	25.60%	
Cholesterol	175 mg			Sat. Fat	5.08 g	8.59%	<10.00%
Sodium	586 mg	640					
Vitamin A	1105* IU						
Vitamin C	95.06* mg						

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