

Breakfast in the Classroom

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

BREAKFAST

<p>2</p> <p>Zee Zee Bar String Cheese Applesauce Cup Juice & White Milk</p>	<p>3</p> <p>Breakfast Bar Yogurt/String Cheese Fresh Fruit Juice & White Milk</p>	<p>4 Late Start</p> <p>Breakfast Bread Yogurt/String Cheese Fresh Fruit Juice & White Milk</p>	<p>5</p> <p>Mini French Toast Dried Fruit Juice White Milk</p>	<p>6</p> <p>Muffin String Cheese Fresh Fruit Juice & White Milk</p>
<p>9</p> <p>PBJ Sandwich Applesauce Cup Juice White Milk</p>	<p>10</p> <p>Breakfast Bar Yogurt/String Cheese Fresh Fruit Juice & White Milk</p>	<p>11</p> <p>Breakfast Bread Yogurt/String Cheese Fresh Fruit Juice & White Milk</p>	<p>12</p> <p>Mini Strawberry Bagels Dried Fruit Juice White Milk</p>	<p>13</p> <p>Graham Cracker Yogurt Cup Fresh Fruit Juice & White Milk</p>
<p>16</p> <p>Zee Zee Bar String Cheese Applesauce Cup Juice & White Milk</p>	<p>17</p> <p>Breakfast Bar Yogurt/String Cheese Fresh Fruit Juice & White Milk</p>	<p>18</p> <p>Breakfast Bread Yogurt/String Cheese Fresh Fruit Juice & White Milk</p>	<p>19</p> <p>Mini French Toast Dried Fruit Juice White Milk</p>	<p>20</p> <p>Muffin String Cheese Fresh Fruit Juice & White Milk</p>
<p>23</p> <p>PBJ Sandwich Applesauce Cup Juice White Milk</p>	<p>24</p> <p>Breakfast Bar Yogurt/String Cheese Fresh Fruit Juice & White Milk</p>	<p>25</p> <p>Breakfast Bread Yogurt/String Cheese Fresh Fruit Juice & White Milk</p>	<p>26</p> <p>Mini Strawberry Bagels Dried Fruit Juice White Milk</p>	<p>27</p> <p>Graham Cracker Yogurt Cup Fresh Fruit Juice & White Milk</p>
<p>30</p> <p>Zee Zee Bar String Cheese Applesauce Cup Juice & White Milk</p>	<p></p>	<p></p>	<p></p>	<p></p>



Nutrition Services is Hiring!

- ★ Part-Time Kitchen Positions Available
- ★ 3-5 days/week - 3-4 hours/day
- ★ Positions start at \$10.25/hour
- ★ Work while your child is in school
- ★ No kitchen experience required - we train you.
- ★ Interested in working for an amazing employer? Contact Shelly Allen at 303.682.7255

Non-Discrimination Statement:

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write to:

USDA
Director, Office of Civil Rights
1400 Independence Avenue, S.W.,
Washington, D.C. 20250-9410

Or, call 800.795.3272 or
202.720.6382 (TTY).

USDA is an equal opportunity
provider and employer.

Questions regarding the menu?
Contact Shelly Allen at 303.682.7255
or allen_shelly@svvdsd.org

Breakfast Meal Patterns - Why We Serve What We Do

Nutrition standards are the foundation of federal school nutrition programs and were updated in 2010 to reflect the current Dietary Guidelines for Americans. The standards were established for menu planning by studying the nutritional needs of groups of children at different ages. Nutrition standards consist of the required food components, levels of calories, and key nutrients to meet the nutrition goals for specific age or grade groups of children for breakfast and lunch over the course of 1 week.

All schools participating in the School Breakfast program must follow the food based menu planning approach. This menu planning approach focuses on food components, not nutrients. There are 3 food components that need to be offered for a reimbursable breakfast. The 3 food components in school breakfast are: fruit or vegetable, grains, and milk.

The food based menu planning approach requires all 3 components at breakfast. Menu planners must follow the meal pattern requirements for the three age/grade groups which are K-5, 6-8 and 9-12.

Meal Pattern	Amount of Food Per Week (Minimum per day)		
	Grades K - 5	Grades 6 – 8	Grades 9 - 12
5-day Week			
Fruit (cup)	5 (1)	5 (1)	5 (1)
Grains (oz. eq.)	7-10 (1)	8-10 (1)	9-10 (1)
Fluid Milk (cup)	5 (1)	5 (1)	5(1)
4-day Week			
Fruit (cup)	4 (1)	4 (1)	4 (1)
Grains (oz. eq.)	5.5-8 (1)	6.5-8 (1)	7-8 (1)
Fluid Milk (cup)	4 (1)	4 (1)	4 (1)
Nutrient Standards	Grades K-5	Grades 6-8	Grades 9-12
Calories	350-500	400-550	450-600
Saturated Fat	<10%	<10%	<10%
Sodium (mg.)	≤ 540	≤600	≤640

Fruit

The reimbursable meal selected by the student under offer vs. serve must include at least ½ cup of fruit (or substitute vegetable), or ½ cup of juice. The total weekly fruit and/or vegetable juice offerings may not exceed one-half of the total fruits (or vegetables, if substituted for fruits) offered over the week.

Vegetable

Vegetables may be substituted for fruits, however, at least 2 cups of the red/orange, dark green, legumes, or “other” vegetable subgroups must be offered over the course of the week. Vegetables may be included as an “extra” (will not be counted towards the component contribution nor counted for offer vs. serve; will be included in the nutrient analysis).

Grains

All grains offered must be whole grain-rich products that conform to FNS guidance at <http://www.fns.usda.gov/tn/whole-grain-resource>

Meat / Meat Alternatives

There is no separate meat/meat alternate component in the School Breakfast Program. SFAs may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met. Meat/meat alternates may be included as an “extra” (will not be counted towards the component contribution nor counted for offer vs. serve; will be included in the nutrient analysis)

Milk

Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

Meal Prices

Breakfast

Elementary - \$1.50
K-12 Reduced - Free
Adult - \$2.00

Lunch

Elementary - \$3.00
K-5 Reduced - Free
Adult with Milk - \$4.00

Al a Carte Items

Salad Bar, Water, Juice or Milk 50¢

Students may bring cash, check or parents may pay on-line. In case of emergency, students in elementary may charge up to two meals. Secondary students are not allowed to charge meals.

