

Please note that our menus are subject to last minute changes, resulting in nutrient details changing. If your student requires medical attention at school and the medical attention is related to food nutrients please contact your school nurse.

Day 1

Menu Cycle: Breakfast Winter /Spring H.S. 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 9-12

KCAL	FAT	SFA	FATR	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
450.0	15.0	5.0	0.0	500.0	65.0												

Food Description

Breakfast

Cheese Omelet b 402	1	1Ea	b 402	125	9.76	3.691	0.161	285	1.49								
Whole Grain Cinnamon Rolls b 401	1	1 cinnamon roll	b 401	83	0.46	0	0	65	17.58								
Breakfast Pizza b 5	1	1 slice	b 5	200	7	2.001	0	430	24.01								
Breakfast bowl b 1	1	6 oz.	b 1	199	10.35	3.49	0.093	696	12.52								
Whole Grain Cinnamon Rolls b 401	1	1 cinnamon roll	b 401	83	0.46	0	0	65	17.58								
Pancakes (H.S.) b 416	1	3 EA	b 416	230	6	1	0	330	41.01								
Turkey Sausage (Breakfast) (1) b 26	1	Each	e 26	62	4.15	1.038	0	83	0								
Breakfast Wrap b 413	1	4 oz.	b 413	237	10.11	4.146	0.03	640	21.8								
French Toast Sticks H.S. Breakfast b 4	1	3pc	b 414	151	3.61	1.106	0	265	22.26								
Turkey Sausage (Breakfast) (1) b 26	1	Each	e 26	62	4.15	1.038	0	83	0								
Whole Wheat Bagel 2.5oz. b 21	1	1 bagel	b 21	170	1.5	0	0	135	33.94								
Yogurt Parfait b 210	1	1 yogurt	b 210	196	2.43	1.008	0	107	38.33								
Mini Cinnis b 202	1	Each	b 202	240	6.99	1.498	0	270	38.95								
Cinn. Toast Cereal b 20	1	1 bowl	b 20	111	3.04	0.506	0	162	22.27								
Cheerios b 24	1	1 bowl	b 24	101	2.02	0.506	0	142	20.25								
Frosted Flakes (low sugar) b 200	1	1 bowl	b 200	101	0	0	0	162	24.3								
Trix Cereal B 405	1	1 bowl	B 405	111	1.52	0	0	142	24.3								
Frosted Mini Wheats Cereal WG b 420	1	1 bowl	b 420	100	1	0	0	105	23								
Cocoa Puffs Cereal WG b 421	1	1 bowl	b 421	110	1.5	0	0	120	25								
Poptart Brown Sugar, single b 12	1	1 poptart	b 12	180	2.5	1	0	190	37.01								
Poptart Strawberry, single b 29	1	1 pkg	b 29	180	2.5	1	0	180	38.01								
Pop Tart Fudge WG ,single b 409	1	1 bar	b 409	180	3	1.001	0	190	38.03								
Cinn Toast Cereal Bar b 209	1	Each	b 209	150	3	0.5	0	115	30								
Trix Wh. Gr. Cereal Bar b 207	1	Each	b 207	150	3.5	0.5	0	100	30								
Cocoa Puffs Bar b 206	1	1 bar	b 206	150	3	0.5	0	110	29.97								
WG Cocoa Rice Krisp. Gran. Bar WG t 1	1	1 bar	b 408	151	4.52	1.004	0	141	27.11								
Nutri Grain Cereal Bar Apple Cinn. b 4	1	1 Each	b 406	134	3.35	0.419	0	109	25.13								

Milk Nutrient Details:

Chocolate Fat free (130 KCal) (22 CHO) Skim Milk (80 KCal) (11 CHO) 1% Milk (100 Kcal) (11 CHO)

"This institution is an equal opportunity provider."

* Nutrient values listed in bold and underlined may be understated due to nutrient values not being available on all ingredients.

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Food Description

Nutri Grain Cereal Bar Strawberry b 40	1	1 bar	b 407	160	3.99	0.499	0	150	29.95									
Donut b 403	1	1 donut	b 403	100	2.49	0.498	0	149	16.93									
WG Cake Donuts m 3002	1	1 donut	m 3002	150	5	1.5	0	190	23									
f 1 apple	1	1 Each	f 1	67	0.22	0.036		1	17.68									
Banana f 3	1	1 Banana	f 3	108	0.4	0.135		1	27.63									
orange f 4	1	Each	f 4	64	0.39	0.046		0	15.63									
Grapes f 16	1	1/2c	f 16	58	0	0	0	10	14.9									
Golden Apple f 17	1	apple	f 17	79	0	0	0	0	21.6									
Apple juice f 10	1	1 (4oz cup)	f 10	50	0	0	0	1	13									
Orange Juice f 11	1	1 (4oz cup)	f 11	57	0	0	0	0	12.45									
Syrup pancake s 14	1	1 ounce	s 14	94	0	0	0	26	24.1									
Meal SubTotal				4,934.0	113.9	<u>29.7</u>	<u>0.3</u>	5,950.0	880.7									

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