

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 M.S. 2016-17

Unit Name: GRIMMER MIDDLE SCHOOL

Diet Restriction: Regular (School)

Nutritional Goal:

School Breakfast 6-8

KCAL	FAT	SFA	FATRN	NA	CHO												
KCAL	GM	GM	GM	MG	GM												
400.0	13.0	4.4	0.0	470.0	55.0												

Food Description

Breakfast

Maple Pancake b 102	1 Each	b 102	247	6.75	0.562	0	146	43.85									
Breakfast Pizza b 5	1 1 slice	b 5	200	7	2.001	0	430	24.01									
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									
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									
Cocoa Puffs Cereal WG b 421	1 1 bowl	b 421	110	1.5	0	0	120	25									
Frosted Mini Wheats Cereal WG b 420	1 1 bowl	b 420	100	1	0	0	105	23									
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									
WG Cocoa Rice Krisp. Gran. Bar WG t 1	1 bar	b 408	151	4.52	1.004	0	141	27.11									
Nutri Grain Cereal Bar Apple Cinn. b 406	1 Each	b 406	134	3.35	0.419	0	109	25.13									
Nutri Grain Cereal Bar Strawberry b 407	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									
Yogurt Parfait b 210	1 1 yogurt	b 210	196	2.43	1.008	0	107	38.33									
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									

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

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									

Meal SubTotal				3,793.0	79.3	18.4	<u>0.2</u>	3,903.0	722.4									
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