

# Lake Tahoe Unified School District

## ELEMENTARY BREAKFAST - JUNE 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	Jun - 1  PANCAKES OR ASSORTED CEREAL & WHEAT TOAST OR FRUIT CHOICES ORANGE JUICE 1% WHITE MILK OR NON FAT WHITE MILK	Jun - 2  BREAKFAST PIZZA OR ASSORTED CEREAL & WHEAT TOAST OR FRUIT CHOICES ORANGE JUICE 1% WHITE MILK OR NON FAT WHITE MILK	Jun - 3  WHEAT BAGEL & CREAM CHEESE OR ASSORTED CEREAL & WHEAT TOAST OR FRUIT CHOICES ORANGE JUICE 1% WHITE MILK OR NON FAT WHITE MILK	Jun - 4  SAUSAGE & EGG SANDWICH OR ASSORTED CEREAL & GRAHAM CRACKERS FRUIT CHOICES APPLE JUICE 1% WHITE MILK OR NON FAT WHITE MILK	Avg Nutrients    Target Cals...            531        106% Sodium.           626 mg Prot     20.1g    15.2%Cal Carb    89.3g     67.2%Cal S.Fat    3.2g      5.4%Cal
Jun - 7  FRENCH TOAST STICKS OR ASSORTED CEREAL & WHEAT TOAST OR FRUIT CHOICES APPLE JUICE 1% WHITE MILK OR NON FAT WHITE MILK	Jun - 8  GINGERBREAD OR ASSORTED CEREAL & WHEAT TOAST OR FRUIT CHOICES ORANGE JUICE 1% WHITE MILK OR NON FAT WHITE MILK	Jun - 9  UBR BREAKFAST ROUND OR ASSORTED CEREAL & WHEAT TOAST OR FRUIT CHOICES ORANGE JUICE 1% WHITE MILK OR NON FAT WHITE MILK	Jun - 10  HONEY CINNAMON ROLL OR ASSORTED CEREAL & WHEAT TOAST OR FRUIT CHOICES ORANGE JUICE 1% WHITE MILK OR NON FAT WHITE MILK	Jun - 11  SAUSAGE & EGG SANDWICH OR ASSORTED CEREAL & GRAHAM CRACKERS FRUIT CHOICES APPLE JUICE 1% WHITE MILK OR NON FAT WHITE MILK	Avg Nutrients    Target Cals...            469        100% Sodium.           502 mg Prot     16.7g    14.2%Cal Carb    81.3g     69.4%Cal S.Fat    2.7g      5.1%Cal
Jun - 14  YOGURT & GRAHAM CRACKERS OR ASSORTED CEREAL & WHEAT TOAST OR FRUIT CHOICES APPLE JUICE 1% WHITE MILK OR NON FAT WHITE MILK	Jun - 15  ASSORTED CEREAL & GRAHAM CRACKERS FRUIT CHOICES APPLE JUICE 1% WHITE MILK OR NON FAT WHITE MILK	Jun - 16  ASSORTED CEREAL & GRAHAM CRACKERS FRUIT CHOICES APPLE JUICE 1% WHITE MILK OR NON FAT WHITE MILK	Jun - 17  ASSORTED CEREAL & GRAHAM CRACKERS FRUIT CHOICES APPLE JUICE 1% WHITE MILK OR NON FAT WHITE MILK	Jun - 18  	Avg Nutrients    Target Cals...            424        100% Sodium.           409 mg Prot     13.2g    12.5%Cal Carb    82.2g     77.6%Cal S.Fat    1.6g      3.3%Cal

\*\*\*MENU SUBJECT TO CHANGE\*\*\*

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.