

NOVEMBER BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			Nov - 1 POP TARTS GRAHAM CRACKER ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Nov - 2 MUFFIN GRAHAM CRACKER ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Avg Nutrients Target Cals... 489 103% Chol... 20 mg Sodium... 465 mg Fiber... 4.4* g Iron... 2.5 mg Calcium 403.8 mg Vit A 2447 IU Vit C 56.6 mg Sugar 24.3*g 19.8%Cal Prot 12.1*g 9.9%Cal Carb 95.6g 78.2%Cal T.Fat 8.1g 14.9%Cal S.Fat 1.7g 3.1%Cal
Nov - 5 BREAKFAST BAR ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Nov - 6 NUTRIGRAIN BAR YOGURT ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Nov - 7 CEREAL, VARIETY GRAHAM CRACKER ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Nov - 8 SAUSAGE WRAP ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Nov - 9	Avg Nutrients Target Cals... 476 100% Chol... 13 mg Sodium... 401 mg Fiber... 5.4* g Iron... 3.2 mg Calcium 449.4 mg Vit A 2294* IU Vit C 59.0* mg Sugar 27.0*g 22.7%Cal Prot 14.1*g 11.9%Cal Carb 90.5g 76.1%Cal T.Fat 7.7g 14.6%Cal S.Fat 2.5g 4.8%Cal
Nov - 12 FRENCH TOAST STICKS ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Nov - 13 PB&J POCKET ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Nov - 14 BREAKFAST PIZZA ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Nov - 15 CEREAL, VARIETY GRAHAM CRACKER ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Nov - 16	Avg Nutrients Target Cals... 520 109% Chol... 45 mg Sodium... 665 mg Fiber... 4.9* g Iron... 4.0 mg Calcium 446.8 mg Vit A 2240* IU Vit C 59.2* mg Sugar 27.0*g 20.8%Cal Prot 18.2*g 14.0%Cal Carb 93.2g 71.7%Cal T.Fat 9.9g 17.2%Cal S.Fat 2.2g 3.8%Cal
Nov - 19	Nov - 20	Nov - 21	Nov - 22	Nov - 23	Avg Nutrients Target Cals... *N/A* Chol... *N/A* mg Sodium... *N/A* mg Fiber... *N/A* g Iron... *N/A* mg Calcium *N/A* mg Vit A *N/A* IU Vit C *N/A* mg Sugar *N/A*g *N/A*%Cal Prot *N/A*g *N/A*%Cal Carb *N/A*g *N/A*%Cal T.Fat *N/A*g *N/A*%Cal S.Fat *N/A*g *N/A*%Cal
Nov - 26 MINI CORN DOGS ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Nov - 27 CEREAL, VARIETY GRAHAM CRACKER ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Nov - 28 SCRAMBLED EGGS TOAST, WHOLE-WHEAT ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Nov - 29 BREAKFAST BAR ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety	Nov - 30	Avg Nutrients Target Cals... 446 94% Chol... 67 mg Sodium... 487 mg Fiber... 5.3* g Iron... 2.7 mg Calcium 377.5 mg Vit A 2162* IU Vit C 59.0* mg Sugar 27.4*g 24.5%Cal Prot 15.5*g 13.9%Cal Carb 83.2g 74.6%Cal T.Fat 7.0g 14.1%Cal S.Fat 2.1g 4.2%Cal

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.