

MAY BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		May - 1 SAUSAGE WRAP ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	May - 2 TARTAN MUFFIN ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	May - 3 CEREAL GRAHAM CRACKERS ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Avg Nutrients Target Cals... 530 112% Chol... 76 mg Sodium. 655 mg Fiber.. 4.8 g Iron... 4.2 mg Calcium 421.5 mg Vit A 2279* IU Vit C 58.2* mg Sugar 24.3*g 18.3%Cal Prot 18.7g 14.1%Cal Carb 83.7g 63.2%Cal T.Fat 14.8g 25.2%Cal S.Fat 4.7g 7.9%Cal
May - 6 MINI CORN DOGS ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	May - 7 CHEESE OMELET GRAHAM CRACKER ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	May - 8 BREAKFAST PIZZA ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	May - 9 MUFFIN GRAHAM CRACKERS ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	May - 10 COOK'S CHOICE	Avg Nutrients Target Cals... 537 113% Chol... 131 mg Sodium. 816 mg Fiber.. 4.4* g Iron... 2.2 mg Calcium 453.8 mg Vit A 2335* IU Vit C 56.6* mg Sugar 24.3*g 18.1%Cal Prot 19.4*g 14.5%Cal Carb 80.2g 59.7%Cal T.Fat 16.6g 27.8%Cal S.Fat 4.8g 8.0%Cal
May - 13 CEREAL GRAHAM CRACKERS ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	May - 14 FRENCH TOAST STICKS ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	May - 15 POP TARTS GRAHAM CRACKERS ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	May - 16 COOK'S CHOICE	May - 17 COOK'S CHOICE	Avg Nutrients Target Cals... 545 115% Chol... 53 mg Sodium. 707 mg Fiber.. 5.1* g Iron... 4.7 mg Calcium 423.6 mg Vit A 2258* IU Vit C 58.4* mg Sugar 24.3*g 17.8%Cal Prot 15.6*g 11.5%Cal Carb 104.9g 77.0%Cal T.Fat 7.5g 12.4%Cal S.Fat 1.6g 2.6%Cal
May - 20 COOK'S CHOICE	May - 21 COOK'S CHOICE	May - 22 COOK'S CHOICE	May - 23 COOK'S CHOICE	May - 24 COOK'S CHOICE	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

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.