

# SEPTEMBER BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Sep - 9 PB&J POCKET ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Sep - 10 POP TARTS GRAHAM CRACKER ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Sep - 11 CEREAL,VARIETY GRAHAM CRACKER ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Sep - 12 BREAKFAST BAR ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Sep - 13 FRENCH TOAST STICKS ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Avg Nutrients Target Cals... 518 109% Chol... 34 mg Sodium. 538 mg Fiber.. 5.6* g Iron... 3.8 mg Calcium 410.2 mg Vit A 2261 IU Vit C 58.6 mg Sugar 26.5*g 20.4%Cal Prot 15.7*g 12.1%Cal Carb 98.5g 76.1%Cal T.Fat 8.5g 14.7%Cal S.Fat 2.0g 3.5%Cal
Sep - 16 POP TARTS GRAHAM CRACKER ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Sep - 17 PANCAKES ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Sep - 18 CEREAL,VARIETY TOAST,WHOLE-WHEAT ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Sep - 19 BREAKFAST PIZZA ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Sep - 20 BREAKFAST BAR ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Avg Nutrients Target Cals... 500 105% Chol... 10 mg Sodium. 484 mg Fiber.. 6.1* g Iron... 3.2 mg Calcium 396.8 mg Vit A 2195 IU Vit C 58.5 mg Sugar 26.7*g 21.4%Cal Prot 14.8*g 11.9%Cal Carb 100.7g 80.6%Cal T.Fat 5.7g 10.3%Cal S.Fat 1.5g 2.7%Cal
Sep - 23 NUTRIGRAIN BAR YOGURT ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Sep - 24 SAUSAGE WRAP ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Sep - 25 BREAKFAST BAR GRAHAM CRACKERS ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Sep - 26 PIZZA ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Sep - 27 CEREAL GRAHAM CRACKERS ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety	Avg Nutrients Target Cals... 493 104% Chol... 13 mg Sodium. 507 mg Fiber.. 5.6* g Iron... 3.7 mg Calcium 456.4 mg Vit A 2168* IU Vit C 60.2* mg Sugar 24.3*g 19.7%Cal Prot 15.4*g 12.5%Cal Carb 91.8g 74.5%Cal T.Fat 8.4g 15.3%Cal S.Fat 2.4g 4.4%Cal
Sep - 30 OATMEAL TOAST,WHOLE-WHEAT ASSORTED FRUIT FRUIT JUICE,ASSORTED MILK - Variety					Avg Nutrients Target Cals... 477 100% Chol... 5 mg Sodium. 336 mg Fiber.. 8.6* g Iron... 3.3 mg Calcium 393.0 mg Vit A 1848* IU Vit C 56.6* mg Sugar 25.7*g 21.6%Cal Prot 19.8*g 16.6%Cal Carb 92.4g 77.6%Cal T.Fat 4.1g 7.7%Cal S.Fat 0.9g 1.6%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.