

East JR/SR High School

March Breakfast

Menu Subject to Change
All Lunches Available to all
students.

| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Mar - 2 CEREAL GRAHAM CRACKERS ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety | Mar - 3 FRENCH TOAST STICKS ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety | Mar - 4 POP TARTS GRAHAM CRACKER ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety | Mar - 5 MUFFIN GRAHAM CRACKERS ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety | Mar - 6 SAUSAGE WRAP ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety | Avg Nutrients Target Cals... 522 110% Chol... 45 mg Sodium... 624 mg Fiber... 4.8* g Iron... 3.9 mg Calcium 411.7 mg Vit A 2194* IU Vit C 60.3* mg Sugar 24.3*g 18.6%Cal Prot 15.4*g 11.8%Cal Carb 96.3g 73.8%Cal T.Fat 9.5g 16.4%Cal S.Fat 2.3g 4.0%Cal |
| Mar - 9 BREAKFAST BAR GRAHAM CRACKERS ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety | Mar - 10 PB&J POCKET ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety | Mar - 11 NUTRIGRAIN BAR YOGURT ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety | Mar - 12 CEREAL GRAHAM CRACKERS ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety | Mar - 13 WG CINNAMON BUN ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety | Avg Nutrients Target Cals... 519 109% Chol... 9 mg Sodium... 455 mg Fiber... 6.2* g Iron... 3.8 mg Calcium 447.8 mg Vit A 2117* IU Vit C 60.2* mg Sugar 24.3*g 18.7%Cal Prot 15.4*g 11.9%Cal Carb 98.4g 75.8%Cal T.Fat 8.6g 14.9%Cal S.Fat 2.0g 3.5%Cal |
| Mar - 16 OATMEAL TOAST, WHOLE-WHEAT ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety | Mar - 17 POP TARTS GRAHAM CRACKER ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety | Mar - 18 CEREAL GRAHAM CRACKERS ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety | Mar - 19 BREAKFAST BAR GRAHAM CRACKERS ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety | Mar - 20 MINI CORN DOGS ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety | Avg Nutrients Target Cals... 493 104% Chol... 12 mg Sodium... 502 mg Fiber... 6.6* g Iron... 3.5 mg Calcium 381.7 mg Vit A 2128* IU Vit C 60.2* mg Sugar 24.5*g 19.9%Cal Prot 14.9*g 12.1%Cal Carb 95.4g 77.4%Cal T.Fat 6.9g 12.6%Cal S.Fat 1.6g 2.9%Cal |
| Mar - 23 PIZZA ASSORTED FRUIT FRUIT JUICE, ASSORTED MILK - Variety | Mar - 24 | | | | Avg Nutrients Target Cals... 419 88% Chol... 15 mg Sodium... 685 mg Fiber... 3.4* g Iron... 3.3 mg Calcium 456.8 mg Vit A 2099* IU Vit C 56.6* mg Sugar 24.3*g 23.2%Cal Prot 17.6*g 16.8%Cal Carb 72.6g 69.3%Cal T.Fat 7.6g 16.3%Cal S.Fat 2.2g 4.7%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.