


SALEM R-80 SCHOOLS BREAKFAST K-12



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
31 NO SCHOOL TODAY	1 PIZZA OR CEREAL-VARIETY GRAHAM CRACKERS PINEAPPLE JUICE MILK	2 PANCAKES OR CEREAL-VARIETY GRAHAM CRACKERS JUICE WARM APPLES MILK	3 CINNAMON ROLL OR CEREAL-VARIETY GRAHAM CRACKERS APPLESAUCE JUICE MILK	4 BISCUITS & GRAVY OR CEREAL-VARIETY GRAHAM CRACKERS ORANGES JUICE MILK	Calories 484 Sodium 568 mg Carbohydrate 91.35 g 75.5% Total Fat 7.79 g 14.5% Saturated Fat 2.64 g 4.9%
7 CEREAL-VARIETY GRAHAM CRACKERS FRUIT COCKTAIL JUICE MILK	8 BREAKFAST BURRITO OR CEREAL-VARIETY GRAHAM CRACKERS APPLESAUCE JUICE MILK	9 PANCAKE SAUSAGE ON STICK OR CEREAL-VARIETY GRAHAM CRACKERS FRESH APPLE JUICE MILK	10 WHOLE GRAIN DONUT OR CEREAL-VARIETY GRAHAM CRACKERS APPLESAUCE JUICE MILK	11 BISCUITS & GRAVY OR CEREAL-VARIETY GRAHAM CRACKERS ORANGES JUICE MILK	Calories 507 Sodium 565 mg Carbohydrate 90.31 g 71.2% Total Fat 11.11 g 19.7% Saturated Fat 3.91 g 6.9%
14 CEREAL-VARIETY GRAHAM CRACKERS FRUIT COCKTAIL JUICE MILK	15 SAUSAGE BREAKFAST BITES OR CEREAL-VARIETY GRAHAM CRACKERS PEACHES JUICE MILK	16 TRIX YOGURT SCOOBY DOO GRAHAM STICKS OR CEREAL-VARIETY BANANA JUICE MILK	17 SMUCKERS UNCRUSTABLES OR CEREAL-VARIETY GRAHAM CRACKERS MANDARIN ORANGES JUICE MILK	18 BISCUITS & GRAVY CEREAL-VARIETY GRAHAM CRACKERS JUICE ORANGES MILK	Calories 476 Sodium 502 mg Carbohydrate 88.88 g 74.6% Total Fat 8.62 g 16.3% Saturated Fat 2.72 g 5.1%
21 CEREAL-VARIETY GRAHAM CRACKERS FRUIT COCKTAIL JUICE MILK	22 BREAKFAST BUN OR CEREAL-VARIETY GRAHAM CRACKERS JUICE APPLESAUCE MILK	23 NO SCHOOL TODAY	24 	25 NO SCHOOL TODAY	Calories 462 Sodium 413 mg Carbohydrate 89.75 g 77.8% Total Fat 7.81 g 15.2% Saturated Fat 2.68 g 5.2%
28 CEREAL-VARIETY GRAHAM CRACKERS FRUIT COCKTAIL JUICE MILK	29 POPART OR CEREAL GRAHAM CRACKERS MANDARIN ORANGES JUICE MILK	30 CHEESE OMELET OR CEREAL-VARIETY TOAST BANANA JUICE MILK			Calories 481 Sodium 470 mg Carbohydrate 93.22 g 77.5% Total Fat 7.44 g 13.9% Saturated Fat 2.35 g 4.4%

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ALL GRAINS ARE WHOLE GRAIN RICH

HIGH SCHOOL DAILY GRAB AND GO BREAKFAST

CEREAL-VARIETY UNCRUSTABLES
YOGURT POPTARTS MUFFINS
GRAHAM CRACKERS
FRESH FRUIT JUICE MILK