

SALEM R-80 SCHOOLS BREAKFAST MENU K-12



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
			1 EGG & BACON PIZZA OR CEREAL W/ GRAHAM CRACKERS MANDARIN ORANGES JUICE MILK	2 BISCUITS AND GRAVY OR CEREAL GRAHAM CRACKERS ORANGES JUICE MILK	Calories 480 Sodium 604 mg Carbohydrate 83.28 g 69.4% Total Fat 10.48 g 19.6% Saturated Fat 4.29 g 8.0%
5 CEREAL-VARIETY GRAHAM CRACKERS FRUIT COCKTAIL JUICE MILK	6 PANCAKE SAUSAGE ON STICK OR CEREAL & GRAHAM CRACKERS FRESH APPLE JUICE MILK	7 PANCAKES OR CEREAL & GRAHAM CRACKERS JUICE WARM APPLES MILK	8 OATMEAL OR CEREAL W/GRAHAM CRACKERS RAISINS JUICE MILK	9 BISCUITS AND GRAVY OR CEREAL GRAHAM CRACKERS ORANGES JUICE MILK	Calories 476 Sodium 470 mg Carbohydrate 93.20 g 78.3% Total Fat 7.14 g 13.5% Saturated Fat 2.30 g 4.4%
12 CEREAL-VARIETY GRAHAM CRACKERS FRUIT COCKTAIL JUICE MILK	13 HONEY BUN OR CEREAL & GRAHAM CRACKERS JUICE APPLESAUCE MILK	14 CHEESE OMELET W/TOAST OR CEREAL & GRAHAM CRACKER BANANA JUICE MILK	15 WHOLE GRAIN DONUT OR CEREAL & GRAHAM CRACKERS APPLESAUCE JUICE MILK	16 BISCUITS AND GRAVY OR CEREAL GRAHAM CRACKERS ORANGES JUICE MILK	Calories 504 Sodium 519 mg Carbohydrate 89.61 g 71.1% Total Fat 11.18 g 20.0% Saturated Fat 4.47 g 8.0%

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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

