



# SALEM R-80 BREAKFAST MENU K-12



# 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
2 CEREAL-VARIETY & GRAHAM CRACKERS FRUIT COCKTAIL JUICE MILK	3 EGG & BACON PIZZA OR CEREAL-VARIETY GRAHAM CRACKERS MANDARIN ORANGES JUICE MILK	4 TRIX YOGURT WITH SCOOBY DOO GRAHAM STICKS OR CEREAL-VARIETY BANANA JUICE MILK	5 SCRAMBLED EGGS WITH TOAST OR CEREAL-VARIETY & GRAHAM CRACKERS PEACHES JUICE MILK	6 BISCUITS AND GRAVY OR CEREAL-VARIETY GRAHAM CRACKERS ORANGES JUICE MILK	Calories 472 Sodium 507 mg Carbohydrate 87.84 g 74.4% Total Fat 8.37 g 15.9% Saturated Fat 3.08 g 5.9%
9 CEREAL-VARIETY GRAHAM CRACKERS FRUIT COCKTAIL JUICE MILK	10 SAUSAGE BREAKFAST BITES OR CEREAL-VARIETY GRAHAM CRACKERS PEACHES JUICE MILK	11 CHEESE OMELET OR CEREAL-VARIETY TOAST BANANA JUICE MILK	12 WHOLE GRAIN DONUT OR CEREAL-VARIETY GRAHAM CRACKERS APPLESAUCE JUICE MILK	13 BISCUITS AND GRAVY OR CEREAL-VARIETY GRAHAM CRACKERS ORANGES JUICE MILK	Calories 547 Sodium 655 mg Carbohydrate 103.97 g 70.9% Total Fat 12.26 g 18.8% Saturated Fat 4.68 g 7.2%
16  NO SCHOOL TODAY	17 BREAKFAST BURRITO OR CEREAL-VARIETY GRAHAM CRACKERS APPLESAUCE JUICE MILK	18 TRIX YOGURT SCOOBY DOO GRAHAM STICKS OR CEREAL-VARIETY BANANA JUICE MILK	19 PIG IN A BLANKET CEREAL-VARIETY GRAHAM CRACKERS MANDARIN ORANGES JUICE MILK	20 BISCUITS AND GRAVY OR CEREAL-VARIETY GRAHAM CRACKERS ORANGES JUICE MILK	Calories 483 Sodium 543 mg Carbohydrate 88.88 g 73.6% Total Fat 9.09 g 16.9% Saturated Fat 3.72 g 6.9%
23 CEREAL-VARIETY GRAHAM CRACKERS FRUIT COCKTAIL JUICE MILK	24 PANCAKE SAUSAGE ON STICK OR CEREAL-VARIETY GRAHAM CRACKERS FRESH APPLE JUICE MILK	25 PILLSBURY MINI PANCAKES OR CEREAL-VARIETY GRAHAM CRACKERS BANANA JUICE MILK	26 OATMEAL OR CEREAL-VARIETY RAISINS JUICE MILK	27 BISCUITS AND GRAVY OR CEREAL-VARIETY GRAHAM CRACKERS ORANGES JUICE MILK	Calories 484 Sodium 459 mg Carbohydrate 94.28 g 77.9% Total Fat 7.63 g 14.2% Saturated Fat 2.38 g 4.4%
30 CEREAL-VARIETY GRAHAM CRACKERS FRUIT COCKTAIL JUICE MILK	31 FRENCH TOAST STICKS OR CEREAL-VARIETY GRAHAM CRACKERS WARM APPLES JUICE MILK				Calories 510 Sodium 483 mg Carbohydrate 100.46 g 78.8% Total Fat 8.32 g 14.7% Saturated Fat 1.95 g 3.4%

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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

