

SALEM R-80 BREAKFAST MENU GRADES K-12



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
3 CEREAL-VARIETY GRAHAM CRACKERS FRUIT COCKTAIL JUICE MILK	4 WG HONEY BUN OR CEREAL & GRAHAM CRACKERS JUICE APPLESAUCE MILK	5 SCRAMBLED EGGS W/TOAST & SAUSAGE OR CEREAL & GRAHAM CRACKERS PEACHES JUICE MILK	6 PIZZA OR CEREAL-VARIETY & GRAHAM CRACKERS PINEAPPLE JUICE MILK	7 BISCUITS & GRAVY OR CEREAL & GRAHAM CRACKERS ORANGES JUICE MILK	Calories 480 Sodium 558 mg Carbohydrate 83.62 g 69.7% Total Fat 10.58 g 19.8% Saturated Fat 3.96 g 7.4%
10 CEREAL-VARIETY GRAHAM CRACKERS FRUIT COCKTAIL JUICE MILK	11 WG DONUT W/ GRAHAM CRACKERS OR CEREAL & GRAHAM CRACKERS APPLESAUCE JUICE MILK	12 TRIX YOGURT OR CEREAL CINNAMON CRISPS BANANA JUICE MILK	13 BREAKFAST BURRITO OR CEREAL AND GRAHAM CRACKERS APPLESAUCE JUICE MILK	14 BISCUITS & GRAVY OR CEREAL & GRAHAM CRACKERS ORANGES JUICE MILK	Calories 496 Sodium 528 mg Carbohydrate 91.87 g 74.1% Total Fat 9.67 g 17.5% Saturated Fat 3.40 g 6.2%
17 CEREAL-VARIETY GRAHAM CRACKERS FRUIT COCKTAIL JUICE MILK	18 SMUCKERS UNCRUSTABLES OR CEREAL & GRAHAM CRACKERS MANDARIN ORANGES JUICE MILK	19 TOASTED CHEESE SANDWICH OR CEREAL & GRAHAM CRACKERS MANDARIN ORANGES JUICE MILK	20 SAUSAGE BREAKFAST BITES OR CEREAL & GRAHAM CRACKERS PEACHES JUICE MILK	21 NO SCHOOL TODAY	Calories 486 Sodium 543 mg Carbohydrate 88.27 g 72.7% Total Fat 9.58 g 17.8% Saturated Fat 2.71 g 5.0%
24 CEREAL-VARIETY GRAHAM CRACKERS FRUIT COCKTAIL JUICE MILK	25 WG HONEY BUN OR CEREAL & GRAHAM CRACKERS JUICE APPLESAUCE MILK	26 BLUEBERRY MUFFIN OR CEREAL GRAHAM CRACKERS MANDARIN ORANGES JUICE MILK	27 WHOLE GRAIN DONUT OR CEREAL GRAHAM CRACKERS APPLESAUCE JUICE MILK	28 BISCUITS & GRAVY OR CEREAL & GRAHAM CRACKERS ORANGES JUICE MILK	Calories 509 Sodium 502 mg Carbohydrate 92.65 g 72.8% Total Fat 10.76 g 19.0% Saturated Fat 4.02 g 7.1%

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ALL GRAINS ARE WHOLE GRAIN RICH

No School Monday October 31st

HIGH SCHOOL DAILY GRAB AND GO BREAKFAST

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