



**SALEM R-80 SCHOOLS BREAKFAST MENU K-12**

**2018**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
			16 DANIMALS YOGURT SCOOBY DOO GRAHAM STICKS CEREAL-VARIETY DICED PEACHES JUICE LOW FAT MILK	17 BISCUITS AND GRAVY OR CEREAL-VARIETY GRAHAM CRACKERS FRESH FRUIT JUICE LOW FAT MILK	Calories 480 Sodium 536 mg Total Fat 8.81 g 16.5% Saturated Fat 3.77 g 7.1%
20 DANIMALS YOGURT SCOOBY DOO GRAHAM STICKS CEREAL-VARIETY DICED PEACHES JUICE LOW FAT MILK	21 PIZZA OR CEREAL-VARIETY GRAHAM CRACKERS PINEAPPLE JUICE LOW FAT MILK	22 SCRAMBLED EGGS TOAST SALSA CEREAL-VARIETY GRAHAM CRACKERS FRESH FRUIT JUICE LOW FAT MILK	23 SAUSAGE BREAKFAST BITES CEREAL-VARIETY GRAHAM CRACKERS PEACHES JUICE LOW FAT MILK	24 BISCUITS AND GRAVY OR CEREAL-VARIETY GRAHAM CRACKERS FRESH FRUIT APPLE JUICE ORANGE JUICE LOW FAT MILK	Calories 479 Sodium 594 mg Total Fat 9.02 g 16.9% Saturated Fat 3.10 g 5.8%
27 DANIMALS YOGURT SCOOBY DOO GRAHAM STICKS CEREAL-VARIETY DICED PEACHES JUICE LOW FAT MILK	28 BREAKFAST BURRITO SALSA APPLESAUCE OR CEREAL-VARIETY GRAHAM CRACKERS JUICE LOW FAT MILK	29 WHOLE GRAIN DONUT OR CEREAL-VARIETY GRAHAM CRACKERS BANANA JUICE LOW FAT MILK	30 CINNAMON ROLL OR CEREAL-VARIETY GRAHAM CRACKERS ORANGES JUICE LOW FAT MILK	31 BISCUITS AND GRAVY OR CEREAL-VARIETY GRAHAM CRACKERS FRESH FRUIT JUICE LOW FAT MILK	Calories 485 Sodium 542 mg Total Fat 9.21 g 17.1% Saturated Fat 3.47 g 6.4%

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ALLGRAINS ARE WHOLE GRAIN RICH

GRAB N' GO CHOICES AVAILABLE AT MIDDLE AND HIGH SCHOOL

