




SALEM R-80 SCHOOLS BREAKFAST MENU K-12 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
			1 CHOCOLATE CRESCENT OR CEREAL-VARIETY GRAHAM CRACKERS FRESH FRUIT JUICE LOW FAT MILK	2 BISCUITS AND GRAVY OR CEREAL-VARIETY GRAHAM CRACKERS FRESH FRUIT JUICE LOW FAT MILK	Calories 505 Sodium 556 mg Total Fat 10.83 g 19.3% Saturated Fat 4.08 g 7.3%
5 TRIX YOGURT GRAHAM SHAPES OR CEREAL-VARIETY DICED PEACHES JUICE LOW FAT MILK	6 SCRAMBLED EGGS TOAST SALSA CEREAL-VARIETY GRAHAM CRACKERS PEACHES JUICE LOW FAT MILK	7 SAUSAGE BISCUIT CEREAL-VARIETY GRAHAM CRACKERS PEACHES JUICE LOW FAT MILK	8 WHOLE GRAIN DONUT OR CEREAL-VARIETY GRAHAM CRACKERS APPLESAUCE JUICE LOW FAT MILK	9 BISCUITS AND GRAVY OR CEREAL-VARIETY GRAHAM CRACKERS FRESH FRUIT JUICE LOW FAT MILK	Calories 504 Sodium 595 mg Total Fat 11.57 g 20.6% Saturated Fat 4.56 g 8.1%
12 TRIX YOGURT GRAHAM SHAPES OR CEREAL-VARIETY DICED PEACHES JUICE LOW FAT MILK	13 PIZZA OR CEREAL-VARIETY GRAHAM CRACKERS PINEAPPLE JUICE LOW FAT MILK	14 MINI DONUTS OR CEREAL-VARIETY GRAHAM CRACKERS PINEAPPLE JUICE LOW FAT MILK	15 OATMEAL OR CEREAL-VARIETY CINNAMON TOAST WARM APPLES APPLE JUICE ORANGE JUICE LOW FAT MILK	16 BISCUITS AND GRAVY OR CEREAL-VARIETY GRAHAM CRACKERS FRESH FRUIT JUICE LOW FAT MILK	Calories 491 Sodium 489 mg Total Fat 8.46 g 15.5% Saturated Fat 3.21 g 5.9%
19 TRIX YOGURT GRAHAM SHAPES OR CEREAL-VARIETY DICED PEACHES JUICE LOW FAT MILK	20 PANCAKE SAUSAGE ON STICK OR CEREAL-VARIETY GRAHAM CRACKERS FRESH APPLE JUICE LOW FAT MILK	21 NO SCHOOL TODAY	22 	23 NO SCHOOL TODAY	Calories 538 Sodium 435 mg Total Fat 7.48 g 12.5% Saturated Fat 2.21 g 3.7%
26 TRIX YOGURT GRAHAM SHAPES OR CEREAL-VARIETY DICED PEACHES JUICE LOW FAT MILK	27 SAUSAGE BREAKFAST BITES OR CEREAL-VARIETY GRAHAM CRACKERS FRESH FRUIT JUICE LOW FAT MILK	28 CHEESE OMELET SALSA OR CEREAL-VARIETY TOAST FRESH FRUIT JUICE LOW FAT MILK	29 DUTCH WAFFLE CEREAL-VARIETY WARM APPLES JUICE LOW FAT MILK	30 BISCUITS AND GRAVY CEREAL-VARIETY GRAHAM CRACKERS FRESH FRUIT JUICE LOW FAT MILK	Calories 497 Sodium 562 mg Total Fat 10.37 g 18.8% Saturated Fat 3.53 g 6.4%

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ALLGRAINS ARE WHOLE GRAIN RICH

GRAB N' GO CHOICES AVAILABLE AT MIDDLE AND HIGH SCHOOL