



# SALEM R-80 BREAKFAST MENU K-12

2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
1 YOGURT GOLDFISH GRAHAMS CEREAL-VARIETY DICED PEACHES JUICE LOW FAT MILK	2 PIZZA CEREAL-VARIETY GRAHAM CRACKERS PINEAPPLE JUICE LOW FAT MILK	3 PANCAKES CEREAL-VARIETY GRAHAM CRACKERS JUICE WARM APPLES LOW FAT MILK	4 SCRAMBLED EGGS TOAST, SALSA CEREAL-VARIETY GRAHAM CRACKERS PEACHES JUICE LOW FAT MILK	5 BISCUITS AND GRAVY CEREAL-VARIETY GRAHAM CRACKERS FRESH FRUIT JUICE LOW FAT MILK	Calories 481 Sodium 571 mg Total Fat 8.03 g 15.0% Saturated Fat 2.70 g 5.0%
8 YOGURT GOLDFISH GRAHAMS CEREAL-VARIETY DICED PEACHES JUICE LOW FAT MILK	9 SAUSAGE BREAKFAST BITES CEREAL-VARIETY GRAHAM CRACKERS PEACHES JUICE LOW FAT MILK	10 FRENCH TOAST STICKS CEREAL-VARIETY GRAHAM CRACKERS SYRUP WARM APPLES JUICE LOW FAT MILK	11 CHEESE OMELET SALSA CEREAL-VARIETY TOAST FRESH FRUIT JUICE LOW FAT MILK	12 BISCUITS AND GRAVY CEREAL-VARIETY GRAHAM CRACKERS FRESH FRUIT JUICE LOW FAT MILK	Calories 505 Sodium 558 mg Total Fat 9.26 g 16.5% Saturated Fat 3.02 g 5.4%
15 YOGURT GOLDFISH GRAHAMS CEREAL-VARIETY DICED PEACHES JUICE LOW FAT MILK	16 BREAKFAST BURRITO SALSA APPLESAUCE CEREAL-VARIETY GRAHAM CRACKERS JUICE LOW FAT MILK	17 WHOLE GRAIN DONUT CEREAL-VARIETY GRAHAM CRACKERS APPLESAUCE JUICE LOW FAT MILK	18 SMUCKERS UNCRUSTABLES CEREAL-VARIETY GRAHAM CRACKERS MANDARIN ORANGES JUICE LOW FAT MILK	19 NO SCHOOL TODAY	Calories 497 Sodium 505 mg Total Fat 10.47 g 19.0% Saturated Fat 3.16 g 5.7%
22 NO SCHOOL TODAY	23 PANCAKE SAUSAGE ON STICK CEREAL-VARIETY GRAHAM CRACKERS FRESH APPLE JUICE LOW FAT MILK	24 CINNAMON ROLL CEREAL-VARIETY GRAHAM CRACKERS APPLESAUCE JUICE LOW FAT MILK	25 TOASTED CHEESE SANDWICH CEREAL-VARIETY GRAHAM CRACKERS MANDARIN ORANGES JUICE LOW FAT MILK	26 BISCUITS AND GRAVY CEREAL-VARIETY GRAHAM CRACKERS FRESH FRUIT JUICE LOW FAT MILK	Calories 510 Sodium 592 mg Total Fat 9.29 g 16.2% Saturated Fat 3.17 g 5.5%
29 YOGURT GOLDFISH GRAHAMS CEREAL-VARIETY DICED PEACHES JUICE LOW FAT MILK	30 SAUSAGE BREAKFAST BITES CEREAL-VARIETY GRAHAM CRACKERS PEACHES JUICE LOW FAT MILK	31 DUTCH WAFFLE CEREAL-VARIETY WARM APPLES JUICE LOW FAT MILK			Calories 502 Sodium 502 mg Total Fat 9.24 g 16.6% Saturated Fat 2.62 g 4.7%

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ALLGRAINS ARE WHOLE GRAIN RICH

GRAB N' GO CHOICES AVAILABLE AT MIDDLE AND HIGH SCHOOL