


SALEM R-80 SCHOOLS BREAKFAST MENU K-12



2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
<p>3</p> 	<p>4</p> <p>PIZZA CEREAL-VARIETY GRAHAM CRACKERS PINEAPPLE JUICE LOW FAT MILK</p>	<p>5</p> <p>CHEESE OMELET SALSA CEREAL-VARIETY TOAST FRESH FRUIT JUICE LOW FAT MILK</p>	<p>6</p> <p>WHOLE GRAIN DONUT CEREAL-VARIETY GRAHAM CRACKERS APPLESAUCE JUICE LOW FAT MILK</p>	<p>7</p> <p>BISCUITS AND GRAVY CEREAL-VARIETY GRAHAM CRACKERS FRESH FRUIT JUICE LOW FAT MILK</p>	<p>Calories 497 Sodium 605 mg Total Fat 12.16 g 22.0% Saturated Fat 4.69 g 8.5%</p>
<p>10</p> <p>YOGURT SCOOBY DOO GRAHAM STICKS CEREAL-VARIETY DICED PEACHES JUICE LOW FAT MILK</p>	<p>11</p> <p>SAUSAGE BREAKFAST BITES SYRUP CEREAL-VARIETY GRAHAM CRACKERS PEACHES JUICE LOW FAT MILK</p>	<p>12</p> <p>SAUSAGE BISCUIT CEREAL-VARIETY GRAHAM CRACKERS BANANA JUICE LOW FAT MILK</p>	<p>13</p> <p>BREAKFAST BUN CEREAL-VARIETY GRAHAM CRACKERS JUICE APPLESAUCE LOW FAT MILK</p>	<p>14</p> <p>BISCUITS AND GRAVY CEREAL-VARIETY GRAHAM CRACKERS FRESH FRUIT JUICE LOW FAT MILK</p>	<p>Calories 498 Sodium 553 mg Total Fat 10.42 g 18.8% Saturated Fat 4.25 g 7.7%</p>
<p>17</p> <p>YOGURT SCOOBY DOO GRAHAM STICKS CEREAL-VARIETY DICED PEACHES JUICE LOW FAT MILK</p>	<p>18</p> <p>BREAKFAST BURRITO SALSA APPLESAUCE CEREAL-VARIETY GRAHAM CRACKERS JUICE LOW FAT MILK</p>	<p>19</p> <p>POWDERED MINI DONUT CEREAL-VARIETY GRAHAM CRACKERS PINEAPPLE JUICE LOW FAT MILK</p>	<p>20</p> <p>BANANA BREAD SQUARES CEREAL-VARIETY GRAHAM CRACKERS FRUIT COCKTAIL JUICE LOW FAT MILK</p>	<p>21</p> <p>BISCUITS AND GRAVY CEREAL-VARIETY GRAHAM CRACKERS FRESH FRUIT JUICE LOW FAT MILK</p>	<p>Calories 492 Sodium 492 mg Total Fat 9.01 g 16.8% Saturated Fat 3.59 g 6.7%</p>
<p>24</p> <p>YOGURT SCOOBY DOO GRAHAM STICKS CEREAL-VARIETY DICED PEACHES JUICE LOW FAT MILK</p>	<p>25</p> <p>PANCAKE SAUSAGE ON STICK CEREAL-VARIETY GRAHAM CRACKERS FRESH APPLE JUICE LOW FAT MILK</p>	<p>26</p> <p>CINNAMON ROLL CEREAL-VARIETY GRAHAM CRACKERS APPLESAUCE JUICE LOW FAT MILK</p>	<p>27</p> <p>DUTCH WAFFLE CEREAL-VARIETY WARM APPLES JUICE LOW FAT MILK</p>	<p>28</p> <p>BISCUITS AND GRAVY CEREAL-VARIETY GRAHAM CRACKERS FRESH FRUIT JUICE LOW FAT MILK</p>	<p>Calories 503 Sodium 527 mg Total Fat 9.71 g 16.7% Saturated Fat 3.11 g 5.3%</p>

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ALLGRAINS ARE WHOLE GRAIN RICH

GRAB N' GO CHOICES AVAILABLE AT MIDDLE AND HIGH SCHOOL