

BREAKFAST MENU SALEM R-80 K-12

DECEMBER



2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
3 TRIX YOGURT SCOOBY DOO GRAHAM STICKS CEREAL-VARIETY DICED PEACHES JUICE LOW FAT MILK	4 PIZZA CEREAL-VARIETY GRAHAM CRACKERS PINEAPPLE JUICE LOW FAT MILK	5 SCRAMBLED EGGS SAUSAGE PATTIE TOAST CEREAL-VARIETY BANANA JUICE LOW FAT MILK	6 DUTCH WAFFLE CEREAL-VARIETY WARM APPLES JUICE LOW FAT MILK	7 BISCUITS AND GRAVY CEREAL-VARIETY GRAHAM CRACKERS FRESH FRUIT JUICE LOW FAT MILK	Calories 499 Sodium 561 mg Total Fat 11.92 g 21.7% Saturated Fat 3.50 g 6.4%
10 TRIX YOGURT SCOOBY DOO GRAHAM STICKS CEREAL-VARIETY DICED PEACHES JUICE LOW FAT MILK	11 PANCAKE SAUSAGE ON STICK CEREAL-VARIETY GRAHAM CRACKERS FRESH APPLE JUICE LOW FAT MILK	12 WHOLE GRAIN DONUT CEREAL-VARIETY GRAHAM CRACKERS BANANA JUICE LOW FAT MILK	13 PILLSBURY MINI PANCAKES CEREAL-VARIETY GRAHAM CRACKERS APPLESAUCE JUICE LOW FAT MILK	14 BISCUITS AND GRAVY CEREAL-VARIETY GRAHAM CRACKERS FRESH FRUIT JUICE LOW FAT MILK	Calories 556 Sodium 488 mg Total Fat 11.95 g 19.3% Saturated Fat 3.73 g 6.0%
17 TRIX YOGURT SCOOBY DOO GRAHAM STICKS CEREAL-VARIETY DICED PEACHES JUICE LOW FAT MILK	18 SAUSAGE BISCUIT CEREAL-VARIETY GRAHAM CRACKERS BANANA JUICE LOW FAT MILK	19 BANANA BREAD SQUARES CEREAL-VARIETY GRAHAM CRACKERS APPLESAUCE JUICE LOW FAT MILK	20 SAUSAGE BREAKFAST BITES CEREAL-VARIETY GRAHAM CRACKERS PEACHES JUICE LOW FAT MILK	21 BISCUITS AND GRAVY CEREAL-VARIETY GRAHAM CRACKERS FRESH FRUIT JUICE LOW FAT MILK	Calories 512 Sodium 516 mg Total Fat 11.44 g 20.1% Saturated Fat 3.95 g 6.9%

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ALLGRAINS ARE WHOLE GRAIN RICH

GRAB N' GO CHOICES AVAILABLE AT MIDDLE AND HIGH SCHOOL