

Weekly Menu Details: 1/13/2019 - 1/20/2019 (9-12 Breakfast)



Intermediate District 287

	FEDERAL GUIDELINES	CURRENT VALUE	VALID
FRUITS	5.0 c.	5.0 c.	☑
VEGGIES	— c.	— c.	☑
DARK GREEN	— c.	— c.	☑
RED/ORANGE	— c.	— c.	☑
BEANS/PEAS	— c.	— c.	☑
STARCHY	— c.	— c.	☑
OTHER	— c.	— c.	☑
WG RICH (oz)	9.0 oz.	5.0 oz.	☒
MEATS (oz)	— oz.	4.0 oz.	☑
FLUID MILK	5.0 c.	5.0 c.	☑
CALORIES	450.0 - 600.0	539	☑
SAT FAT	10.0%	6%	☑
SODIUM	640.0 mg.	473 mg.	☑

Monday: 18-19 brk wk 1 mon

Pancake & Sausage on a stick Maple Syrup Variety Juice Fresh Fruit Milk

Item Description	Serving Size	Calories	Sat Fat (g)	Sodium (mg)	Carbs (g)	M/MA (oz)	G/B (oz)	Milk	Fruit	Dark Green	Red/Orange	Beans/Peas	Starchy	Other

SYRUP MAPLE PACKETS	1.0000 EACH	120.0000	0	30.0000	30.0000	0	0	0	0	0	0	0	0	0
PANCAKE - READY TO FINISH CAKE BITE PANCAKE WHOLE GRAIN	3.0000 EACH	190.0000	5.0000	260.0000	19.0000	0.0000	1.0000	0.0000	0.0000	0.0000	0.0000	0.0000	0.0000	0.0000
SAUSAGE - TURKEY LINKS PRE-COOKED 1.025OZ	2.0000 EACH	60.0000	1.0000	100.0000	0	1.0000	0	0	0	0	0	0	0	0
Bfast Juice Choice	0.5000 CUPS	60.0000	0.0000	5.0000	16.0000	0.0000	0.0000	0.0000	0.5000	0.0000	0.0000	0.0000	0.0000	0.0000
Bfast Fruit Choice	0.5000 CUPS	30.0000	0.0000	0.0000	8.0000	0.0000	0.0000	0.0000	0.5000	0.0000	0.0000	0.0000	0.0000	0.0000
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	1.0000 EACH	108.0000	0.0000	138.0000	15.8000	0.0000	0.0000	1.0000	0.0000	0.0000	0.0000	0.0000	0.0000	0.0000

Grain / yogurt or cheese

Item Description	Serving Size	Calories	Sat Fat (g)	Sodium (mg)	Carbs (g)	M/MA (oz)	G/B (oz)	Milk	Fruit	Dark Green	Red/Orange	Beans/Peas	Starchy	Other
Bfast Yogurt/Cheese Choice	1.0000 EACH	80.0000	1.0000	85.0000	14.0000	1.0000	0.0000	0.0000	0.0000	0.0000	0.0000	0.0000	0.0000	0.0000
Bfast Grain Choice	1.0000 EACH	80.0000	0.0000	110.0000	16.0000	0.0000	1.0000	0.0000	0.0000	0.0000	0.0000	0.0000	0.0000	0.0000
Bfast Juice Choice	0.5000 CUPS	60.0000	0.0000	5.0000	16.0000	0.0000	0.0000	0.0000	0.5000	0.0000	0.0000	0.0000	0.0000	0.0000
Bfast Fruit Choice	0.5000 CUPS	30.0000	0.0000	0.0000	8.0000	0.0000	0.0000	0.0000	0.5000	0.0000	0.0000	0.0000	0.0000	0.0000
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	1.0000 EACH	108.0000	0.0000	138.0000	15.8000	0.0000	0.0000	1.0000	0.0000	0.0000	0.0000	0.0000	0.0000	0.0000

Tuesday: 18-19 brk wk 1 tues

Breakfast Pizza

Item Description	Serving Size	Calories	Sat Fat (g)	Sodium (mg)	Carbs (g)	M/MA (oz)	G/B (oz)	Milk	Fruit	Dark Green	Red/Orange	Beans/Peas	Starchy	Other
PIZZA - BREAKFAST SAUSAGE AND GRAVY WG	1.0000 EACH	200.0000	3.0000	470.0000	19.0000	1.0000	1.5000	0	0	0	0	0	0	0
Bfast Juice Choice	0.5000 CUPS	60.0000	0.0000	5.0000	16.0000	0.0000	0.0000	0.0000	0.5000	0.0000	0.0000	0.0000	0.0000	0.0000

Yogurt/Cheese Grain

Item Description	Serving Size	Calories	Sat Fat (g)	Sodium (mg)	Carbs (g)	M/MA (oz)	G/B (oz)	Milk	Fruit	Dark Green	Red/Orange	Beans/Peas	Starchy	Other
Bfast Grain Choice	1.0000 EACH	80.0000	0.0000	110.0000	16.0000	0.0000	1.0000	0.0000	0.0000	0.0000	0.0000	0.0000	0.0000	0.0000
Bfast Yogurt/Cheese Choice	1.0000 EACH	80.0000	1.0000	85.0000	14.0000	1.0000	0.0000	0.0000	0.0000	0.0000	0.0000	0.0000	0.0000	0.0000
Bfast Juice Choice	0.5000 CUPS	60.0000	0.0000	5.0000	16.0000	0.0000	0.0000	0.0000	0.5000	0.0000	0.0000	0.0000	0.0000	0.0000
Bfast Fruit Choice	0.5000 CUPS	30.0000	0.0000	0.0000	8.0000	0.0000	0.0000	0.0000	0.5000	0.0000	0.0000	0.0000	0.0000	0.0000
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	1.0000 EACH	108.0000	0.0000	138.0000	15.8000	0.0000	0.0000	1.0000	0.0000	0.0000	0.0000	0.0000	0.0000	0.0000

Thursday: 18-19 brk wk1 thurs

French Toast Sticks w/ Syrup

Item Description	Serving Size	Calories	Sat Fat (g)	Sodium (mg)	Carbs (g)	M/MA (oz)	G/B (oz)	Milk	Fruit	Dark Green	Red/Orange	Beans/Peas	Starchy	Other
FRENCH TOAST - STICKS WG RED COATING	4.0000 EACH	270.0000	2.0000	280.0000	35.0000	0	2.0000	0	0	0	0	0	0	0
SYRUP - TABLE	1.5000 Ounces	120.0000	0	45.0000	31.0000	0	0	0	0	0	0	0	0	0
Bfast Juice Choice	0.5000 CUPS	60.0000	0.0000	5.0000	16.0000	0.0000	0.0000	0.0000	0.5000	0.0000	0.0000	0.0000	0.0000	0.0000
Bfast Fruit Choice	0.5000 CUPS	30.0000	0.0000	0.0000	8.0000	0.0000	0.0000	0.0000	0.5000	0.0000	0.0000	0.0000	0.0000	0.0000
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	1.0000 EACH	108.0000	0.0000	138.0000	15.8000	0.0000	0.0000	1.0000	0.0000	0.0000	0.0000	0.0000	0.0000	0.0000

Yogurt Cheese Grain

Item Description	Serving Size	Calories	Sat Fat (g)	Sodium (mg)	Carbs (g)	M/MA (oz)	G/B (oz)	Milk	Fruit	Dark Green	Red/Orange	Beans/Peas	Starchy	Other
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Bfast Juice Choice	0.5000 CUPS	60.0000	0.0000	5.0000	16.0000	0.0000	0.0000	0.0000	0.5000	0.0000	0.0000	0.0000	0.0000	0.0000
Bfast Fruit Choice	0.5000 CUPS	30.0000	0.0000	0.0000	8.0000	0.0000	0.0000	0.0000	0.5000	0.0000	0.0000	0.0000	0.0000	0.0000
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	1.0000 EACH	108.0000	0.0000	138.0000	15.8000	0.0000	0.0000	1.0000	0.0000	0.0000	0.0000	0.0000	0.0000	0.0000