



WEEKLY MENU DETAILS : 18-19 Breakfast Wk 2

Item Description	# Students	Serving Size	Calories	Sat Fat (g)	Sodium (mg)	Carbs (g)	M/MA (oz)	G/B(oz)	WG Rich	Dessert	Milk	Veg./Fruit Key*	Veg./Fruit Key*	Veg./Fruit Key*	Veg./Fruit Key*
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MONDAY: 18-19 brk wk 2 mon

ENTREE 1

DONUTS - LONG JOHN WG RTI	400	1.000 Each	250.000	6.000	360.000	28.000		2.000 oz	YES						
Bfast Fruit Choice	500	0.500 Cups	30.000	0.000	0.000	8.000						0.500 cups	Fruit		
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
Bfast Juice Choice	500	0.500 Cups	60.000	0.000	5.000	16.000						0.500 cups	Fruit		

ENTREE 2

Bfast Yogurt/Cheese Choice	100	1.000 Each	80.000	1.000	85.000	14.000	1.000 oz								
Bfast Grain Choice	100	1.000 Each	80.000	0.000	110.000	16.000		1.000 oz	YES						
Bfast Fruit Choice	500	0.500 Cups	30.000	0.000	0.000	8.000						0.500 cups	Fruit		
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
Bfast Juice Choice	500	0.500 Cups	60.000	0.000	5.000	16.000						0.500 cups	Fruit		

TUESDAY: 18-19 brk wk 2 tues

ENTREE 1

PIZZA - BREAKFAST BACON SCR AMBLE WG	400	1.000 Each	190.000	2.000	300.000	20.000	1.000 oz	1.500 oz	YES						
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TUESDAY: 18-19 brk wk 2 tues

ENTREE 1

Bfast Fruit Choice	500	0.500 Cups	30.000	0.000	0.000	8.000						0.500 cups	Fruit		
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
Bfast Juice Choice	500	0.500 Cups	60.000	0.000	5.000	16.000						0.500 cups	Fruit		

ENTREE 2

Bfast Yogurt/Cheese Choice	100	1.000 Each	80.000	1.000	85.000	14.000	1.000 oz								
Bfast Grain Choice	100	1.000 Each	80.000	0.000	110.000	16.000		1.000 oz	YES						
Bfast Fruit Choice	500	0.500 Cups	30.000	0.000	0.000	8.000						0.500 cups	Fruit		
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
Bfast Juice Choice	500	0.500 Cups	60.000	0.000	5.000	16.000						0.500 cups	Fruit		

WEDNESDAY: 18-19 brk wk 2 wed

ENTREE 1

SALSA - MILD NUTRITIONALLY ENHANCED	400	1.500 Ounces	10.000	0.000	70.000	2.000						0.250 cups	RO		
BREAKFAST WRAP WG IW	400	1.000 Each	180.000	4.000	410.000	14.000	2.000 oz	1.000 oz	YES						



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WEDNESDAY: 18-19 brk wk 2 wed

ENTREE 1

Bfast Fruit Choice	500	0.500 Cups	30.000	0.000	0.000	8.000						0.500 cups	Fruit		
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
Bfast Juice Choice	500	0.500 Cups	60.000	0.000	5.000	16.000						0.500 cups	Fruit		

ENTREE 2

Bfast Yogurt/Cheese Choice	100	1.000 Each	80.000	1.000	85.000	14.000	1.000 oz								
Bfast Grain Choice	100	1.000 Each	80.000	0.000	110.000	16.000		1.000 oz	YES						
Bfast Fruit Choice	500	0.500 Cups	30.000	0.000	0.000	8.000						0.500 cups	Fruit		
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
Bfast Juice Choice	500	0.500 Cups	60.000	0.000	5.000	16.000						0.500 cups	Fruit		

THURSDAY: 18-19 brk wk 2 thurs

ENTREE 1

SYRUP - TABLE	400	1.500 Ounces	120.000	0.000	45.000	31.000									
FRENCH TOAST - STICKS W/ RE D COATING	400	4.000 Each	270.000	2.000	280.000	35.000		2.000 oz	YES						



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ENTREE 1

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Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
Bfast Juice Choice	500	0.500 Cups	60.000	0.000	5.000	16.000						0.500 cups	Fruit		

ENTREE 2

Bfast Yogurt/Cheese Choice	100	1.000 Each	80.000	1.000	85.000	14.000	1.000 oz								
Bfast Grain Choice	100	1.000 Each	80.000	0.000	110.000	16.000		1.000 oz	YES						
Bfast Fruit Choice	500	0.500 Cups	30.000	0.000	0.000	8.000						0.500 cups	Fruit		
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup				
Bfast Juice Choice	500	0.500 Cups	60.000	0.000	5.000	16.000						0.500 cups	Fruit		

FRIDAY: 18-19 brk wk2 fri

ENTREE 1

MUFFINS - CHOCOLATE CHOCOLATE CHIP DELICIOUS ESSENTIALS IW WG 2OZ	400	1.000 Each	190.000	2.000	130.000	32.000		1.000 oz	YES						
Bfast Fruit Choice	500	0.500 Cups	30.000	0.000	0.000	8.000						0.500 cups	Fruit		



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FRIDAY: 18-19 brk wk2 fri														
ENTREE 1														
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Bfast Juice Choice	500	0.500 Cups	60.000	0.000	5.000	16.000						0.500 cups	Fruit	
Bfast Yogurt/Cheese Choice	500	1.000 Each	80.000	1.000	85.000	14.000	1.000 oz							
ENTREE 2														
Bfast Grain Choice	100	1.000 Each	80.000	0.000	110.000	16.000		1.000 oz	YES					
Bfast Fruit Choice	500	0.500 Cups	30.000	0.000	0.000	8.000						0.500 cups	Fruit	
Milk Carton Recipe 60% fat free chocolate, 40% low-fat white	500	1.000 Each	108.000	0.000	138.000	15.800					1.000 cup			
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