DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

NOVEMEBER BREAKFAST MENU

Did you know—If you see a menu item in green, it's local and if you see it in blue, the meal has international influence!

d.c. central kitchen

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Whole Grain Waffle Sticks Turkey Sausage Fresh Local Apple Skim or 1% Milk All Natural Syrup	**2** Turkey Sausage Patty on a Whole Grain Biscuit Fresh Banana 100% Grape Juice Skim or 1% Milk Jelly	**3 Bahrain's Food Day** Scrambled Egg & Tomato Sandwich on a Whole Grain Flatbread Fresh Local Pear Skim or 1% Milk	**4** **Parent Teacher Conference Day** **No School**
7 Whole Wheat Bagel Low Fat Cream Cheese Fresh Orange Wedges Skim or 1% Milk	**8** Warm Whole Grain Pumpkin Spice Bread Fresh Local Apple Skim or 1% Milk	**9** Spinach & Feta Omelet Whole Wheat English Muffin Fresh Banana 100% Grape Juice Skim or 1% Milk Jelly	**10** Apple Spiced Oatmeal Turkey Sausage Fresh Local Pear Skim or 1% Milk	**11** **Veterans Day** **No School**
14 Whole Wheat English Muffin Low Fat Cheese Stick Fresh Orange Wedges Skim or 1% Milk Jelly	**15** Turkey Sausage Patty on a Whole Grain Biscuit Fresh Local Apple Skim or 1% Milk Jelly	**16** Autumn Spiced Pancake Turkey Sausage Fresh Banana 100% Grape Juice Skim or 1% Milk All Natural Syrup	**17** Cinnamon Oatmeal Whole Wheat Toast Fresh Local Pear Skim or 1% Milk Jelly	**18** Whole Grain Rice Chex Whole Wheat Graham Crackers Fresh Honeydew Wedge Skim or 1% Milk
21 Low Fat Yogurt Whole Grain Apple Oatmeal Bar Fresh Orange Wedges Skim or 1% Milk	**22** Whole Wheat French Toast Turkey Sausage Fresh Local Apple Skim or 1% Milk All Natural Syrup	**23** Egg & Cheese Frittata Whole Wheat English Muffin Fresh Banana 100% Grape Juice Skim or 1% Milk	**24** **Thanksgiving Day** **No School**	**25** **Thanksgiving Day** **No School**
28 Whole Grain Blueberry Banana Muffin Low Fat Cheese Stick Fresh Orange Wedges Skim or 1% Milk	**29** Whole Grain Waffle Sticks Turkey Sausage Fresh Local Apple Skim or 1% Milk All Natural Syrup	**30** Turkey Sausage Patty on a Whole Grain Biscuit Fresh Banana 100% Grape Juice Skim or 1% Milk Jelly		

For more information on the DC Central Kitchen, please visit our website: www.dccentralkitchen.org

For more information on your school's meal program, go to: www.dcps.dc.gov

Breakfast is the most important meal of the day. It contains the necessary nutrients students need to have a great school day. And don't forget, all DCPS students eat for free! Enjoy a complete breakfast today in your local cafeteria!

DC Central Kitchen
Breakfast Analysis
Grades K-8

Monday, 10/31/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Bluenanaberry Muffin	1 each	150	20	90	3	1.08	40	100	2.4	9	3	24	4.5	0.5	0
Low Fat Cheese Stick	1 each	80	20	200	0	0	200	200	0	0	7	0.67	6	3.5	0
Orange Wedges - 1 C	1 C	86	0	0	4.42	0.18	73.6	414	97.89	17.2	1.73	21.62	0.22	0.03	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		419	52	397	7.42	1.34	618.6	1192	100.29	38.89	19.95	58.47	13.09	5.57	0

Tuesday, 11/1/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Whole Grain Waffle	2 each	140	0	250	2	1.08	20	25	0	5	4	27	2	0	0
Turkey Sausage	1 oz	50	20	170	0	0.36	0	100	0	*N/A*	5	0	4	1	0
Fresh Apple - 2	1 apple	116	0	2	5.35	0.27	13.4	120	10.26	23.17	0.58	30.8	0.38	0.06	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
All Natural Syrup	1 packet	35	0	5	0	0	0	0	0	*N/A*	0	8	0	0	0
Totals		443	32	535	7.35	1.78	338.4	724	10.26	40.86	17.8	77.97	8.75	2.61	0

Wednesday, 11/2/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Turkey Sausage on a Biscuit	1 sandwich	230	30	480	2	1.44	100	0	0	0	10	22	12	5	0
Fresh Banana	1 banana	105	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
100% Grape Juice	4 oz	80	0	0	0	0	0	0	0	*N/A*	0	21	0	0	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Jelly PC	1 ea	37	0	4	0.14	0.03	1	1	0.13	7.17	0.02	9.79	0	0	*N/A*
Totals		555	42	593	5.21	1.85	411.9	554	10.39	34.29	19.53	91.92	14.76	6.68	0

Thursday, 11/3/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Scrambled Egg & Tomato Sndwich	each	184	186	307	1.73	1.29	40	421	2.3	1.19	9.44	15.6	9.47	2.39	0.02
Fresh Pear	1 pear	101	0	2	5.52	0.32	16	45	7.65	17.36	0.64	27.11	0.25	0.04	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		387	198	416	7.25	1.68	361	944	9.95	31.24	18.3	54.89	12.09	3.97	0.02

Friday, 11/4/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
NO SCHOOL TODAY	SERVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Weekly Averages		**451**	**81**	**485**	**7**	**2**	**432**	**854**	**33**	**36**	**19**	**71**	**12**	**5**	**0**
											17%	**63%**	**24%**	**9%**	**0%**

Monday, 11/7/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Whole Wheat Bagel	2.25 oz	170	0	190	3	1.8	0	0	0	*N/A*	7	37	0.5	0	0
Cream Cheese	1 oz	30	3	199	0	0.05	99.5	15	0	1.55	4.45	2.17	0.28	0.18	*N/A*
Orange Wedges - 1 C	1 C	86	0	0	4.42	0.18	73.6	414	97.89	17.2	1.73	21.62	0.22	0.03	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		389	16	496	7.42	2.11	478.1	907	97.89	31.45	21.4	72.97	3.37	1.75	0

Tuesday, 11/8/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Pumpkin Spice Bread	4 oz	305	28	253	3.52	2.16	59.5	4986	1.4	28.81	5.15	54.48	8.32	1.4	0
Fresh Apple - 2	1 apple	116	0	2	5.35	0.27	13.4	120	10.26	23.17	0.58	30.8	0.38	0.06	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		523	40	363	8.87	2.5	377.8	5584	11.66	64.67	13.96	97.46	11.07	3	0

Wednesday, 11/9/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Spinach & Feta Omlet	2 oz	84	189	216	0.23	1.05	56.6	1200	0.43	0.39	7.1	0.84	5.6	2.13	0.02
Whole Wheat English Muffin	2 oz	120	0	220	3	1.8	80	0	0	*N/A*	5	23	1	0	0
Fresh Banana	1 banana	105	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
100% Grape Juice	4 oz	80	0	0	0	0	0	0	0	*N/A*	0	21	0	0	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Jelly PC	1 ea	37	0	4	0.14	0.03	1	1	0.13	7.17	0.02	9.79	0	0	*N/A*
Totals		528	202	549	6.43	3.25	448.5	1755	10.82	34.68	21.63	93.76	9.36	3.8	0

Thursday, 11/10/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Apple Spice Oatmeal	.5 CUP	198	13	107	2.54	1.13	106.8	254	3.27	3.57	4.96	32.91	5.9	2.98	0
Turkey Sausage	1 oz	50	20	170	0	0.36	0	100	0	*N/A*	5	0	4	1	0
Fresh Pear	1 pear	101	0	2	5.52	0.32	16	45	7.65	17.36	0.64	27.11	0.25	0.04	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		452	45	386	8.06	1.88	427.8	876	10.92	33.61	18.82	72.19	12.51	5.56	0

Friday, 11/11/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
NO SCHOOL TODAY	SERVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Weekly Averages		**473**	**76**	**449**	**8**	**2**	**433**	**2281**	**33**	**41**	**19**	**84**	**9**	**4**	**0**
											16%	**71%**	**17%**	**7%**	**0%**

Monday, 11/14/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Whole Wheat English Muffin	2 oz	120	0	220	3	1.8	80	0	0	*N/A*	5	23	1	0	0
Low Fat Cheese Stick	1 each	80	20	200	0	0	200	200	0	0	7	0.67	6	3.5	0
Orange Wedges - 1 C	1 C	86	0	0	4.42	0.18	73.6	414	97.89	17.2	1.73	21.62	0.22	0.03	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Jelly PC	1 ea	37	0	4	0.14	0.03	1	1	0.13	7.17	0.02	9.79	0	0	*N/A*
Totals		426	32	532	7.56	2.08	659.6	1093	98.01	37.06	21.97	67.26	9.59	5.07	0

Tuesday, 11/15/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Turkey Sausage on a Biscuit	1 sandwich	230	30	480	2	1.44	100	0	0	0	10	22	12	5	0
Fresh Apple - 2	1 apple	116	0	2	5.35	0.27	13.4	120	10.26	23.17	0.58	30.8	0.38	0.06	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Jelly PC	1 ea	37	0	4	0.14	0.03	1	1	0.13	7.17	0.02	9.79	0	0	*N/A*
Totals		486	42	594	7.49	1.81	419.4	599	10.38	43.03	18.82	74.77	14.75	6.61	0

Wednesday, 11/16/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Autumn Spiced Pancakes	1 oz	112	4	293	1.58	0.57	59.1	58	0.01	2.63	3.49	19.66	2.03	0.93	0
Turkey Sausage	1 oz	50	20	170	0	0.36	0	100	0	*N/A*	5	0	4	1	0
Fresh Banana	1 banana	105	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
100% Grape Juice	4 oz	80	0	0	0	0	0	0	0	*N/A*	0	21	0	0	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
All Natural Syrup	1 packet	35	0	5	0	0	0	0	0	*N/A*	0	8	0	0	0
Totals		485	36	576	4.65	1.31	370	712	10.27	29.74	18	87.79	8.79	3.61	0

Thursday, 11/17/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Cinnamon Oatmeal	.5 C	192	13	106	2.37	1.09	106.2	249	0.02	3.57	4.93	31.18	5.88	2.98	0
Whole Wheat Toast	1 slice	100	0	180	3	1.44	200	0	2.4	*N/A*	5	18	1.5	0	0
Fresh Pear	1 pear	101	0	2	5.52	0.32	16	45	7.65	17.36	0.64	27.11	0.25	0.04	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Jelly PC	1 ea	37	0	4	0.14	0.03	1	1	0.13	7.17	0.02	9.79	0	0	*N/A*
Totals		533	25	400	11.03	2.95	628.2	773	10.2	40.78	18.82	98.26	10	4.56	0

Friday, 11/18/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Rice Chex Cereal	1 bowl	100	0	250	1	9	100	500	6	*N/A*	2	24	0.5	0	0
Graham Crackers	1 pack	90	0	95	1	0.72	100	500	0	5	2	17	2.5	0	0
Honeydew	1 C	134	0	67	2.98	0.63	22.3	186	66.95	30.2	2.01	33.81	0.52	0.14	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		426	12	519	4.98	10.43	527.3	1664	72.95	47.89	14.23	86.99	5.89	1.69	0
Weekly Averages		**471**	**29**	**524**	**7**	**4**	**521**	**968**	**40**	**40**	**18**	**83**	**10**	**4**	**0**
											16%	**70%**	**19%**	**8%**	**0%**

Monday, 11/21/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Yogurt	4 oz	173	7	99	0	0.12	258.4	61	1.19	32.39	7.43	32.39	1.84	1.18	*N/A*
Whole Grain Apple Oatmeal Bar	1 each	140	0	80	1	0.72	*N/A*	0	6	9	2	24	4.5	*N/A*	1.5
Orange Wedges - 1 C	1 C	86	0	0	4.42	0.18	73.6	414	97.89	17.2	1.73	21.62	0.22	0.03	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		502	19	286	5.42	1.1	637	953	105.08	71.28	19.38	90.18	8.92	2.76	0

Tuesday, 11/22/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Whole Wheat French Toast	1 oz	141	145	267	2.37	1.47	95.1	222	0.07	0.48	8.08	17.2	4.79	1.27	0.01
Turkey Sausage	1 oz	50	20	170	0	0.36	0	100	0	*N/A*	5	0	4	1	0
Fresh Apple - 2	1 apple	116	0	2	5.35	0.27	13.4	120	10.26	23.17	0.58	30.8	0.38	0.06	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
All Natural Syrup	1 packet	35	0	5	0	0	0	0	0	*N/A*	0	8	0	0	0
Totals		445	177	552	7.72	2.17	413.5	921	10.33	36.33	21.89	68.18	11.53	3.88	0

Wednesday, 11/23/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Egg & Cheese on WW Eng Muffin	1 sandwich	247	201	447	3.02	2.68	209.6	422	0	0.19	14.83	23.91	10.31	4.1	0.02
Fresh Banana	1 banana	105	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
100% Grape Juice	4 oz	80	0	0	0	0	0	0	0	*N/A*	0	21	0	0	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		535	213	555	6.08	3.06	520.5	976	10.27	27.3	24.34	84.03	13.07	5.77	0

Thursday, 11/24/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
NO SCHOOL TODAY	SERVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Friday, 11/25/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
NO SCHOOL TODAY	SERVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Weekly Averages		**494**	**136**	**464**	**6**	**2**	**524**	**950**	**42**	**45**	**22**	**81**	**11**	**4**	**0**
											18%	**65%**	**20%**	**8%**	**0%**

Monday, 11/28/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Bluenanaberry Muffin	1 each	150	20	90	3	1.08	40	100	2.4	9	3	24	4.5	0.5	0
Low Fat Cheese Stick	1 each	80	20	200	0	0	200	200	0	0	7	0.67	6	3.5	0
Orange Wedges - 1 C	1 C	86	0	0	4.42	0.18	73.6	414	97.89	17.2	1.73	21.62	0.22	0.03	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		419	52	397	7.42	1.34	618.6	1192	100.29	38.89	19.95	58.47	13.09	5.57	0

Tuesday, 11/29/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Whole Grain Waffle	2 each	140	0	250	2	1.08	20	25	0	5	4	27	2	0	0
Turkey Sausage	1 oz	50	20	170	0	0.36	0	100	0	*N/A*	5	0	4	1	0
Fresh Apple - 2	1 apple	116	0	2	5.35	0.27	13.4	120	10.26	23.17	0.58	30.8	0.38	0.06	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
All Natural Syrup	1 packet	35	0	5	0	0	0	0	0	*N/A*	0	8	0	0	0
Totals		443	32	535	7.35	1.78	338.4	724	10.26	40.86	17.8	77.97	8.75	2.61	0

Wednesday, 11/30/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Turkey Sausage on a Biscuit	1 sandwich	230	30	480	2	1.44	100	0	0	0	10	22	12	5	0
Fresh Banana	1 banana	105	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
100% Grape Juice	4 oz	80	0	0	0	0	0	0	0	*N/A*	0	21	0	0	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Jelly PC	1 ea	37	0	4	0.14	0.03	1	1	0.13	7.17	0.02	9.79	0	0	*N/A*
Totals		555	42	593	5.21	1.85	411.9	554	10.39	34.29	19.53	91.92	14.76	6.68	0

Thursday, 12/1/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Cinnamon Oatmeal	.5 C	192	13	106	2.37	1.09	106.2	249	0.02	3.57	4.93	31.18	5.88	2.98	0
Whole Wheat Toast	1 slice	100	0	180	3	1.44	200	0	2.4	*N/A*	5	18	1.5	0	0
Fresh Pear	1 pear	101	0	2	5.52	0.32	16	45	7.65	17.36	0.64	27.11	0.25	0.04	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Jelly PC	1 ea	37	0	4	0.14	0.03	1	1	0.13	7.17	0.02	9.79	0	0	*N/A*
Totals		533	25	400	11.03	2.95	628.2	773	10.2	40.78	18.82	98.26	10	4.56	0

Friday, 12/2/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
NO SCHOOL TODAY	SERVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Weekly Averages		**488**	**38**	**481**	**8**	**2**	**499**	**811**	**33**	**39**	**19**	**82**	**12**	**5**	**0**
											16%	**67%**	**22%**	**9%**	**0%**