DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

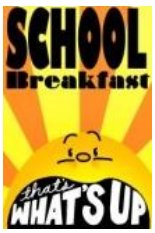
d.c. central kitchen

SEPTEMBER BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 **Labor Day** **No School**	**2** Whole Grain English Muffin Low Fat Cheese Stick Fresh Local Apple Skim or 1% Milk Jelly	**3** Turkey Sausage Patty on a Whole Grain Biscuit Fresh Banana 100% Grape Juice Skim or 1% Milk	**4** Brown Sugar Oatmeal Wheat Toast Fresh Local Watermelon Skim or 1% Milk Jelly	**5** Honey Kix Cereal Graham Crackers Chilled Pineapple Skim or 1% Milk
8 Low Fat Yogurt Graham Crackers Fresh Orange Wedges Skim or 1% Milk	**9** Whole Grain Waffle Sticks Turkey Sausage Fresh Local Apple Skim or 1% Milk All Natural Syrup	**10** Turkey Ham & Egg Bake Whole Grain English Muffin Fresh Banana 100% Grape Juice Skim or 1% Milk	**11** Apple Spice Oatmeal Wheat Toast Fresh Local Watermelon Skim or 1% Milk Jelly	**12** Multi-Grain Cinnamon Flakes Graham Crackers Chilled Pineapple Skim or 1% Milk
15 Whole Grain Blueberry Banana Muffin Low Fat Cheese Stick Fresh Orange Wedges Skim or 1% Milk	**16** Whole Wheat French Toast Turkey Sausage Fresh Local Apple Skim or 1% Milk All Natural Syrup	**17** Turkey Sausage Patty on a Whole Grain Biscuit Fresh Banana 100% Grape Juice Skim or 1% Milk	**18** Brown Sugar Oatmeal Wheat Toast Fresh Local Watermelon Skim or 1% Milk Jelly	**19** Cheerios Cereal Graham Crackers Chilled Pineapple Skim or 1% Milk
22 Whole Wheat Bagel Low Fat Cream Cheese Fresh Orange Wedges Skim or 1% Milk	**23** Warm Whole Grain Banana Bread Fresh Local Apple Skim or 1% Milk	**24** Egg & Cheese on a Whole Grain English Muffin Fresh Banana 100% Grape Juice Skim or 1% Milk	**25** Cinnamon Oatmeal Turkey Sausage Fresh Local Watermelon Skim or 1% Milk	**26** Rice Chex Cereal Graham Crackers Chilled Pineapple Skim or 1% Milk
29 Whole Grain English Muffin Low Fat Cheese Stick Fresh Orange Wedges Skim or 1% Milk Jelly	**30** Whole Grain Pancake Turkey Sausage Fresh Local Apple Skim or 1% Milk All Natural Syrup			

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, 9/1/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	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

Tuesday, 9/2/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Whole Wheat English Muffin	2 oz	126	0	200	2.6	1.62	100.4	1	0	4.89	25.32	1.09	0.16	*N/A*
Cheese Stick	1 oz	82	16	170	0	0.08	208.7	183	0	8.09	0.71	5.26	3.18	*N/A*
Fresh Apple - 2	1 apple	116	0	2	5.35	0.27	13.4	120	10.26	0.58	30.8	0.38	0.07	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	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	0.02	9.79	0	0	*N/A*
Total		465	28	484	8.09	2.07	628.4	783	10.38	21.8	78.8	9.1	4.95	0

Wednesday, 9/3/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Turkey Sausage on a Biscuit	1 sandwich	275	42	710	2	1.26	80	100	1.2	11.5	22.5	16	6.5	0
Fresh Banana	1 banana	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	*N/A*
100% Grape Juice	4 oz	80	0	0	0	0	0	0	0	0	21	0	0	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Total		547	55	818	4.63	1.6	390	643	9.99	20.82	78.74	18.7	8.16	0

Thursday, 9/4/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Brown Sugar Oatmeal	.5 C	190	13	107	2.04	1.04	99.9	247	0	4.91	30.68	5.87	3.02	0
Wheat Toast	1 slice	100	0	180	3	1.44	200	0	2.4	5	18	1.5	0	0
Cantaloupe	1 C	108	0	51	2.86	0.67	28.6	10738	116.53	2.67	25.91	0.6	0.16	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	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	0.02	9.79	0	0	*N/A*
Total		538	25	449	8.04	3.24	634.5	11465	119.05	20.82	96.55	10.35	4.72	0

Friday, 9/5/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Honey Kix Cereal	1 bowl	64	0	103	1.54	4.96	80.6	268	3.22	1.13	15.1	0.51	0.09	0
Graham Crackers	1 pack	90	0	95	1	0.72	100	500	0	2	17	2.5	0	0
Chilled Pineapple	1 C	167	0	3	3.62	0.78	44.6	139	26.19	1.42	43.35	0.31	0.02	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Total		423	12	308	6.16	6.53	530.2	1386	29.41	12.78	87.62	5.69	1.66	0
Weekly Averages		**493**	**30**	**515**	**7**	**3**	**546**	**3569**	**42**	**19**	**85**	**11**	**5**	**0**
										15%	**69%**	**20%**	**9%**	**0%**

Monday, 9/8/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	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	7.43	32.39	1.84	1.18	*N/A*
Graham Crackers	1 pack	90	0	95	1	0.72	100	500	0	2	17	2.5	0	0
Orange Wedges	1 C	86	0	0	4.42	0.18	73.6	414	97.89	1.73	21.62	0.22	0.04	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Total		452	19	301	5.42	1.1	737	1453	99.08	19.38	83.18	6.92	2.77	0

Tuesday, 9/9/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Whole Grain Waffle	1 waffle	111	3	241	2.01	0.9	30.1	0	0	3.01	16.58	4.02	0.5	0
Whole Grain Waffle	1 waffle	111	3	241	2.01	0.9	30.1	0	0	3.01	16.58	4.02	0.5	0
Turkey Sausage	1 oz	50	20	170	0	0.36	0	100	0	5	0	4	1	0
Fresh Apple - 2	1 apple	116	0	2	5.35	0.27	13.4	120	10.26	0.58	30.8	0.38	0.07	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
All Natural Syrup	1 packet	35	0	5	0	0	0	0	0	0	8	0	0	0
Total		524	37	767	9.37	2.51	378.7	699	10.26	19.83	84.13	14.78	3.62	0

Wednesday, 9/10/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Turkey Ham & Egg Bake	2 oz	84	153	458	0.02	1.03	21.3	203	0	9.1	1.32	4.92	1.51	0
Whole Wheat English Muffin	2 oz	126	0	200	2.6	1.62	100.4	1	0	4.89	25.32	1.09	0.16	*N/A*
Fresh Banana	1 banana	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	*N/A*
100% Grape Juice	4 oz	80	0	0	0	0	0	0	0	0	21	0	0	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Total		483	165	766	5.24	2.99	431.7	747	8.79	23.32	82.89	8.71	3.33	0

Thursday, 9/11/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Apple Spice Oatmeal	.5 C	198	13	108	2.54	1.13	106.8	254	3.27	4.96	32.91	5.9	3.02	0
Wheat Toast	1 slice	100	0	180	3	1.44	200	0	2.4	5	18	1.5	0	0
Fresh Watermelon	1 C	90	0	3	1.2	0.72	21	1703	24.25	1.83	22.6	0.45	0.05	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	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	0.02	9.79	0	0	*N/A*
Total		528	25	402	6.88	3.38	633.7	2436	30.04	20.03	95.48	10.21	4.61	0

Friday, 9/12/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Multi-Grain Cinnamon Flakes	1 bowl	100	0	170	3	8.1	0	750	21	2	24	0	0	0
Graham Crackers	1 pack	90	0	95	1	0.72	100	500	0	2	17	2.5	0	0
Chilled Pineapple	1 C	167	0	3	3.62	0.78	44.6	139	26.19	1.42	43.35	0.31	0.02	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Total		460	12	375	7.62	9.67	449.6	1868	47.19	13.64	96.53	5.17	1.57	0
Weekly Averages		**489**	**52**	**522**	**7**	**4**	**526**	**1441**	**39**	**19**	**88**	**9**	**3**	**0**
										16%	**72%**	**17%**	**6%**	**0%**

Monday, 9/15/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Bluenanaberry Muffin	2 oz	150	120	70	3	0.36	20	50	1.2	*N/A*	29	4	0.5	0
Cheese Stick	1 oz	82	16	170	0	0.08	208.7	183	0	8.09	0.71	5.26	3.18	*N/A*
Orange Wedges	1 C	86	0	0	4.42	0.18	73.6	414	97.89	1.73	21.62	0.22	0.04	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Total		421	148	348	7.42	0.69	607.3	1125	99.09	18.04	63.51	11.85	5.26	0

Tuesday, 9/16/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Whole Wheat French Toast	1 oz	171	145	338	2.37	1.83	35.1	222	0.07	9.08	22.21	5.29	1.27	0
Turkey Sausage	1 oz	50	20	170	0	0.36	0	100	0	5	0	4	1	0
Fresh Apple - 2	1 apple	116	0	2	5.35	0.27	13.4	120	10.26	0.58	30.8	0.38	0.07	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
All Natural Syrup	1 packet	35	0	5	0	0	0	0	0	0	8	0	0	0
Total		475	177	623	7.72	2.53	353.5	921	10.33	22.89	73.19	12.03	3.88	0

Wednesday, 9/17/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Turkey Sausage on a Biscuit	1 sandwich	275	42	710	2	1.26	80	100	1.2	11.5	22.5	16	6.5	0
Fresh Banana	1 banana	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	*N/A*
100% Grape Juice	4 oz	80	0	0	0	0	0	0	0	0	21	0	0	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Total		547	55	818	4.63	1.6	390	643	9.99	20.82	78.74	18.7	8.16	0

Thursday, 9/18/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Brown Sugar Oatmeal	.5 C	190	13	107	2.04	1.04	99.9	247	0	4.91	30.68	5.87	3.02	0
Wheat Toast	1 slice	100	0	180	3	1.44	200	0	2.4	5	18	1.5	0	0
Cantaloupe	1 C	108	0	51	2.86	0.67	28.6	10738	116.53	2.67	25.91	0.6	0.16	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	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	0.02	9.79	0	0	*N/A*
Total		538	25	449	8.04	3.24	634.5	11465	119.05	20.82	96.55	10.35	4.72	0

Friday, 9/19/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Cheerios Cereal	1 bowl	72	0	113	2.05	5.54	61.6	513	3.7	2.05	14.37	1.03	0	0
Graham Crackers	1 pack	90	0	95	1	0.72	100	500	0	2	17	2.5	0	0
Chilled Pineapple	1 C	167	0	3	3.62	0.78	44.6	139	26.19	1.42	43.35	0.31	0.02	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Total		432	12	318	6.67	7.12	511.2	1631	29.89	13.7	86.9	6.2	1.57	0
Weekly Averages		**483**	**83**	**511**	**7**	**3**	**499**	**3157**	**54**	**19**	**80**	**12**	**5**	**0**
										16%	**66%**	**22%**	**9%**	**0%**

Monday, 9/22/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Whole Wheat Bagel	1 bagel	170	0	190	3	1.8	0	0	0	7	37	0.5	0	0
Cream Cheese	1 oz	30	3	199	0	0.05	99.5	15	0	4.45	2.17	0.28	0.18	*N/A*
Orange Wedges	1 C	86	0	0	4.42	0.18	73.6	414	97.89	1.73	21.62	0.22	0.04	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Total		389	16	496	7.42	2.11	478.1	907	97.89	21.4	72.97	3.37	1.76	0

Tuesday, 9/23/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Banana Bread	4 oz	320	28	254	3.36	1.79	52.3	61	2.55	5.11	58.52	8.32	1.38	0
Fresh Apple - 2	1 apple	116	0	2	5.35	0.27	13.4	120	10.26	0.58	30.8	0.38	0.07	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Total		538	40	363	8.71	2.13	370.7	660	12.81	13.92	101.49	11.06	2.99	0

Wednesday, 9/24/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Egg & Cheese on WW Eng Muffin	1 sandwich	247	201	448	3.02	2.68	209.6	422	0	14.83	23.91	10.31	4.09	0
Fresh Banana	1 banana	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	*N/A*
100% Grape Juice	4 oz	80	0	0	0	0	0	0	0	0	21	0	0	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Total		520	213	556	5.64	3.02	519.6	965	8.79	24.15	80.15	13.01	5.75	0

Thursday, 9/25/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Cinnamon Oatmeal	.5 C	192	13	107	2.37	1.09	106.2	249	0.02	4.93	31.18	5.88	3.02	0
Turkey Sausage	1 oz	50	20	170	0	0.36	0	100	0	5	0	4	1	0
Fresh Watermelon	1 C	90	0	3	1.2	0.72	21	1703	24.25	1.83	22.6	0.45	0.05	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Total		434	45	388	3.57	2.24	432.1	2531	24.27	19.98	65.96	12.7	5.61	0

Friday, 9/26/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	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	2	24	0.5	0	0
Graham Crackers	1 pack	90	0	95	1	0.72	100	500	0	2	17	2.5	0	0
Chilled Pineapple	1 C	167	0	3	3.62	0.78	44.6	139	26.19	1.42	43.35	0.31	0.02	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Total		460	12	455	5.62	10.57	549.6	1618	32.19	13.64	96.53	5.67	1.57	0
Weekly Averages		**468**	**65**	**452**	**6**	**4**	**470**	**1336**	**35**	**19**	**83**	**9**	**4**	**0**
										16%	**71%**	**18%**	**7%**	**0%**

Monday, 9/29/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Whole Wheat English Muffin	2 oz	126	0	200	2.6	1.62	100.4	1	0	4.89	25.32	1.09	0.16	*N/A*
Cheese Stick	1 oz	82	16	170	0	0.08	208.7	183	0	8.09	0.71	5.26	3.18	*N/A*
Orange Wedges	1 C	86	0	0	4.42	0.18	73.6	414	97.89	1.73	21.62	0.22	0.04	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	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	0.02	9.79	0	0	*N/A*
Total		435	28	482	7.16	1.98	688.6	1077	98.01	22.95	69.62	8.94	4.92	0

Tuesday, 9/30/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Whole Grain Pancakes	1 oz	107	4	292	1.5	0.55	56.6	57	0	3.48	18.43	2.03	0.93	0
Turkey Sausage	1 oz	50	20	170	0	0.36	0	100	0	5	0	4	1	0
Fresh Apple - 2	1 apple	116	0	2	5.35	0.27	13.4	120	10.26	0.58	30.8	0.38	0.07	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
All Natural Syrup	1 packet	35	0	5	0	0	0	0	0	0	8	0	0	0
Total		411	36	577	6.85	1.25	374.9	756	10.26	17.28	69.4	8.78	3.55	0

Wednesday, 10/1/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Turkey Sausage on a Biscuit	1 sandwich	275	42	710	2	1.26	80	100	1.2	11.5	22.5	16	6.5	0
Fresh Banana	1 banana	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	*N/A*
100% Grape Juice	4 oz	80	0	0	0	0	0	0	0	0	21	0	0	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Total		547	55	818	4.63	1.6	390	643	9.99	20.82	78.74	18.7	8.16	0

Thursday, 10/2/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Brown Sugar Oatmeal	.5 C	190	13	107	2.04	1.04	99.9	247	0	4.91	30.68	5.87	3.02	0
Wheat Toast	1 slice	100	0	180	3	1.44	200	0	2.4	5	18	1.5	0	0
Fresh Pear	1 pear	101	0	2	5.52	0.32	16	45	7.65	0.64	27.11	0.25	0.04	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	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	0.02	9.79	0	0	*N/A*
Total		531	25	400	10.7	2.9	621.9	771	10.18	18.79	97.75	9.99	4.6	0

Friday, 10/3/2014

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Honey Kix Cereal	1 bowl	64	0	103	1.54	4.96	80.6	268	3.22	1.13	15.1	0.51	0.09	0
Graham Crackers	1 pack	90	0	95	1	0.72	100	500	0	2	17	2.5	0	0
Chilled Pineapple	1 C	167	0	3	3.62	0.78	44.6	139	26.19	1.42	43.35	0.31	0.02	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	8.22	12.18	2.37	1.54	*N/A*
Total		423	12	308	6.16	6.53	530.2	1386	29.41	12.78	87.62	5.69	1.66	0
Weekly Averages		**469**	**31**	**517**	**7**	**3**	**521**	**927**	**32**	**19**	**81**	**10**	**5**	**0**
										16%	**69%**	**20%**	**9%**	**0%**