

Breakfast Menu

BIC (Breakfast in the Classroom) ESY



	Monday	Tuesday	Wednesday	Thursday	Friday
August 13-18, 2018	<p>Whole Grain Bagel w/ Cream Cheese</p> <p>Fresh Apple Slices</p>	<p>Mini Bagel w/ Cinnamon Cream Cheese</p> <p>Fresh Orange Smiles</p>	<p>Turkey Sausage Biscuit</p> <p>100 % Orange Juice and Fresh Apple Slices</p>	<p>Egg & Cheese Bagel Sandwich</p> <p>Fresh Cantaloupe Cubes</p>	<p>Fruit & Yogurt Parfait w/ Granola</p> <p>Fresh Banana</p>
August 20-24, 2018	<p>Whole Grain Bagel w/ Cream Cheese</p> <p>Fresh Orange Smiles</p>	<p>Fruit & Yogurt Parfait w/ Granola</p> <p>Fresh Apple Slices</p>	<p>Egg & Cheese Bagel Sandwich</p> <p>100% Apple Juice and Fresh Orange Smiles</p>	<p>Cheese Omelet & Biscuit</p> <p>Fresh Cantaloupe Cubes</p>	<p>Mini Bagel w/ Strawberry Cream Cheese</p> <p>Fresh Banana</p>
August 27-31, 2018	<p>French Toast Sticks</p> <p>Fresh Orange Smiles</p>	<p>Oatmeal w/ Fruit Topping</p> <p>Fresh Apple Slices</p>	<p>Turkey Sausage Biscuit</p> <p>100% Apple Juice and Fresh Orange Smiles</p>	<p>Cheese Omelet & Biscuit</p> <p>Fresh Cantaloupe Cubes</p>	<p>Fruit & Yogurt Parfait w/ Granola</p> <p>Fresh Banana</p>

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All meals include a choice of non-fat or 1% white milk
Assorted Cereals & Assorted cupped fruit available daily

Weekly Nutrient Summary

Menu Names: BIC W1
 Site Group: Inspire
 Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014
 Calculation Method: Weighted Analysis
 Meal Type: Breakfast

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	410.73	521.42	436.36	485.28	615.25	[400.00 - 500.00]	493.81(M)	
Fat (g)	6.57 (14.40%)	7.01 (12.10%)	11.82 (24.39%)	9.34 (17.32%)	8.67 (12.69%)		8.68(M)	15.83%
Sfat (g)	3.03 (6.65%)	2.89 (4.99%)	6.85 (14.12%)	4.02 (7.45%)	1.77 (2.58%)	< 10.00 % of Calories	3.71(M)	6.76%
TFat (g)	0.12	0.00	0.00	0.00	0.00		0.02(M)	
Sodium Target 1 (mg)	424.31	300.27	526.01	607.42	307.92	< 540.00	433.19(M)	
Sodium Target 2 (mg)	424.31	300.27	526.01	607.42	307.92	< 485.00	433.19(M)	
Carb (g)	71.95 (70.07%)	104.04 (79.81%)	69.07 (63.32%)	82.59 (68.07%)	118.28 (76.90%)		89.19(M)	72.24%
Pro (g)	17.57 (17.11%)	17.22 (13.21%)	16.53 (15.16%)	22.05 (18.18%)	23.48 (15.27%)		19.37(M)	15.69%

Legend

(M) Indicates missing nutrient values.

Weekly Nutrient Summary

Menu Names: BIC W2
 Site Group: Inspire
 Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014
 Calculation Method: Weighted Analysis
 Meal Type: Breakfast

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	400.52	407.39	444.03	353.65	585.61	[400.00 - 500.00]	438.24(M)	
Fat (g)	8.90 (19.99%)	4.19 (9.27%)	12.38 (25.10%)	9.39 (23.90%)	8.03 (12.33%)		8.58(M)	17.62%
Sfat (g)	2.22 (4.98%)	1.20 (2.65%)	7.28 (14.75%)	6.56 (16.69%)	1.70 (2.61%)	< 10.00 % of Calories	3.79(M)	7.78%
TFat (g)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)	355.09	171.83	552.28	511.41	291.40	< 540.00	376.40(M)	
Sodium Target 2 (mg)	355.09	171.83	552.28	511.41	291.40	< 485.00	376.40(M)	
Carb (g)	69.09 (69.00%)	84.61 (83.07%)	70.49 (63.50%)	55.58 (62.87%)	113.51 (77.53%)		78.66(M)	71.79%
Pro (g)	14.91 (14.89%)	14.82 (14.55%)	17.72 (15.96%)	12.47 (14.10%)	22.17 (15.15%)		16.42(M)	14.99%

Legend

(M) Indicates missing nutrient values.

Weekly Nutrient Summary

Menu Names: BIC W3
 Site Group: Inspire
 Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014
 Calculation Method: Weighted Analysis
 Meal Type: Breakfast

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	410.73	521.42	436.36	485.28	615.25	[400.00 - 500.00]	493.81(M)	
Fat (g)	6.57 (14.40%)	7.01 (12.10%)	11.82 (24.39%)	9.34 (17.32%)	8.67 (12.69%)		8.68(M)	15.83%
Sfat (g)	3.03 (6.65%)	2.89 (4.99%)	6.85 (14.12%)	4.02 (7.45%)	1.77 (2.58%)	< 10.00 % of Calories	3.71(M)	6.76%
TFat (g)	0.12	0.00	0.00	0.00	0.00		0.02(M)	
Sodium Target 1 (mg)	424.31	300.27	526.01	607.42	307.92	< 540.00	433.19(M)	
Sodium Target 2 (mg)	424.31	300.27	526.01	607.42	307.92	< 485.00	433.19(M)	
Carb (g)	71.95 (70.07%)	104.04 (79.81%)	69.07 (63.32%)	82.59 (68.07%)	118.28 (76.90%)		89.19(M)	72.24%
Pro (g)	17.57 (17.11%)	17.22 (13.21%)	16.53 (15.16%)	22.05 (18.18%)	23.48 (15.27%)		19.37(M)	15.69%

Legend

(M) Indicates missing nutrient values.