February

ES BREAKFAST

revolution foods
feeding good

Monday	Tuesday	Wednesday	Thursday	Friday
		Hot Cinnamon Toast Bagel (vg) Fresh Orange 1	Lemon Muffin (vg) Fresh Banana 2	Hot English Muffin with Southwest Chicken Chorizo and Cheese Fresh Pineapple and 100% Orange Juice 3
Apple Zac Omega Bar (df) (vg) *or* Fresh Pear 6	Hot Pancakes with Syrup (vg) Local Fresh Apple 7	Hot Breakfast Burrito with Egg and Cheese (vg) Fresh Orange 8	Blueberry Burst Whole Grain Bagel with Cream Cheese (vg) Fresh Pineapple and 100% Orange Juice 9	Hot Classic Chicken Sausage and Cheddar Cheese Bagel Sandwich Fresh Banana 10
Honey Buttons Cereal (df) (vg) Fresh Pear 13	Hot Breakfast Cinnamon Crumble (vg) Local Fresh Apple 14	Hot English Muffin with Turkey and Cheese Fresh Orange 15	Hot Southwest Chicken Chorizo and Cheddar Cheese Bagel Sandwich Fresh Pineapple and 100% Orange Juice 16	**No School for Students** 17
No School for Students 20	Cinnamon Skeeter Grahams with String Cheese (df) (vg Local Fresh Apple 21	Hot Cheese Omelet with Dinner Roll (vg) Fresh Orange 22	Hot Pancakes with Syrup (vg) Fresh Pineapple and 100% Orange Juice 23	Hot English Muffin with Egg and Cheese (vg) Fresh Banana 24
Yogurt with Honey Skeeter Grahams (vg) Fresh Pear 27	Hot Cinnamon Toast Bagel (vg) Local Fresh Apple 28			

If you see it in GREEN, it is a local item; if it see it in BLUE, it is an international item!

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered once a week

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

This institution is an equal opportunity provider

Menu Date	Recipe Description	Portion Size	Cals	Carb (g)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
2/1/2017	BRK, BAGEL CINNAMON TOAST:0616	1 EACH	230	38.02	0	322	3.14	1.83	62.7	16	0.01	9.8	6.01	38.02	6.43	1.65	0
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	11.28	0.12	0.01	0
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	11.28	0.12	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
2/2/2017	BRK, MUFFIN LEMON:0116	1 EACH	260	40	20	170	2	1.44	20	65	6	13	5	40	9	1	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	10.04	0.09	0.01	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	10.04	0.09	0.01	0
	FR, JUICE ORANGE 4 FL OZ:1213	EACH (4 FL OZ)	60	13	0	0	0	0	0	0	42	12	0	13	0	0	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
2/3/2017	BRK, EM BREK CHORIZO SW:1216	1 EACH	246	33.94	30	375	2.31	1.28	150.5	403	0.75	9.31	13.13	33.94	5.89	1.95	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
2/6/2017	BRK, ZAC BAR APPLE:0814	1 EACH	230	39	0	50	5	1.08	80	70	1.2	14	5	39	7	0.5	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	25.28	0.23	0.04	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	25.28	0.23	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
2/7/2017	BRK, PANCAKES:0714	1 EACH	194	37.77	0	203	1.98	1.43	39.7	70	0	13.95	3.97	37.77	1.98	0	0
	FR, APPLE 1/2 CUP	1 EACH	77	20.58	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	20.58	0.25	0.04	0
	FR, APPLE 1/2 CUP	1 EACH	77	20.58	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	20.58	0.25	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
2/8/2017	BRK, BURRITO EGG/ CHS:0616	1 EACH	225	27	135	191	2	1.17	85	245	0	0	9.5	27	9.13	2	0
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	11.28	0.12	0.01	0
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	11.28	0.12	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
2/9/2017	BRK, BAGEL BLUEBERRY CHS:0215	SERVING	220	24	30	230	3	0.72	240	230	0	6	10	24	10.5	4	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	10.04	0.09	0.01	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	10.04	0.09	0.01	0
	FR, JUICE ORANGE 4 FL OZ:1213	EACH (4 FL OZ)	60	13	0	0	0	0	0	0	42	12	0	13	0	0	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
2/10/2017	BRK, BAGEL SAUSAGE/ CHS:1116	1 EACH	223	31.28	38	370	3	2.11	109.4	94	0	3.28	13.51	31.28	5.11	1.72	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
2/13/2017	BRK, CER HONEY BUTTONS:0714	SERVING	210	35.05	5	120	1	1.08	170.5	105	0	21.05	6.01	35.05	5.5	0	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	25.28	0.23	0.04	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	25.28	0.23	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	13	0	0	0

Menu Date	Recipe Description	Portion Size	Cals	Carb (g)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
2/14/2017	BRK, CRUMBLE CINNAMON:0316	1 EACH	240	37	25	190	3	1.44	20	0	9	8	5	37	9	1	0
	FR, APPLE 1/2 CUP	1 EACH	77	20.58	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	20.58	0.25	0.04	0
	FR, APPLE 1/2 CUP	1 EACH	77	20.58	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	20.58	0.25	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
2/15/2017	BRK, EM BREK TUR/CHS:1216	1 EACH	174	25.38	16	436	2	0.99	145.6	53	0	1.37	10.39	25.38	2.78	1.02	0
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	11.28	0.12	0.01	0
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	11.28	0.12	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
2/16/2017	BRK, BAGEL CHORIZO/CHS:1116	1 EACH	231	31.94	30	380	3.31	2.36	110.5	378	0.75	3.31	14.13	31.94	5.39	1.95	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	10.04	0.09	0.01	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	10.04	0.09	0.01	0
	FR, JUICE ORANGE 4 FL OZ:1213	EACH (4 FL OZ)	60	13	0	0	0	0	0	0	42	12	0	13	0	0	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
2/21/2017	BRK, CINNA GRAHAMS/ CHS:0815	SERVING	250	40	25	50	5	1.44	80	55	0	11	6	40	8	1	0
	FR, APPLE 1/2 CUP	1 EACH	77	20.58	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	20.58	0.25	0.04	0
	FR, APPLE 1/2 CUP	1 EACH	77	20.58	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	20.58	0.25	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
2/22/2017	BRK, OMELET CHEESE:0616	1 EACH	220	21	195	380	2	1.38	144.6	374	3.6	3	13	21	9.5	3	0
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	11.28	0.12	0.01	0
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	11.28	0.12	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
2/23/2017	BRK, PANCAKES:0714	1 EACH	194	37.77	0	203	1.98	1.43	39.7	70	0	13.95	3.97	37.77	1.98	0	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	10.04	0.09	0.01	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	10.04	0.09	0.01	0
	FR, JUICE ORANGE 4 FL OZ:1213	EACH (4 FL OZ)	60	13	0	0	0	0	0	0	42	12	0	13	0	0	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
2/24/2017	BRK, EM BREK EGG/CHS:1216	1 EACH	212	26	180	399	2	1.32	158.1	311	0	1	11.27	26	6.28	2.52	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
2/27/2017	BRK, HONEY GRAHAMS/YOGURT:0815	SERVING	210	35.05	5	125	2	1.08	150.5	100	0	20.05	6.01	35.05	5.5	0	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	25.28	0.23	0.04	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	25.28	0.23	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
2/28/2017	BRK, BAGEL CINNAMON TOAST:0616	1 EACH	230	38.02	0	322	3.14	1.83	62.7	16	0.01	9.8	6.01	38.02	6.43	1.65	0
	FR, APPLE 1/2 CUP	1 EACH	77	20.58	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	20.58	0.25	0.04	0

Menu Date	Recipe Description	Portion Size	Cals	Carb (g)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
	FR, APPLE 1/2 CUP	1 EACH	77	20.58	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	20.58	0.25	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0