

# Chetek-Weyerhaeuser

## HS/MS Breakfast

May 1, 2018

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Apr - 30 Poptart Cereal Muffin Smoothie Apples Milk 1% Milk Skim Milk Ch Skim	May - 1 Pancakes Cereal Muffin Smoothie Oranges Milk 1% Milk Skim Milk Ch Skim	May - 2 Biscuits & Gravy Cereal & Cheese Muffin Banana Orange Juice 100% Milk 1% Milk Skim Milk Ch Skim	May - 3 Donut-Rich's Cereal & Cheese Muffin Apple Juice 100% Peaches Milk 1% Milk Skim Milk Ch Skim	May - 4 Egg Roll-up-Breakfast Cereal & Cheese Muffin Apple Juice 100% Oranges Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients Target Cals... 539 100% Sodium. 541 mg S.Fat 4.1g 6.8%Cal
May - 7 Combo Bar Cereal & Cheese Muffin Applesauce Apple Juice 100% Milk 1% Milk Skim Milk Ch Skim	May - 8 Omelet & Toast Cereal & Cheese Muffin Orange Juice 100% Peaches Milk 1% Milk Skim Milk Ch Skim	May - 9 Pancake on a stick Cereal & Cheese Muffin Apple Juice 100% Oranges Milk 1% Milk Skim Milk Ch Skim	May - 10 Egg & Cheese Sandwic Cereal & Cheese Muffin Orange Juice 100% Apples Milk 1% Milk Skim Milk Ch Skim	May - 11 Breakfast Pizza Cereal & Cheese Muffin Apple Juice 100% Oranges Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients Target Cals... 522 100% Sodium. 568 mg S.Fat 3.9g 6.7%Cal
May - 14 PB&J Muffin Cereal Smoothie Apples Milk 1% Milk Skim Milk Ch Skim	May - 15 Pancakes Cereal Muffin Smoothie Oranges Milk 1% Milk Skim Milk Ch Skim	May - 16 Biscuits & Gravy Cereal & Cheese Muffin Banana Orange Juice 100% Milk 1% Milk Skim Milk Ch Skim	May - 17 Donut-Rich's Cereal & Cheese Muffin Apple Juice 100% Peaches Milk 1% Milk Skim Milk Ch Skim	May - 18 Egg Roll-up-Breakfast Cereal & Cheese Muffin Apple Juice 100% Oranges Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients Target Cals... 536 100% Sodium. 529 mg S.Fat 4.2g 7.0%Cal
May - 21 Combo Bar Cereal & Cheese Muffin Applesauce Orange Juice 100% Milk 1% Milk Skim Milk Ch Skim	May - 22 Omelet & Toast Cereal & Cheese Muffin Orange Juice 100% Peaches Milk 1% Milk Skim Milk Ch Skim	May - 23 Pancake on a stick Cereal & Cheese Muffin Apple Juice 100% Oranges Milk 1% Milk Skim Milk Ch Skim	May - 24 Egg & Cheese Sandwic Cereal & Cheese Muffin Orange Juice 100% Apples Milk 1% Milk Skim Milk Ch Skim	May - 25 Breakfast Pizza Cereal & Cheese Muffin Apple Juice 100% Oranges Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients Target Cals... 522 100% Sodium. 568 mg S.Fat 3.9g 6.7%Cal

*\*NA\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Chetek-Weyerhaeuser

## HS/MS Breakfast

May 1, 2018

Page 2

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients												
May - 28  NO SCHOOL TODAY	May - 29  Pancakes Cereal Muffin Smoothie Oranges Milk 1% Milk Skim Milk Ch Skim	May - 30  Biscuits & Gravy Cereal & Cheese Muffin Banana Orange Juice 100% Milk 1% Milk Skim Milk Ch Skim	May - 31  Donut-Rich's Cereal & Cheese Muffin Apple Juice 100% Peaches Milk 1% Milk Skim Milk Ch Skim		<table style="width: 100%; border: none;"> <tr> <td style="text-align: right;">Avg Nutrients</td> <td style="text-align: center;">Target</td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: center;">534</td> <td style="text-align: right;">100%</td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: center;">538 mg</td> <td></td> </tr> <tr> <td style="text-align: right;">S.Fat</td> <td style="text-align: center;">4.5g</td> <td style="text-align: right;">7.6%Cal</td> </tr> </table>	Avg Nutrients	Target		Cals...	534	100%	Sodium.	538 mg		S.Fat	4.5g	7.6%Cal
Avg Nutrients	Target																
Cals...	534	100%															
Sodium.	538 mg																
S.Fat	4.5g	7.6%Cal															

All menus are subject to change. This institution is an equal opportunity provider.

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.