

Chetek-Weyerhaeuser

HS/MS Breakfast

Mar 6, 2018

Page 1

| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
|---|--|---|---|---|--|
| | | | Mar - 1 Donut-Rich's String Cheese Cereal & Cheese Muffin Apple Juice 100% Peaches Milk 1% Milk Skim Milk Ch Skim | Mar - 2 | Avg Nutrients Target Cals... 560 100% Sodium. 628 mg S.Fat 7.0g 11.2%Cal |
| Mar - 5 Pumpkin Bread Cereal & Cheese Muffin Applesauce Smoothie Milk 1% Milk Skim Milk Ch Skim | Mar - 6 Omelet & Toast Cereal & Cheese Muffin Orange Juice 100% Peaches Milk 1% Milk Skim Milk Ch Skim | Mar - 7 Pancake on a stick Cereal & Cheese Muffin Apple Juice 100% Oranges Milk 1% Milk Skim Milk Ch Skim | Mar - 8 Egg & Cheese Sandwic Cereal & Cheese Muffin Orange Juice 100% Apples Milk 1% Milk Skim Milk Ch Skim | Mar - 9 Breakfast Pizza Cereal & Cheese Muffin Apple Juice 100% Oranges Milk 1% Milk Skim Milk Ch Skim | Avg Nutrients Target Cals... 560 100% Sodium. 581 mg S.Fat 3.8g 6.1%Cal |
| Mar - 12 Strawberry Parfait Cereal & Cheese Pumpkin Bread Orange Juice 100% Apples Milk 1% Milk Skim Milk Ch Skim | Mar - 13 French Toast Cereal & Cheese Muffin Applesauce Oranges Milk 1% Milk Skim Milk Ch Skim | Mar - 14 Biscuits & Gravy Cereal & Cheese Muffin Banana Orange Juice 100% Milk 1% Milk Skim Milk Ch Skim | Mar - 15 Donut-Rich's String Cheese Cereal & Cheese Muffin Apple Juice 100% Peaches Milk 1% Milk Skim Milk Ch Skim | Mar - 16 Egg Roll-up-Breakfast Cereal & Cheese Muffin Apple Juice 100% Oranges Milk 1% Milk Skim Milk Ch Skim | Avg Nutrients Target Cals... 558 100% Sodium. 582 mg S.Fat 4.7g 7.5%Cal |

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.

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Page 2

| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
|-----------------|-------------------|--------------------|----------------------|------------------|--------------------------------|
| Mar - 19 | Mar - 20 | Mar - 21 | Mar - 22 | Mar - 23 | Avg Nutrients Target |
| Poptart | Omelet & Toast | Pancake on a stick | Egg & Cheese Sandwic | Breakfast Pizza | Cals... 554 100% |
| Cereal & Cheese | Cereal & Cheese | Cereal & Cheese | Cereal & Cheese | Cereal & Cheese | Sodium. 578 mg |
| Muffin | Muffin | Muffin | Muffin | Muffin | S.Fat 3.8g 6.1%Cal |
| Applesauce | Orange Juice 100% | Apple Juice 100% | Orange Juice 100% | Apple Juice 100% | |
| Smoothie | Peaches | Oranges | Apples | Oranges | |
| Milk 1% | Milk 1% | Milk 1% | Milk 1% | Milk 1% | |
| Milk Skim | Milk Skim | Milk Skim | Milk Skim | Milk Skim | |
| Milk Ch Skim | Milk Ch Skim | Milk Ch Skim | Milk Ch Skim | Milk Ch Skim | |

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

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