

# Chetek-Weyerhaeuser

## HS/MS Breakfast

Mar 30, 2018

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Apr - 2 Cereal Bar Muffin Cereal Smoothie Apples Milk 1% Milk Skim Milk Ch Skim	Apr - 3 Pancakes Cereal & Cheese Muffin Applesauce Oranges Milk 1% Milk Skim Milk Ch Skim	Apr - 4 Biscuits & Gravy Cereal & Cheese Muffin Banana Orange Juice 100% Milk 1% Milk Skim Milk Ch Skim	Apr - 5 Donut-Rich's Cereal & Cheese Muffin Apple Juice 100% Peaches Milk 1% Milk Skim Milk Ch Skim	Apr - 6 Egg Roll-up-Breakfast Cereal & Cheese Muffin Apple Juice 100% Oranges Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients Target Cals... 538 100% Sodium. 542 mg S.Fat 4.2g 7.1%Cal
Apr - 9 Combo Bar Cereal & Cheese Muffin Applesauce Apple Juice 100% Milk 1% Milk Skim Milk Ch Skim	Apr - 10 Omelet & Toast Cereal & Cheese Muffin Orange Juice 100% Peaches Milk 1% Milk Skim Milk Ch Skim	Apr - 11 Pancake on a stick Cereal & Cheese Muffin Apple Juice 100% Oranges Milk 1% Milk Skim Milk Ch Skim	Apr - 12 Egg & Cheese Sandwic Cereal & Cheese Muffin Orange Juice 100% Apples Milk 1% Milk Skim Milk Ch Skim	Apr - 13 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
Apr - 16 PB&J Muffin Cereal Smoothie Apples Milk 1% Milk Skim Milk Ch Skim	Apr - 17 French Toast Cereal & Cheese Muffin Applesauce Oranges Milk 1% Milk Skim Milk Ch Skim	Apr - 18 Biscuits & Gravy Cereal & Cheese Muffin Banana Orange Juice 100% Milk 1% Milk Skim Milk Ch Skim	Apr - 19 Donut-Rich's Cereal & Cheese Muffin Apple Juice 100% Peaches Milk 1% Milk Skim Milk Ch Skim	Apr - 20 Egg Roll-up-Breakfast Cereal & Cheese Muffin Apple Juice 100% Oranges Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients Target Cals... 552 100% Sodium. 565 mg S.Fat 4.5g 7.3%Cal
Apr - 23 Combo Bar Cereal & Cheese Muffin Applesauce Orange Juice 100% Milk 1% Milk Skim Milk Ch Skim	Apr - 24 Omelet & Toast Cereal & Cheese Muffin Orange Juice 100% Peaches Milk 1% Milk Skim Milk Ch Skim	Apr - 25 Pancake on a stick Cereal & Cheese Muffin Apple Juice 100% Oranges Milk 1% Milk Skim Milk Ch Skim	Apr - 26 Egg & Cheese Sandwic Cereal & Cheese Muffin Orange Juice 100% Apples Milk 1% Milk Skim Milk Ch Skim	Apr - 27 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.**

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Page 2

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients												
Apr - 30  Team Cheerio Bar Cereal Muffin Smoothie Apples 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: right;">Target</td> <td></td> </tr> <tr> <td style="text-align: right;">Cals...</td> <td style="text-align: right;">475</td> <td style="text-align: right;">100%</td> </tr> <tr> <td style="text-align: right;">Sodium.</td> <td style="text-align: right;">373 mg</td> <td></td> </tr> <tr> <td style="text-align: right;">S.Fat</td> <td style="text-align: right;">1.9g</td> <td style="text-align: right;">3.6%Cal</td> </tr> </table>	Avg Nutrients	Target		Cals...	475	100%	Sodium.	373 mg		S.Fat	1.9g	3.6%Cal
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Cals...	475	100%															
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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.*

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