

# Chetek-Weyerhaeuser

## Roselawn Breakfast

Mar 6, 2018

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| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  | Nutrients  |
|--|---|---|---|---|--|
|  |   |   | Mar - 1<br><br>Mini Waffles<br>Diced Fruit<br>Apple Juice 100%<br>Milk 1%<br>Milk Skim  | Mar - 2   | Avg Nutrients    Target<br>Cals...            305            87%<br>Sodium.            295 mg<br>S.Fat    0.7g    2.0%Cal  |
| Mar - 5<br><br>PB&J Graham Cracker<br>Orange Juice 100%<br>Applesauce<br>Milk 1%<br>Milk Skim  | Mar - 6<br><br>Frudel<br>Craisins<br>Apple Juice 100%<br>Milk 1%<br>Milk Skim             | Mar - 7<br><br>Mini Pancakes<br>Apples Slices<br>Orange Juice 100%<br>Milk 1%<br>Milk Skim  | Mar - 8<br><br>Poptart<br>Diced Fruit<br>Apple Juice 100%<br>Milk 1%<br>Milk Skim       | Mar - 9<br><br>Cereal<br>Orange Juice 100%<br>Applesauce<br>Milk 1%<br>Milk Skim  | Avg Nutrients    Target<br>Cals...            441            100%<br>Sodium.            328 mg<br>S.Fat    2.6g    5.4%Cal |
| Mar - 12<br><br>Mini Bagel<br>Applesauce<br>Orange Juice 100%<br>Milk 1%<br>Milk Skim          | Mar - 13<br><br>Mini French Toast<br>Craisins<br>Apple Juice 100%<br>Milk 1%<br>Milk Skim | Mar - 14<br><br>Mini Cinni<br>Apples Slices<br>Orange Juice 100%<br>Milk 1%<br>Milk Skim    | Mar - 15<br><br>Mini Waffles<br>Diced Fruit<br>Apple Juice 100%<br>Milk 1%<br>Milk Skim | Mar - 16<br><br>Cereal<br>Orange Juice 100%<br>Applesauce<br>Milk 1%<br>Milk Skim | Avg Nutrients    Target<br>Cals...            350            100%<br>Sodium.            339 mg<br>S.Fat    1.8g    4.5%Cal |
| Mar - 19<br><br>PB&J Graham Cracker<br>Orange Juice 100%<br>Applesauce<br>Milk 1%<br>Milk Skim | Mar - 20<br><br>Frudel<br>Craisins<br>Apple Juice 100%<br>Milk 1%<br>Milk Skim            | Mar - 21<br><br>Mini Pancakes<br>Apples Slices<br>Orange Juice 100%<br>Milk 1%<br>Milk Skim | Mar - 22<br><br>Poptart<br>Diced Fruit<br>Apple Juice 100%<br>Milk 1%<br>Milk Skim      | Mar - 23<br><br>Cereal<br>Orange Juice 100%<br>Applesauce<br>Milk 1%<br>Milk Skim | Avg Nutrients    Target<br>Cals...            441            100%<br>Sodium.            328 mg<br>S.Fat    2.6g    5.4%Cal |

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

*\*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.