

Chetek-Weyerhaeuser

HS/MS Breakfast

Nov 27, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Dec - 3 Funnel Cake Muffin Cereal & Cheese Apple Juice 100% Apples Milk 1% Milk Skim Milk Ch Skim	Dec - 4 Breakfast Sandwich Cereal & Cheese Muffin Smoothie Oranges Milk 1% Milk Skim Milk Ch Skim	Dec - 5 Biscuits & Gravy Cereal & Cheese Muffin Banana Orange Juice 100% Milk 1% Milk Skim Milk Ch Skim	Dec - 6 Cinnamon Roll Cereal & Cheese Muffin Apple Juice 100% Peaches Milk 1% Milk Skim Milk Ch Skim	Dec - 7 Egg Roll-up-Breakfast Cereal & Cheese Muffin Apple Juice 100% Oranges Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients Target Cals... 529 100% Sodium. 575 mg T.Fat 10.2g 17.4%Cal S.Fat 4.0g 6.8%Cal
Dec - 10 Breakfast Burrito Cereal & Cheese Muffin Applesauce Apple Juice 100% Milk 1% Milk Skim Milk Ch Skim	Dec - 11 Omelet & Toast Cereal & Cheese Muffin Orange Juice 100% Peaches Milk 1% Milk Skim Milk Ch Skim	Dec - 12 Pancake on a stick Cereal & Cheese Muffin Apple Juice 100% Oranges Milk 1% Milk Skim Milk Ch Skim	Dec - 13 Donut-Rich's Cereal & Cheese Muffin Orange Juice 100% Apples Milk 1% Milk Skim Milk Ch Skim	Dec - 14 Breakfast Pizza Cereal & Cheese Muffin Apple Juice 100% Oranges Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients Target Cals... 524 100% Sodium. 546 mg T.Fat 10.5g 18.0%Cal S.Fat 4.2g 7.2%Cal
Dec - 17 Apple Bosco Stick Muffin Cereal & Cheese Apple Juice 100% Apples Milk 1% Milk Skim Milk Ch Skim	Dec - 18 Breakfast Sandwich Cereal & Cheese Muffin Smoothie Oranges Milk 1% Milk Skim Milk Ch Skim	Dec - 19 Biscuits & Gravy Cereal & Cheese Muffin Banana Orange Juice 100% Milk 1% Milk Skim Milk Ch Skim	Dec - 20 Cinnamon Roll Cereal & Cheese Muffin Apple Juice 100% Peaches Milk 1% Milk Skim Milk Ch Skim	Dec - 21 Egg Roll-up-Breakfast Cereal & Cheese Muffin Apple Juice 100% Oranges Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients Target Cals... 522 100% Sodium. 563 mg T.Fat 9.5g 16.4%Cal S.Fat 3.8g 6.6%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.