

# Chetek-Weyerhaeuser

## HS/MS Breakfast

Jan 24, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			Feb - 1 Donut-Rich's String Cheese Cereal & Cheese Muffin Apple Juice 100% Peaches Milk 1% Milk Skim Milk Ch Skim	Feb - 2 Egg Roll-up-Breakfast Cereal & Cheese Muffin Apple Juice 100% Oranges Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients    Target Cals...            554    100% Sodium.           606 mg S.Fat    5.7g    9.2%Cal
Feb - 5 Poptart Cereal & Cheese Muffin Applesauce Smoothie Milk 1% Milk Skim Milk Ch Skim	Feb - 6 Omelet & Toast Cereal & Cheese Muffin Orange Juice 100% Peaches Milk 1% Milk Skim Milk Ch Skim	Feb - 7 Pancake on a stick Cereal & Cheese Muffin Apple Juice 100% Oranges Milk 1% Milk Skim Milk Ch Skim	Feb - 8 Egg & Cheese Sandwic Cereal & Cheese Muffin Orange Juice 100% Apples Milk 1% Milk Skim Milk Ch Skim	Feb - 9 Breakfast Pizza Cereal & Cheese Muffin Apple Juice 100% Oranges Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients    Target Cals...            554    100% Sodium.           578 mg S.Fat    3.8g    6.1%Cal
Feb - 12 Strawberry Parfait Cereal & Cheese Muffin Orange Juice 100% Apples Milk 1% Milk Skim Milk Ch Skim	Feb - 13 French Toast Cereal & Cheese Muffin Applesauce Oranges Milk 1% Milk Skim Milk Ch Skim	Feb - 14 Biscuits & Gravy Cereal & Cheese Muffin Banana Orange Juice 100% Milk 1% Milk Skim Milk Ch Skim	Feb - 15 Donut-Rich's String Cheese Cereal & Cheese Muffin Apple Juice 100% Peaches Milk 1% Milk Skim Milk Ch Skim	Feb - 16 Egg Roll-up-Breakfast Cereal & Cheese Muffin Apple Juice 100% Oranges Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients    Target Cals...            564    100% Sodium.           583 mg S.Fat    4.8g    7.6%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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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 19  Poptart Cereal & Cheese Muffin Applesauce Smoothie Milk 1% Milk Skim Milk Ch Skim	Feb - 20  Omelet & Toast Cereal & Cheese Muffin Orange Juice 100% Peaches Milk 1% Milk Skim Milk Ch Skim	Feb - 21  Pancake on a stick Cereal & Cheese Muffin Apple Juice 100% Oranges Milk 1% Milk Skim Milk Ch Skim	Feb - 22  Egg & Cheese Sandwic Cereal & Cheese Muffin Orange Juice 100% Apples Milk 1% Milk Skim Milk Ch Skim	Feb - 23  Breakfast Pizza Cereal & Cheese Muffin Apple Juice 100% Oranges Milk 1% Milk Skim Milk Ch Skim	Avg Nutrients    Target Cals...            554    100% Sodium.           578 mg S.Fat    3.8g    6.1%Cal
Feb - 26  Strawberry Parfait Cereal & Cheese Muffin Orange Juice 100% Apples Milk 1% Milk Skim Milk Ch Skim	Feb - 27  French Toast Cereal & Cheese Muffin Applesauce Oranges Milk 1% Milk Skim Milk Ch Skim	Feb - 28  Biscuits & Gravy Cereal & Cheese Muffin Banana Orange Juice 100% Milk 1% Milk Skim Milk Ch Skim			Avg Nutrients    Target Cals...            571    100% Sodium.           568 mg S.Fat    4.2g    6.6%Cal

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

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