

# Chetek-Weyerhaeuser

## Roselawn Breakfast

Nov 27, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Dec - 3 Cereal Applesauce Orange Juice 100% Milk 1% Milk Skim	Dec - 4 Frudel Craisins Apple Juice 100% Milk 1% Milk Skim	Dec - 5 Mini Pancakes Apples Slices Orange Juice 100% Milk 1% Milk Skim	Dec - 6 Mini Cinni Diced Fruit Apple Juice 100% Milk 1% Milk Skim	Dec - 7 Graham Crackers Yogurt Orange Juice 100% Applesauce Milk 1% Milk Skim	Avg Nutrients Target Cals... 433 100% Sodium. 359 mg T.Fat 6.9g 14.3%Cal S.Fat 1.8g 3.7%Cal
Dec - 10 Cereal Orange Juice 100% Applesauce Milk 1% Milk Skim	Dec - 11 Poptart Craisins Apple Juice 100% Milk 1% Milk Skim	Dec - 12 Mini Waffles Apples Slices Orange Juice 100% Milk 1% Milk Skim	Dec - 13 Muffin Diced Fruit Apple Juice 100% Milk 1% Milk Skim	Dec - 14 Mini Bagel Orange Juice 100% Applesauce Milk 1% Milk Skim	Avg Nutrients Target Cals... 418 100% Sodium. 306 mg T.Fat 16.2g 34.9%Cal S.Fat 2.6g 5.6%Cal
Dec - 17 Cereal Applesauce Orange Juice 100% Milk 1% Milk Skim	Dec - 18 Frudel Craisins Apple Juice 100% Milk 1% Milk Skim	Dec - 19 Mini Pancakes Apples Slices Orange Juice 100% Milk 1% Milk Skim	Dec - 20 Mini Cinni Diced Fruit Apple Juice 100% Milk 1% Milk Skim	Dec - 21 Graham Crackers Yogurt Orange Juice 100% Applesauce Milk 1% Milk Skim	Avg Nutrients Target Cals... 433 100% Sodium. 359 mg T.Fat 6.9g 14.3%Cal S.Fat 1.8g 3.7%Cal

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.

\* - 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.