

North Pike School District

NORTH PIKE SCHOOL DISTRICT

BREAKFAST MENU K-12

WEEKLY ROTATION

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 4/2/2018 Assorted Cold Cereals Graham Crackers Mini Cinnis Applesauce Veg. Juice Variety Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk	Tue - 4/3/2018 French Toast Sticks Mini Pancakes in a Bag Sliced Strawberries Veg. Juice Variety Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Pancake Syrup	Wed - 4/4/2018 Waffles in a Bag Southern Biscuit Sausage Patty Chilled Peaches Veg. Juice Variety Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk	Thu - 4/5/2018 Strawberry Toaster Pastry Yogurt, Straw/Banana Sausage & Pancake on a Stick Sliced Strawberries Veg. Juice Variety Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk	Fri - 4/6/2018 Assorted Breakfast Bread Southern Biscuit Bacon Strip Chilled Peaches Veg. Juice Variety Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk
Mon - 4/9/2018 Assorted Cold Cereals Graham Crackers Mini Cinnis Applesauce Veg. Juice Variety Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk	Tue - 4/10/2018 French Toast Sticks Mini Pancakes in a Bag Sliced Strawberries Veg. Juice Variety Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Pancake Syrup	Wed - 4/11/2018 Waffles in a Bag Southern Biscuit Sausage Patty Chilled Peaches Veg. Juice Variety Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk	Thu - 4/12/2018 Strawberry Toaster Pastry Yogurt, Straw/Banana Sausage & Pancake on a Stick Sliced Strawberries Veg. Juice Variety Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk	Fri - 4/13/2018 Assorted Breakfast Bread Southern Biscuit Bacon Strip Chilled Peaches Veg. Juice Variety Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk
Mon - 4/16/2018 Assorted Cold Cereals Graham Crackers Mini Cinnis Applesauce Veg. Juice Variety Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk	Tue - 4/17/2018 French Toast Sticks Mini Pancakes in a Bag Sliced Strawberries Veg. Juice Variety Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Pancake Syrup	Wed - 4/18/2018 Waffles in a Bag Southern Biscuit Sausage Patty Chilled Peaches Veg. Juice Variety Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk	Thu - 4/19/2018 Strawberry Toaster Pastry Yogurt, Straw/Banana Sausage & Pancake on a Stick Sliced Strawberries Veg. Juice Variety Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk	Fri - 4/20/2018 Assorted Breakfast Bread Southern Biscuit Bacon Strip Chilled Peaches Veg. Juice Variety Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk
Mon - 4/23/2018 Assorted Cold Cereals Graham Crackers Mini Cinnis Applesauce Veg. Juice Variety Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk	Tue - 4/24/2018 French Toast Sticks Mini Pancakes in a Bag Sliced Strawberries Veg. Juice Variety Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk Pancake Syrup	Wed - 4/25/2018 Waffles in a Bag Southern Biscuit Sausage Patty Chilled Peaches Veg. Juice Variety Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk	Thu - 4/26/2018 Strawberry Toaster Pastry Yogurt, Straw/Banana Sausage & Pancake on a Stick Sliced Strawberries Veg. Juice Variety Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk	Fri - 4/27/2018 Assorted Breakfast Bread Southern Biscuit Bacon Strip Chilled Peaches Veg. Juice Variety Assorted Fruit Juices Chocolate Milk Fat Free Milk Low Fat Milk

Milk, Juice & Fruit variety served daily

This menu is subject to change depending on availability of ingredients and special functions that require a menu 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.

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	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	451	450-500	100%	Sugars	43.31* g	38.45%	
Cholesterol	18 mg			Protein	12.94 g	11.49%	
Sodium	540 mg	540		Carbohyd	75.92 g	67.40%	
Fiber	2.38 g			Tot. Fat	9.99 g	19.97%	
Iron	2.46* mg			Sat. Fat	3.53 g	7.06%	<10.00%
Calcium	359.44* mg						
Vitamin A	978* IU						
Vitamin C	68.17* mg						

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

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