

K-12 WIND RIVER BREAKFAST COUGAR SEPTEMBER



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
	1 CEREAL OR DONUT CHEESE STICKS KIWIFRUIT,FRESH MILK	2 CEREAL OR BAGEL EGGS APPLES JUICE (assorted) MILK	3 CEREAL OR PANCAKES EGGS ORANGES JUICE (assorted) MILK	4	Calories 512 Cholesterol 129 mg Sodium 601 mg Dietary Fiber 5.50 g Iron 9.29 mg Calcium 519.19 mg Vitamin A 1882 IU Vitamin C 71.42 mg Sugars 17.01 g 13.3% Protein 20.55 g 16.1% Carbohydrate 75.10 g 58.7% Total Fat 14.63 g 25.7% Saturated Fat 5.27 g 9.3%
7 LABOR DAY	8 CEREAL OR BISCUITS GRAVY COUNTRY SAUSAGE MANDARIN ORANGES MILK	9 CEREAL OR BREAKFAST BAR GO GURT FRUIT CUP JUICE (assorted) MILK	10 CEREAL OR MUFFIN GO GURT PEACHES JUICE (assorted) MILK	11	Calories 582 Cholesterol 35 mg Sodium 493 mg Dietary Fiber 11.85 g Iron 10.12 mg Calcium 456.03 mg Vitamin A 1985 IU Vitamin C 35.20 mg Sugars 10.77 g 7.4% Protein 15.71 g 10.8% Carbohydrate 91.74 g 63.1% Total Fat 11.18 g 17.3% Saturated Fat 4.52 g 7.0%
14 CEREAL OR CREPE SAUSAGE PATTIES STRAWBERRIES BLUEBERRIES, FRUIT COCKTAIL WHIPPED TOPPING JUICE (assorted) MILK	15 CEREAL OR BREAKFAST BURRITO SALSA PINEAPPLE(Chunks) JUICE (assorted) MILK	16 CEREAL OR BREAKFAST PIZZA YOGURT MANDARIN ORANGES JUICE (assorted) MILK	17 CEREAL OR MUFFIN GO GURT PEAR JUICE (assorted) MILK	18	Calories 551 Cholesterol 61 mg Sodium 560 mg Dietary Fiber 5.06 g Iron 9.97 mg Calcium 465.36 mg Vitamin A 1561 IU Vitamin C 50.51 mg Sugars 9.00 g 6.5% Protein 18.69 g 13.6% Carbohydrate 85.97 g 62.4% Total Fat 15.63 g 25.5% Saturated Fat 4.11 g 6.7%
21 CEREAL OR BREAKFAST BAR GO GURT APPLES JUICE (assorted) MILK	22 CEREAL OR DONUT CHEESE STICKS KIWIFRUIT,FRESH JUICE (assorted) MILK	23 CEREAL BAGEL (ASSORTED) EGGS, PATTIES APPLES JUICE (assorted) MILK	24 CEREAL OR HARD BOILED EGG YOGURT GRANOLA BANANA JUICE (assorted) MILK	25	Calories 514 Cholesterol 68 mg Sodium 428 mg Dietary Fiber 5.94 g Iron 11.48 mg Calcium 502.65 mg Vitamin A 1705 IU Vitamin C 60.63 mg Sugars 18.02 g 14.0% Protein 18.05 g 14.0% Carbohydrate 87.92 g 68.4% Total Fat 11.03 g 19.3% Saturated Fat 4.06 g 7.1%
28 CEREAL OR BISCUITS BACON EGGS, PATTIES PINEAPPLE(Chunks) JUICE (assorted) MILK	29 CEREAL OR WAFFLE CHEESE STICKS GRAPES JUICE (assorted) MILK	30 CEREAL EGGS, PATTIES SAUSAGE LINKS MANDARIN ORANGES JUICE (assorted) MILK			Calories 601 Cholesterol 86 mg Sodium 763 mg Dietary Fiber 2.46 g Iron 10.44 mg Calcium 489.21 mg Vitamin A 1747 IU Vitamin C 47.19 mg Sugars 2.41 g 1.6% Protein 28.62 g 19.1% Carbohydrate 89.41 g 59.5% Total Fat 18.38 g 27.5% Saturated Fat 5.91 g 8.8%

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDE

*MENU SUBJECT TO CHANGE

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.