

United High School Breakfast May 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Biscuit and Gravy Fruit Choice	2 Pancake Wrap Hashbrown Fruit Choice	3 Donut Fruit Choice	4 Breakfast Pizza Fruit Choice	5 Pancakes Hashbrown Fruit Choice	Cals... 440* 98% Chol... 31* mg Sodium. 631* mg Fiber.. 2.6* g Iron... 1.5* mg Calcium443.1* mg Vit C 25.8* mg Sugar 31.0*g 28.2%Cal Prot 14.5*g 13.2%Cal Carb 57.6*g 52.3%Cal T.Fat 17.2*g 35.3%Cal
8 Biscuit and Gravy Fruit Choice	9 Pancake Wrap Hashbrown Fruit Choice	10 Cinnamon Roll Fruit Choice	11 Breakfast Pizza Fruit Choice	12 Pancakes Hashbrown Fruit Choice	Cals... 437* 97% Chol... 28* mg Sodium. 653* mg Fiber.. 2.8* g Iron... 1.5* mg Calcium438.9* mg Vit C 25.7* mg Sugar 31.3*g 28.6%Cal Prot 14.7*g 13.5%Cal Carb 59.8*g 54.7%Cal T.Fat 16.1*g 33.2%Cal
15 Biscuit and Gravy Fruit Choice	16 Pancake Wrap Hashbrown Fruit Choice	17 Donut Fruit Choice	18 Breakfast Pizza Fruit Choice	19 Cook's Choice	Cals... 356* 79% Chol... 23* mg Sodium. 515* mg Fiber.. 2.1* g Iron... 1.1* mg Calcium322.6* mg Vit C 20.7* mg Sugar 26.2*g 29.4%Cal Prot 11.9*g 13.4%Cal Carb 46.0*g 51.7%Cal T.Fat 14.0*g 35.5%Cal
22 Cook's Choice					

**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.

Milk and Assorted Fruit Juices available with each meal