

Fall Breakfast • Grades K-5



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Egg and Cheese on Whole grain English muffin 1/2 c. Fresh sliced Apples 1/2 c. Fresh Pear Slices Milk***	Whole grain Bagel w/ low-fat cream cheese 1 c. 100% Orange Juice Milk	Whole grain Warm Blueberry Muffin String Cheese 1/2 c. Pineapple Chunks 1/2 c. Peach Cup Milk	Whole grain French Toast Sticks Sugar Free Syrup 1/2 c. Fresh Grapes 1/2 c. Applesauce	Whole Grain Cheerios Low-fat strawberry yogurt Whole Banana Milk
Week 2	Egg and Turkey Sausage on Whole grain English Muffin 1 c. 100% White Grape Juice Milk	Hard Boiled Egg Whole Grain Banana Bread 1/2 c. Pineapple Chunks 1/2 c. Peach Cup Milk	1 c. Cinnamon Oatmeal w/ 1/4 c. Dried Cranberries 1/2 c. Fresh Grapes 1/2 c. Applesauce Milk	Whole grain Pancake Maple Syrup Whole Banana Milk	Whole grain Cheerios Low-fat String cheese Stick 1/2 c. Fresh sliced Apples 1/2. Fresh Pear Slices Milk
Week 3	Egg and Cheese on Whole grain English Muffin 1/2 c. Pineapple Chunks 1/2 c. Peach Cup Milk	1/2 Whole wheat bagel w/ 2 Tbsp. Low-fat Cream Cheese 1/2 c. Fresh Grapes 1/2 c. Pear Slices Milk	Whole grain Pumpkin Muffin Low-fat String Cheese Whole Banana Milk	Whole grain waffle Light Maple Syrup 1/2 c. Fresh Sliced Apples 1/2 c. Mandarin Oranges Milk	1 c. Whole grain cheerios 1/2 c. Low-fat Vanilla yogurt 1 c. 100% Orange Juice Milk
Week 4	Western Omelet Quesadilla Whole grain toast 1/2 c. Fresh Grapes 1/2 c. Applesauce Milk	Whole grain cinnamon Sugar Oatmeal w/ 1/4 c. Cranberries Whole Banana Milk	Warm whole Grain Blueberry Oat Muffin Low-fat String Cheese 1/2 c. Fresh Sliced Apples 1/2 c. Mandarin Oranges Milk	Whole grain French Toast sticks Sugar-free Syrup 1 c. Fresh Sliced Pears Milk	Whole grain Cheerios Low-fat Strawberry Yogurt 1/2 c. Pineapple Chunks 1/2c. Peach Cup Milk
Week 5	Egg and Cheese on Whole grain English Muffin Whole Banana Milk	Hard boiled Egg Whole grain Banana Bread 1/2 c. Fresh Sliced Apples 1/2 c. Mandarin Oranges Milk	Whole grain warm pumpkin Muffin 1 c. 100% Orange Juice Milk	Whole grain Silver Dollar Pancakes 1/2 c. Pineapple Chunks 1/2 c. Peach cup Milk	Whole grain cheerios Low-fat Vanilla Yogurt 1/2 c. Fresh Grapes 1/2 c. Fresh pear slices Milk

***1% White milk and Fat-free Flavored milk offered daily

Fall Breakfast Menu • Week 1 Breakdown • Grades K-5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Egg and Cheese on Whole grain English muffin 1/2 c. Fresh sliced Apples 1/2 c. Fresh pear slices Milk	Whole grain Bagel w/ low-fat cream cheese 1 c. 100% Orange Juice Milk	Whole grain Warm Blueberry Muffin String Cheese 1/2 c. Pineapple Chunks 1/2 c. Peach Cup Milk	Whole grain French Toast Sticks Sugar Free Syrup 1/2 c. Fresh Grapes 1/2 c. Applesauce Milk	Whole Grain Cheerios Low-fat strawberry yogurt Whole Banana Milk		
Fruits	Apples= 1/2 cup Pears= 1/2 cup	Orange Juice= 1 cup	Pineapple= 1/2 cup Peach cup= 1/2 cup	Grapes= 1/2 cup Applesauce= 1/2 cup	Banana= 1 cup	5 cups	5 cups
Vegetable							0 cups*
Grains	Whole grain English muffin = 1 oz.	Whole grain bagel= 1 oz.	Whole grain blueberry muffin= 1 oz.	Whole grain French Toast= 2 oz.	1 cup cereal= 1 oz. eq.	6 oz. 6 oz. whole grain-rich	7-10 oz. eq.**
Meat/Meat Alternate	Egg= 1 oz. Cheese= 1 oz.		String Cheese= 1 oz.		1/2 c. yogurt= 1 oz. eq.	4 oz. eq.	0 cups***
Total Grains & Meat/Meat Alt.						10 oz. eq.	7-10 oz. eq.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

*Vegetables may be substituted for fruit, but the first 2 cups must be from the dark green, red orange, beans/peas, or "other" vegetable subgroups

**All grains offered must be whole grain-rich

*** There is no separate meat/meat alternate component in School Breakfast program. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum *daily* grains requirement is met.

Week 1 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	433.7 kcal	350-500 kcal
Sodium	432.54 mg	≤ 540 mg
Saturated Fat	4.33 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are	100% of grains offered weekly are whole grain-rich

Summary of Recipes

Warm Blueberry Oat Muffin

Summary of USDA Foods

Grains

French Toast Stick

Meat/ Meat Alternate

Egg

Cheddar Cheese

String Cheese

Fruits

Fresh Apple Slices

Fresh Pears

Canned Peaches

Applesauce

Orange Juice

Produce Pricing: **Coming Soon!**

Conventional

Local

Fall Breakfast Menu • Week 2 Breakdown • Grades K-5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Egg and Turkey Sausage on Whole grain English Muffin 1 c. 100% White Grape Juice Milk	Hard Boiled Egg Whole Grain Banana Bread 1/2 c. Pineapple Chunks 1/2 c. Peach Cup Milk	1 c. Cinnamon Oatmeal w/ 1/4 c. Dried Cranberries 1/2 c. Fresh Grapes 1/2 c. Applesauce Milk	Whole grain Pancake Maple Syrup Whole Banana Milk	Whole grain Cheerios Low-fat String cheese Stick 1/2 c. Fresh sliced Apples 1/2. Pear Slices Milk		
Fruits	Juice= 1 cup	Pineapple= 1/2 cup Peach cup= 1/2 cup	Grapes= 1/2 cup Applesauce= 1/2 cup Cranberries= 1/4 cup	Banana= 1 cup	Apples= 1/2 cup Fresh pears=1/2 cup	5 1/4 cups	5 cups
Vegetable							0 cups*
Grains	Whole grain English muffin= 1 oz.	Banana Bread= 2 oz.	1 cup Oatmeal= 1 oz.	Pancakes= 1 oz.	1 cup cereal= 1 oz.	6 oz. eq. 6 oz. whole grain-rich	7-10 oz. eq.**
Meat/Meat Alternate	Egg= 1 oz. Sausage= 1 oz.	Egg= 1oz.				8oz.	0 cups***
Total Grains & Meat/Meat Alt.						9 oz. eq.	7-10 oz. eq.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

*Vegetables may be substituted for fruit, but the first 2 cups must be from the dark green, red orange, beans/peas, or "other" vegetable subgroups

**All grains offered must be whole grain-rich

*** There is no separate meat/meat alternate component in School Breakfast program. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum *daily* grains requirement is met.

Week 2 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	429.3 kcal	350-500 kcal
Sodium	329.5 mg	≤ 540 mg
Saturated Fat	3.75 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must	
Grains	50% of grains offered weekly are whole grain-rich	70 % of grains offered weekly are	100% of grains offered weekly are whole grain-rich	

Summary of Recipes

Banana Bread

Summary of USDA Foods

Grains

Pancakes, Whole Grain

Meat/ Meat Alternate

Egg

String Cheese

Fruits

Peach Cup

Apple slices, Fresh

Applesauce

Fresh Pears

Produce Pricing: **Coming Soon!**

Conventional

Local

Fall Breakfast Menu • Week 3 Breakdown • Grades K-5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Egg and Cheese on Whole grain English Muffin 1/2 c. Pineapple Chunks 1/2 c. Peach Cup Milk	1/2 Whole wheat bagel w/ 2 Tbsp. Low-fat Cream Cheese 1/2 c. Fresh Grapes 1/2 c. Fresh Pears Milk	Whole grain Pumpkin Muffin Low-fat String Cheese Whole Banana Milk	Whole grain waffle Light Maple Syrup 1/2 c. Fresh Sliced Apples 1/2 c. Mandarin Oranges Milk	1 c. Whole grain cheerios 1/2 c. Low-fat Vanilla yogurt 1 c. 100% Orange Juice Milk		
Fruits	Pineapple= 1/2 cup Peach cup= 1/2 cup	Grapes= 1/2 cup Pears = 1/2 cup	Banana= 1 cup	Apples= 1/2 cup Oranges= 1/2 cup	Juice= 1 cup	5 cups	5 cups
Vegetable							0 cups*
Grains	Whole grain English muffin= 1 oz.	Whole grain bagel=1 oz.	Whole grain Muffin= 1 oz.	Whole grain waffle= 2 oz.	1 cup cereal= 1oz. eq.	6 oz. 6 oz. whole grain-rich	7-10 oz. eq.**
Meat/Meat Alternate	Egg= 1 oz.		String cheese= 1 oz.			2oz.	0 cups***
Total Grains & Meat /Meat Alt.						8 oz. eq.	7-10 oz. eq.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

*Vegetables may be substituted for fruit, but the first 2 cups must be from the dark green, red orange, beans/peas, or "other" vegetable subgroups

**All grains offered must be whole grain-rich

*** There is no separate meat/meat alternate component in School Breakfast program. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum *daily* grains requirement is met.

Week 3 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	463.5 kcal	350-500 kcal
Sodium	439.6mg	≤ 540 mg
Saturated Fat	4.51%	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are	100% of grains offered weekly are whole grain-rich

Summary of Recipes

Pumpkin Muffin

Summary of USDA Foods

Meat/ Meat Alternate

Egg

Cheddar Cheese, Slice

String Cheese

Fruits

Apple slices, Fresh

Fresh Pears

Peach cup

Applesauce

Orange Juice

Produce Pricing: Coming Soon!

Conventional	Local
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Fall Breakfast Menu • Week 4 Breakdown • Grades K-5



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Western Omelet Quesadilla Whole grain toast 1/2 c. Fresh Grapes 1/2 c. Applesauce Milk	Whole grain cinnamon Sugar Oatmeal w/ 1/4 c. Cranberries Whole Banana Milk	Warm whole Grain Blueberry Oat Muffin Low-fat String Cheese 1/2 c. Fresh Sliced Apples 1/2 c. Mandarin Oranges Milk	Whole grain French toast sticks Sugar-free Syrup 1 c. Fresh Sliced Pears Milk	Whole grain Cheerios Low-fat Strawberry Yogurt 1/2 c. Pineapple Chunks 1/2c. Peach Cup Milk		
Fruits	Grapes= 1/2 cup Applesauce= 1/2 cup	Banana= 1 cup Cranberries= 1/4 cup (1/2 c. eq.)	Apples= 1/2 cup Oranges= 1/2 cup	Pears= 1 cup	Pineapple= 1/2 cup Peach cup = 1/2 cup	5 1/4 cups	5 cups
Vegetable	Omelet= 1/4 cup					1/4 cup	0 cups*
Grains	Whole grain bread= 1 oz.	1 cup oatmeal= 1 oz.	Muffin= 1 oz.	Whole grain French toast= 2 oz.	1 cup cereal= 1 oz.	6 oz. 6 oz. whole grain-rich	7-10 oz. eq.**
Meat/Meat Alternate	Eggs= 1 oz.		String cheese= 1 oz.		1/2 cup yogurt= 1 oz.	3 oz.	0 cups***
Total grains & Meat/Meat Alt.						9 oz. eq.	7-10 oz. eq.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

*Vegetables may be substituted for fruit, but the first 2 cups must be from the dark green, red orange, beans/peas, or "other" vegetable subgroups

**All grains offered must be whole grain-rich

*** There is no separate meat/meat alternate component in School Breakfast program. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum *daily* grains requirement is met.

Week 4 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	440.6 kcal	350-500 kcal
Sodium	507.74 mg	≤ 540 mg
Saturated Fat	3.49%	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must	
Grains	50% of grains offered weekly are whole grain-rich	70 % of grains offered weekly are	100% of grains offered weekly are whole grain-rich	

Summary of Recipes

Western Omelet Quesadilla
Warm Blueberry Oat Muffin

Summary of USDA Foods

Grains

Whole grain bread (toast)
Baked French Toast Sticks

Meat/ Meat Alternate

String Cheese

Fruits

Applesauce
Apple slices, Fresh
Fresh Pears
Peach cup

Produce Pricing: Coming Soon!

Conventional

Local

Fall Breakfast Menu • Week 5 Breakdown • Grades K-5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Egg and Cheese on Whole grain English Muffin Whole Banana Milk	Hard boiled Egg Whole grain Banana Bread 1/2 c. Fresh Sliced Apples 1/2 c. Mandarin Oranges Milk	Whole grain warm pumpkin Muffin 1 c. 100% Orange Juice Milk	Whole grain Silver Dollar Pancakes 1/2 c. Pineapple Chunks 1/2 c. Peach cup Milk	Whole grain cheerios Low-fat Vanilla Yogurt 1/2 c. Fresh Grapes 1/2 c. Pear Slices Milk		
Fruits	Banana= 1 cup	Apple= 1/2 cup Oranges= 1/2 cup	Juice= 1 cup	Pineapple= 1/2 cup Peach cup= 1/2 cup	Grapes= 1/2 cup Pears= 1/2 cup	5 cups	5 cups
Vegetable							0 cups*
Grains	Whole grain English muffin= 1 oz.	Banana Bread= 1 oz.	Pumpkin muffin= 1 oz.	Pancakes= 1 oz.	1 cup cheerios= 1 oz. eq.	5 oz. 5 oz. whole grain-rich	7-10 oz. eq.**
Meat/Meat Alternate	Egg= 1oz. Cheese= 1oz.	Egg= 1 oz.			1/2 cup yogurt= 1 oz. eq.	3 oz.	0 cups***
Total Grains & Meat /Meat alt.						8 oz. eq.	7-10 oz. eq.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

*Vegetables may be substituted for fruit, but the first 2 cups must be from the dark green, red orange, beans/peas, or "other" vegetable subgroups

**All grains offered must be whole grain-rich

*** There is no separate meat/meat alternate component in School Breakfast program. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum *daily* grains requirement is met.

Week 5 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	455.3 kcal	350-500 kcal
Sodium	360.9 mg	≤ 540 mg
Saturated Fat	4.52 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are	100% of grains offered weekly are whole grain-rich

Summary of Recipes

Banana Bread

Pumpkin Muffin

Summary of USDA Foods

Grains

Pancakes, Whole Grain

Meat/ Meat Alternate

Egg

Cheddar Cheese, Slice

String Cheese

Fruits

Apple slices, Fresh

Fresh Pears

Peach cup

Applesauce

Produce Pricing: Coming Soon!

Conventional

Local