

# Breakfast Menu • Spring • Grades 6-8



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>Egg and Cheese on Whole Grain English Muffin</p> <p>1/2 c. Fresh Apple Slices 1/2 c. Pineapple Chunks Milk***</p>	<p>Whole Grain Cinnamon Oatmeal w/ 1/4 c. Dried Cranberries</p> <p>1/2 c. Pear Halves 1/2 c. Mandarin Oranges Milk</p>	<p>Whole Grain Bagel w/ 1 Tbsp. Low-Fat Cream Cheese</p> <p>1 c. 100% Orange Juice Milk</p>	<p>Whole grain Blueberry Muffin Low-fat Mozzarella cheese stick</p> <p>1/2 c. Honeydew 1/2 c. Applesauce Milk</p>	<p>Yogurt Parfait– 1 c. Low-fat vanilla yogurt, w/ 1/2 c. fresh strawberry slices, 1/4 c. granola</p> <p>1/2 c. Peach cup Milk</p>
Week 2	<p>Western Omelet Quesadilla w/ 1/4 c. Salsa (WG Tortilla)</p> <p>Whole Banana Milk</p>	<p>Cinnamon Oatmeal w/ Cranberries &amp; Walnuts</p> <p>1/2 c. Pear slices 1/2 c. Mandarin Oranges Milk</p>	<p>Whole Grain French Toast Sticks 2 Tbsp. Light Syrup</p> <p>1/2 c. Fresh Honeydew 1/2 c. Fresh Pineapple Chunks Milk</p>	<p>Whole Grain cheerios 1/2 c. Low-fat Vanilla Yogurt</p> <p>1 c. Peach cup Milk</p>	<p>Whole Grain Blueberry Muffin</p> <p>Low- Fat String Cheese 1/2 c. Fresh Strawberries Milk</p>
Week 3	<p>Sausage Egg and Cheddar Cheese on Whole Grain English Muffin</p> <p>1 c. 100% Orange Juice Milk</p>	<p>Yogurt Parfait: 1c. Vanilla Yogurt, 1/2 c. Strawberries, 1/4 c. 1/4 c. Granola</p> <p>1/2 c. Fresh Honeydew 1/2 c. Pineapple Chunks Milk</p>	<p>Whole grain Bagel w/ 1 Tbsp. Low-fat Cream Cheese or Jam</p> <p>1/2 c. Peach Cup 1/2 c. Mandarin Oranges Milk</p>	<p>Whole Grain French Toast Sticks 2 Tbsp. Light Syrup 1/2 c. Applesauce 1/2 c. Sliced Strawberries Milk</p>	<p>Whole Grain Cinnamon Oatmeal w/ 1/4 c. Dried Cranberries</p> <p>1/2 c. Fresh Apple Slices Whole Banana Milk</p>
Week 4	<p>Breakfast Burrito: Scrambled Eggs, Peppers, Cheese w/ Fresh Salsa</p> <p>1/2 c. Fresh Honeydew chunks 1/2 c. Applesauce Milk</p>	<p>Silver Dollar Pancakes 2 Tbsp. Light Syrup</p> <p>1/2 c. Peach cup 1/2 c. Fresh Pineapple chunks Milk</p>	<p>Warm Blueberry Muffin Low-Fat Mozzarella cheese stick</p> <p>1 c. Fresh Strawberries Milk</p>	<p>Whole Grain Bagel w/ 1 Tbsp. Low-Fat Cream Cheese</p> <p>1/2 c. Fresh Apple Slices 1/2 c. Pear Cup Milk</p>	<p>1 c. Whole grain Raisin Bran Crunch 1/2 c. Strawberry Yogurt</p> <p>Whole Banana Milk</p>
Week 5	<p>Sausage Egg and Cheese on Whole Grain English Muffin</p> <p>1/2 c. Pear chunks 1/2 c. Peaches Milk</p>	<p>Whole Grain Raisin Bran Cereal Hard Boiled Egg</p> <p>1/2 c. Fresh Strawberry Halves 1/2 c. Fresh Honeydew Chunks Milk</p>	<p>Vanilla Yogurt Parfait; 1/4 cup Peaches &amp; 1/4 cup Granola</p> <p>1/2 c. Fresh Apple Slices 1/2 c. Fresh Pineapple Chunks Milk</p>	<p>Whole Grain French Toast Sticks Light Syrup</p> <p>Whole Banana Milk</p>	<p>Whole grain bagel w/ Low-fat cream cheese</p> <p>Mozzarella Cheese Stick 100% Grape Juice Milk</p>

\*\*\* 1% Unflavored and Non-fat/Skim Flavored Milk Offered Daily

## Spring Breakfast Menu \* Week 1 Breakdown \* Grades 6-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<b>Egg and Cheese on Whole Grain English Muffin</b> 1/2 c. Fresh Apple Slices 1/2 c. Pineapple Chunks Milk	<b>Whole Grain Cinnamon Oatmeal</b> w/ 1/4 c. Dried Cranberries 1/2 c. Pear Halves 1/2 c. Mandarin Oranges Milk	<b>Whole Grain Bagel</b> w/ 1 Tbsp. Low-Fat Cream Cheese 1 c. 100% Orange Juice Milk	<b>Whole grain Blueberry Muffin</b> Low-fat Mozzarella cheese stick 1/2 c. Honeydew 1/2 c. Applesauce Milk	<b>Yogurt Parfait– 1 c.</b> Low-fat vanilla yogurt, w/ 1/2 c. fresh strawberry slices, 1/4 c. granola 1/2 c. Peach cup Milk		
<b>Fruit</b>	Apple Slices= 1/2 cup Pineapple= 1/2 cup	Pear Halves= 1/2 cup Mandarin Oranges = 1/2 cup	Orange Juice= 1 cup	Honeydew= 1/2 cup Applesauce= 1/2 cup	Peaches = 1/2 cup	5 cups	<b>5 cups</b>
<b>Vegetable</b>							<b>0 cups*</b>
<b>Grains</b>	English Muffin= 1 oz.	1 cup=Oatmeal= 2 oz.	Whole grain bagel= 2 oz.	Blueberry Muffin= 1.25 oz.	1/4 cup granola= 1 oz.	7.25 oz. eq. 7.25= whole grain-rich	<b>8-10 oz. eq.**</b>
<b>Meat/ Meat Alternative</b>	Egg & Cheese= 1.5 oz. (Not contributing to total)			Cheese stick= 1 oz. (Not contributing to total)	1 cup yogurt= 2 oz.	2 oz. eq.	<b>0 cups***</b>
<b>Total Grains &amp; Meat/Meat Alt.</b>						9.25 oz. eq.	<b>8-10 oz. eq.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup		<b>5 cups</b>

\*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	481.6 kcal	400-550 kcal
Sodium	440.2 mg	≤ 600 mg
Saturated Fat	4.57%	< 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 1 fruit/week must be served fresh		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 whole grain-rich	100% of grains offered weekly are whole grain-rich

### Summary of Recipes

Warm Blueberry Oat Muffin

### Summary of USDA Foods

#### **Grains**

Oatmeal, Whole Grain Oats

#### **Meat/ Meat Alternate**

Egg

Cheddar Cheese

String Cheese

#### **Fruits**

Fresh Apple Slices

Fresh Pears

Peach Cup

Applesauce

Orange Juice

### **Produce Pricing: Coming Soon!**

Conventional

Local

## Spring Breakfast Menu \* Week 2 Breakdown \* Grades 6-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Western Omelet Quesadilla w/ 1/4 c. Salsa  Whole Banana Milk	Cinnamon Oatmeal with Cranberries & Walnuts  1/2 c. Pear slices 1/2 c. Mandarin Oranges Milk	Whole Grain French Toast Sticks 2 Tbsp. Light Syrup  1/2 c. Fresh Honeydew 1/2 c. Fresh Pineapple Chunks Milk	Whole Grain cheerios 1/2 c. Low-fat Vanilla Yogurt 1 c. 100% Apple Juice 1/2 c. Peach cup Milk	Whole Grain Blueberry Muffin  Low-Fat String Cheese 1/2 c. Fresh Strawberries Milk		
<b>Fruits</b>	Banana= 1 cup	Pear slices= 1/2 cup Mandarin Oranges= 1/2 cup	Honeydew= 1/2 cup Pineapple chunks= 1/2 cup	1 cup juice= 1/2 cup eq. Peaches= 1/2 cup	Strawberries= 1/2 cup Applesauce= 1/2 cup	5 cups	<b>5 cups</b>
<b>Vegetable</b>							<b>0 cups*</b>
<b>Grains</b>	Whole grain tortilla= 1 oz. eq.	1 cup oatmeal= 2 oz.	2 Whole grain French toast= 2 oz.	1 cup cereal= 1 oz.	Muffin= 2 oz.	8 oz. eq. 8 oz. = whole grain -rich	<b>8-10 oz. eq.**</b>
<b>Meat/Meat Alternate</b>	Quesadilla= 1.75 oz. (Not contributing to total)			1/2 cup (4 oz.) Vanilla Yogurt= 1 oz.	String cheese= 1 oz.	2 oz. eq.	<b>0 cups***</b>
<b>Total Grains &amp; Meat./Meat Alt.</b>						10 oz. eq.	<b>8-10 oz. eq.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup		<b>5 cups</b>

\*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	442.6 kcal	400-550 kcal
Sodium	477.2 mg	≤ 600 mg
Saturated Fat	3.86%	< 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 1 fruit/week must be served fresh		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 whole grain-rich	100% of grains offered weekly are whole grain-rich

## Summary of Recipes

Western Omelet Quesadilla

Warm Blueberry Oat Muffin

## Summary of USDA Foods

### Grains

French Toast Sticks

Oatmeal, Whole Grain Oats

Tortilla, Whole grain

### Meat/ Meat Alternate

Egg

Cheddar Cheese

String Cheese

### Fruits

Fresh Apple Slices

Fresh Pears

Peach Cup

Applesauce

## Produce Pricing: Coming Soon!

Conventional

Local

## Spring Breakfast Menu \* Week 3 Breakdown \* Grades 6-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Sausage Egg and Cheddar Cheese on Whole Grain English Muffin 1 c. 100% Orange Juice Milk	Yogurt Parfait: 1c. Vanilla Yogurt, 1/2 c. Strawberries, 1/4 c. 1/4 c. Granola 1/2 c. Fresh Honeydew 1/2 c. Pineapple Chunks Milk	Whole grain Bagel w/ 1 Tbsp. Low-fat Cream Cheese or Jam  1/2 c. Peach Cup 1/2 c. Mandarin Oranges Milk	Whole Grain French Toast Sticks 2 Tbsp. Light Syrup 1/2 c. Applesauce 1/2 c. Sliced Strawberries Milk	Whole Grain Cinnamon Oatmeal w/ 1/4 c. Dried Cranberries  Whole Banana Milk		
<b>Fruit</b>	Orange Juice= 1 cup	Honeydew= 1/2 cup Pineapple= 1/2 cup	Peaches= 1/2 cup Mandarin Oranges= 1/2 cup	Strawberries= 1/2 cup Applesauce= 1/2 cup	Banana= 1 cup	5 1/2 cups	<b>5 cups</b>
<b>Vegetable</b>							<b>0 cups*</b>
<b>Grains</b>	Whole Grain English Muffin= 2 oz.	1/4 cup Granola= 1 oz.	Whole grain Bagel = 2 oz.	French Toast Sticks= 2 oz.	Whole grain oatmeal= 2 oz.	9 oz. 9 oz.= whole grain-rich	<b>8-10 oz. eq. **</b>
<b>Meat/Meat Alternate</b>	Turkey Sausage= 1 oz. Cheddar Cheese= 1 oz. (not Contributing to Total)					1 oz.	<b>0 cups***</b>
<b>Total Grains &amp; Meat./Meat Alt.</b>						10 oz. eq.	<b>8-10 oz. eq.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	<b>5 cups</b>

\*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	459.6 kcal	400-550 kcal
Sodium	455.0 mg	≤ 600 mg
Saturated Fat	3.13%	< 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 1 fruit/week must be served fresh		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 whole grain-rich	100% of grains offered weekly are whole grain-rich

### Summary of Recipes

Warm Blueberry Oat Muffin

### Summary of USDA Foods

#### **Grains**

French Toast Stick

Oatmeal, Whole Grain Oats

#### **Meat/ Meat Alternate**

Egg

Cheddar Cheese

String Cheese

#### **Fruits**

Fresh Apple Slices

Fresh Pears

Peach Cup

Applesauce

Orange Juice

### **Produce Pricing: Coming Soon!**

Conventional

Local

## Spring Breakfast Menu \* Week 4 Breakdown \* Grades 6-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<b>Breakfast Burrito:</b> Scrambled Eggs, Peppers, Cheese w/ Fresh Salsa 1/2 c. Fresh Honeydew chunks 1/2 c. Applesauce Milk	<b>Silver Dollar Pancakes</b> 2 Tbsp. Light Syrup  1/2 c. Peach cup 1/2 c. Fresh Pineapple chunks Milk	<b>Warm Blueberry Muffin</b> Low-Fat Mozzarella cheese stick  1 c. Fresh Strawberries Milk	<b>Whole Grain Bagel</b> w/ 1 Tbsp. Low-Fat Cream Cheese 1/2 c. Fresh Apple Slices 1/2 c. Pear Cup Milk	<b>1 c. Whole grain Raisin Bran Crunch</b> 1/2 c. Strawberry Yogurt Whole Banana Milk		
<b>Fruit</b>	Honeydew= 1/2 cup Applesauce= 1/2 cup	Peaches= 1/2 cup Pineapple= 1/2 cup	Strawberries= 1 cup	Cantaloupe= 1/2 cup Apple Slices= 1/2 cup	Banana= 1 cup	5 cups	<b>5 cups</b>
<b>Vegetable</b>							<b>0 cups*</b>
<b>Grains</b>	Whole grain tortilla= 1.5 oz.	2 Pancakes= 2 oz.	Blueberry muffin= 1.25 oz.	Bagel= 2 oz.	1 cup cereal= 1 oz.	7.75 oz. eq. 7.75 = whole grain-rich	<b>8-10 oz. eq.**</b>
<b>Meat/ Meat Alternative</b>	Burrito= 2 oz.		Cheese stick= 1 oz. (not contributing to total)		1/2 cup (4 oz.) yogurt= 1 oz. (Contributing 0.25 oz. to total)	3 oz. eq.	<b>0 cups***</b>
<b>Total Grains &amp; Meat/Meat Alt.</b>						9.75 oz. eq.	<b>8-10 oz. eq.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	<b>5 cups</b>

\*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	442.2 kcal	400-550 kcal
Sodium	482.2 mg	≤ 600 mg
Saturated Fat	3.27%	< 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 1 fruit/week must be served fresh		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 whole grain-rich	100% of grains offered weekly are whole grain-rich

### Summary of Recipes

Breakfast Burrito

Warm Blueberry Oat Muffin

### Summary of USDA Foods

#### **Grains**

Pancakes, Whole Grain

Tortilla, Whole grain

#### **Meat/ Meat Alternate**

Egg

Cheddar Cheese

String Cheese

#### **Fruits**

Fresh Apple Slices

Fresh Pears

Peach Cup

Applesauce

### **Produce Pricing: Coming Soon!**

Conventional	Local

## Spring Breakfast Menu \* Week 5 Breakdown \* Grades 6-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<b>Sausage Egg and Cheese on Whole Grain English Muffin</b>  1/2 c. Pear chunks 1/2 c. Peaches Milk	<b>Whole Grain Raisin Bran Cereal</b> <b>Hard Boiled Egg</b> 1/2 c. Fresh Strawberry Halves 1/2 c. Fresh Honeydew Chunks Milk	<b>Vanilla Yogurt Parfait;</b> 1/4 cup Peaches & 1/4 cup Granola  1/2 c. Fresh Apple Slices 1/2 c. Fresh Pineapple Chunks Milk	<b>Whole Grain French Toast Sticks</b> <b>Light Syrup</b>  <b>Whole Banana</b> Milk	<b>Whole grain bagel w/ Low-fat cream cheese</b> <b>Mozzarella Cheese Stick</b> <b>100% Grape Juice</b> Milk		
<b>Fruit</b>	Pear= 1/2 cup Peaches= 1/2 cup	Strawberries= 1/2 cup Honeydew= 1/2 cup	Apple slices= 1/2 cup Pineapple= 1/2 cup	Banana= 1 cup	Grape juice= 1 cup	5 cups	<b>5 cups</b>
<b>Vegetable</b>							<b>0 cups*</b>
<b>Grains</b>	English Muffin= 1 oz.	1 cup Raisin Bran Cereal= 1 oz.	1/4 cup granola= 1 oz.	French toast sticks= 2 oz.	Whole grain bagel= 2 oz.	7 oz. eq. 7 oz. = whole grain-rich	<b>8-10 oz. eq. **</b>
<b>Meat/ Meat Alternative</b>	Turkey Sausage= 1 oz. Egg and Cheese= 1.5 oz. (1.5 oz. Not contributing to total)		1/2 cup Yogurt= 1oz. Eq.		Mozzarella stick= 1oz.	3 oz.	<b>0 cups***</b>
<b>Total Grains &amp; Meat/ Meat Alt.</b>						10 oz. eq.	<b>8-10 oz. eq.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	<b>5 cups</b>

\*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	528.4 kcal	400-550 kcal
Sodium	529.4 mg	≤ 600 mg
Saturated Fat	5.51 %	< 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 1 fruit/week must be served fresh		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 whole grain-rich	100% of grains offered weekly are whole grain-rich

### Summary of Recipes

Warm Blueberry Oat Muffin

### Summary of USDA Foods

#### **Grains**

French Toast Sticks

#### **Meat/ Meat Alternate**

Egg

Cheddar Cheese

String Cheese

#### **Fruits**

Fresh Apple Slices

Fresh Pears

Peach Cup

Applesauce

### **Produce Pricing: Coming Soon!**

Conventional

Local