


Breakfast Menu • Spring • Grades K-5



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

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

Spring 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 Apple Slices 1/2 c. Fresh Pineapple Chunks Milk	Whole Grain Cinnamon Oatmeal w/ 1/4 c. Dried Cranberries 1/2 c. Pear Slices 1/2 c. Mandarin Oranges Milk	1/2 Whole Grain Bagel w/ 1 Tbsp. Low-Fat Cream Cheese 100% Orange Juice Milk	Whole grain Blueberry Muffin Low-fat Mozzarella cheese stick 1/2 c. Fresh Honeydew 1/2 c. Applesauce Milk	Yogurt Parfait– 1 c. Low-fat vanilla yogurt, w/ 1/2 c. fresh strawberry slices, 1/4 c. granola 1/2 c. Peach cup Milk		
Fruit	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 Strawberries= 1/2 cup	5 cups	5 cups
Vegetable							0 cups*
Grains	English Muffin= 1 oz.	1 cup=Oatmeal= 2 oz.	Whole grain bagel= 1oz.	Blueberry Muffin= 1.25oz.	1/4 cup granola= 1 oz.	6.25 oz. eq. 6.25 oz.= whole grain rich	7-10 oz. eq.**
Meat/ Meat Alternative	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.	0 cups***
Total Grains & Meat/Meat Alt.						8.25 oz. eq.	7-10 oz. eq.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup		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	453.7 kcal	350-500 kcal
Sodium	398.00 mg	≤ 540mg
Saturated Fat	4.55%	< 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 K-5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<p>Western Omelet Quesadilla with Whole grain Tortilla</p> <p>Whole Banana Milk</p>	<p>Whole grain Cinnamon Oatmeal w/ 1/4 c. Dried Cranberries</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 1 c. 100% Apple Juice Milk</p>	<p>Whole Grain Blueberry Muffin</p> <p>Low-Fat String Cheese 1/2 c. Fresh Strawberries Milk</p>		
Fruits	Banana= 1 cup	Pear slices= 1/2 cup Mandarin Oranges= 1/2 cup	Honeydew= 1/2 cup Pineapple chunks= 1/2 cup	Apple juice= 1 cup	Strawberries= 1/2 cup Applesauce= 1/2 cup	5 cups	5 cups
Vegetable							0 cups*
Grains	Quesadilla= 1.5 oz.	1 cup oatmeal= 2 oz.	2 Whole grain French toast= 2 oz.	1 cup cereal= 1 oz.	Muffin= 2 oz.	8.5 oz. eq. 8.5oz.= whole grain-rich	7-10 ounce eq.**
Meat/Meat Alternate	Quesadilla= 2 oz. (Not Contributing to total)			1/2 cup (4 oz.) Vanilla Yogurt= 1 oz. (Contributing 0.5 oz. to total)	String cheese= 1 oz.	2 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

*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	453.8 kcal	350-500 kcal
Sodium	477.6 mg	≤ 540mg
Saturated Fat	3.87%	< 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 Stick

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 K-5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Turkey Sausage Egg and Cheddar Cheese on Whole Grain English Muffin 1 c. 100% Orange Juice Milk	Yogurt Parfait: Vanilla Yogurt Strawberries, Granola 1/2 c. Honeydew 1/2 c. Pineapple Chunks Milk	1/2 Whole grain Bagel w/ 1 Tbsp. Low-fat Cream Cheese 1/2 c. Peaches 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 Oatmeal w/ 2 Tbsp. Brown Sugar & 1/4 c. Dried Cranberries Whole Banana Milk		
Fruit	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	1/4 c. Cranberries= 1/2 cup. Eq. Banana= 1 cup	5 1/2 cups	5 cups
Vegetable							0 cups*
Grains	Whole Grain English Muffin= 2 oz.	Granola= 1 oz.	1/2 Whole grain Bagel = 1 oz.	French Toast Sticks= 2 oz.	Whole grain oatmeal= 2 oz.	8 oz. 8 oz.= whole grain-rich	7-10 ounce eq. **
Meat/Meat Alternate	Turkey Sausage= 1 oz. Cheddar Cheese= 1 oz.					2 oz.	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 3 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	434.3 kcal	350-500 kcal
Sodium	409 mg	≤ 540mg
Saturated Fat	3.12%	< 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 USDA Foods

Grains

French Toast Sticks

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 K-5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Breakfast Burrito: Scrambled Eggs, Peppers, Cheese w/ Fresh Salsa 1/2 c. Fresh Honeydew chunks 1/2 c. Applesauce Milk	Silver Dollar Pancakes 2 Tbsp. Maple Syrup 1/2 c. Peach cup 1/2 c. Pineapple chunks Milk	Warm Blueberry Muffin Low-Fat Mozzarella cheese stick 1/2 c. Strawberries Milk	1/2 Whole Grain Bagel w/ 1 Tbsp. Low-Fat Cream Cheese 1/2 c. Fresh Apple Slices 1/2 c. Pear Cup Milk	1 c. Whole grain Raisin Bran Crunch 1/2 c. Strawberry Yogurt Whole Banana Milk		
Fruit	Honeydew= 1/2 cup Applesauce= 1/2 cup	Peaches= 1/2 cup Pineapple= 1/2 cup	Strawberries= 1cup	Cantaloupe= 1/2 cup Apple Slices= 1/2 cup	Banana= 1 cup	5 cups	5 cups
Vegetable							0 cups*
Grains	Whole grain tortilla= 1 oz.	2 Pancakes= 2 oz.	Blueberry muffin= 1.25 oz.	1/2 Whole grain bagel= 1 oz.	1 cup cereal= 1 oz.	6.25 oz. eq. 6.25 oz.= whole grain-rich	7-10 ounce eq.**
Meat/ Meat Alternative	Burrito= 2 oz. (contributing 1 oz. to total)		Cheese stick= 1 oz.		1/2 cup (4 oz.) yogurt= 1 oz.	3 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 4 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	417.7 kcal	350-500 kcal
Sodium	439.2 mg	≤ 540mg
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 K-5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Egg and Cheese on Whole Grain English Muffin 1/2 c. Pear chunks 1/2 c. Peaches Milk	Whole Grain Raisin Bran Cereal 1/2 c. Fresh Strawberries 1/2 c. Fresh Honeydew Chunks Milk	Vanilla Yogurt Parfait; 1/4 cup Strawberries & 1/4 cup Granola 1/2 c. Fresh Apple Slices 1/2 c. Fresh Pineapple Chunks Milk	Whole Grain French Toast Sticks Maple Syrup Whole Banana Milk	1/2 Whole grain bagel w/ Low-fat cream cheese Mozzarella Cheese Stick 100% Apple Juice Milk		
Fruit	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	Apple juice= 1 cup	5 cups	5 cups
Vegetable							0 cups*
Grains	English Muffin= 1 oz.	1 cup Raisin Bran Cereal = 1 oz.	1/4 cup granola= 1 oz.	French toast sticks= 2 oz.	1/2 Whole grain bagel = 1 oz.	6 oz. eq. 6 oz.= whole grain-rich	7-10 ounce eq. **
Meat/ Meat Alternative	Egg and Cheese= 1.5 oz. (Cheese= 0.5 not contributing to total)		1/2 cup Yogurt= 1oz.		Mozzarella stick= 1oz.	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 5 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	464.9 kcal	350-500 kcal
Sodium	442.6 mg	≤ 540mg
Saturated Fat	4.88 %	< 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