


# Summer Breakfast Menu • Grades 6-8



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<b>Scrambled Eggs</b> <b>Whole wheat toast</b> <b>Assorted Jams</b> 1/2 c. Fresh Cantaloupe Chunks 1/2 c. Fresh Peach Slices Milk***	1 c. Whole Grain Cinnamon Oatmeal 1/4 c. Dried Cranberries 1/2 c. Fresh Watermelon Milk	<b>Breakfast burrito w/ whole grain tortilla wrap w/ 1/4 c. Salsa</b> 1/2 c. Fresh Blueberries 1/2 c. Fresh Strawberries Milk	<b>Whole Grain Blueberry Muffin</b> <b>Low-fat String Cheese</b> Whole Banana Milk	<b>Whole Grain Silver Dollar Pancakes</b> <b>Light Syrup</b> 1/2 c. Low-fat Strawberry Yogurt 1/2 c. Fresh Honeydew Chunks 1/2 c. Fresh Grapes Milk
Week 2	<b>Western Omelet Quesadilla</b> 1/4 c. Fresh Salsa 1/2 c. Fresh Watermelon Milk	1 c. Whole Grain Cheerios <b>String Cheese</b> 1/2 c. Fresh Blueberries 1/2 c. Fresh Strawberries Milk	<b>Ham Egg and Cheese on Whole Grain English Muffin</b> Whole Banana Milk	<b>Whole Grain Bagel</b> <b>Low-Fat Cream Cheese</b> 1/2 c. Fresh Honeydew Chunks 1/2 c. Fresh Grapes Milk	<b>Whole Grain Blueberry Muffin</b> <b>Low-fat Vanilla Yogurt w/ 1/4 c. Granola</b> 1/2 c. Fresh Cantaloupe Chunks 1/2 c. Fresh Peach Slices Milk
Week 3	<b>Whole Wheat Silver dollar Pancakes</b> <b>Light Syrup</b> 1/2 c. Fresh Blueberries 1/2 c. Fresh Strawberries Milk	<b>Cheesy Scrambled Eggs</b> <b>Turkey Sausage</b> <b>Whole Grain Toast</b> Whole Banana Milk	<b>Whole Grain Cereal</b> <b>Low-fat String Cheese</b> 1 c 100% Apple Juice Milk	1 c. Low-fat Vanilla Yogurt <b>Granola</b> <b>Hard-boiled Egg</b> 1/2 c. Fresh Cantaloupe Chunks 1/2 c. Fresh Peach Slices Milk	<b>Ham Egg and Cheese on Whole Wheat Toast</b> 1/2 c. Fresh Honeydew Chunks 1/2 c. Fresh Grapes Milk
Week 4	1 c. Cinnamon Oatmeal w/ 1/4 c. Dried Cranberries <b>Hard-Boiled Egg</b> Whole Banana Milk	<b>Western Omelet Quesadilla on Whole Grain tortilla</b> 1/2 c. Fresh Honeydew Chunks 1/2 c. Fresh Grapes Milk	<b>Whole Grain Bagel</b> <b>Low-Fat Cream Cheese</b> 1/2 c. Fresh Cantaloupe Chunks 1/2 c. Fresh Peach Slices Milk	<b>Cheesy Scrambled Eggs</b> <b>Whole Grain Toast</b> 1 c. Fresh Watermelon Milk	<b>Silver Dollar Pancakes</b> <b>Light Syrup</b> 1/2 c. Fresh Blueberries 1/2 c. Fresh Strawberries Milk
Week 5	<b>French Toast Stick</b> <b>Light Syrup</b> 1/2 c. Fresh Honeydew Chunks 1/2 c. Fresh Grapes Milk	<b>Cheesy Scrambled Eggs</b> <b>Turkey Sausage</b> <b>Whole Grain Toast</b> 1/2 c. Fresh Cantaloupe Chunks 1/2 c. Fresh Peach Slices Milk	<b>Whole Grain Cereal</b> <b>Low-fat Strawberry yogurt</b> 1 c. 100% Orange Juice Milk	<b>Whole Grain Waffle</b> <b>Strawberry Fruit topping</b> 1/2 c. Fresh Blueberries 1/2 c. Fresh Strawberries Milk	<b>Egg and Cheese on Whole Grain Bagel</b> Whole Banana Milk

\*\*\*1% Unflavored milk and Fat-free Flavored milk offered daily

# Summer Breakfast Menu ° Week 1 Breakdown ° Grades 6-8

	Monday	Tuesday	Wednesday	Thursday	Friday	Actual	Required
	<b>Scrambled Eggs</b> <b>Whole wheat toast</b> <b>Assorted Jams</b>  1/2 c. Fresh Cantaloupe <b>Chunks</b> 1/2 c. Fresh Peach Slices <b>Milk</b>	<b>1 c. Whole Grain</b> <b>Cinnamon Oatmeal</b> 1/4 c. Dried Cranberries  1/2 c. Fresh Watermelon <b>Milk</b>	<b>Breakfast burrito w/ whole</b> <b>grain tortilla wrap</b> <b>w/ 1/4 c. Salsa</b>  1/2 c. Fresh Blueberries 1/2 c. Fresh Strawberries <b>Milk</b>	<b>Whole Grain Blueberry</b> <b>Muffin</b> <b>Low-fat String Cheese</b>  <b>Whole Banana</b> <b>Milk</b>	<b>Whole Grain Silver</b> <b>Dollar Pancakes</b> <b>Light Syrup</b> 1/2 c. Low-fat <b>Strawberry Yogurt</b> 1/2 c. Fresh Honeydew <b>Chunks</b> 1/2 c. Fresh Grapes <b>Milk</b>		
<b>Fruit</b>	Cantaloupe= 1/2 cup Peaches= 1/2 cup	Watermelon= 1/2 cup 1/4 c. Dried Cranberries= 1/2 cup	Blueberries= 1/2 cup Strawberries= 1/2 cup	Banana= 1 cup	Honeydew= 1/2 cup Grapes= 1/2 cup	<b>5 cups</b>	<b>5 cups</b>
<b>Vegetable</b>			Salsa= 1/4 cup Burrito= 1/4 cup			<b>1/4 cup</b>	<b>0 cups*</b>
<b>Grains</b>	2 slices whole grain bread= 2 oz.	Whole grain oatmeal= 2 oz.	Whole grain Tortilla wrap= 1.5 oz.	Whole grain Muffin= 1.25 oz.	2 whole grain pan- cakes= 2 oz.	<b>8.75 oz.</b>  <b>8.75 oz.=</b> <b>whole grain-</b> <b>rich</b>	<b>8-10 oz. eq.**</b>
<b>Meat/ Meat Alternative</b>	2 Eggs= 2 oz.  (0.25 oz. contributing to total)		Burrito= 2 oz.  (Not contributing to total)	String Cheese= 1 oz.	1/2 cup (4 oz.) yogurt= 1 oz.  (Not contributing to	<b>1.25 oz.</b>	<b>0 oz eq. ***</b>
<b>Total Grains &amp; Meat/Meat Alt.</b>						<b>10 oz. eq.</b>	<b>8-10 oz. eq.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	<b>5 cups</b>	<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	478.8 kcal	400-550 kcal
Sodium	519.0 mg	≤ 600mg
Saturated Fat	4.89%	< 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

Breakfast Burrito

### Summary of USDA Foods

#### Grains

Oatmeal, Whole Grain Oats

Bread, Whole grain (toast)

Pancakes, whole grain

Tortilla, whole grain

#### Meat/ Meat Alternate

Egg

Cheddar Cheese


String Cheese

### Produce Pricing: Coming Soon!

Conventional

Local

## Summer Breakfast Menu ° Week 2 Breakdown ° Grades 6-8

	Monday	Tuesday	Wednesday	Thursday	Friday	Actual	Required
	<b>Western Omelet Quesadilla</b> 1/4 c. Fresh Salsa  1/2 c. Fresh Watermelon Milk	<b>1 c. Whole Grain Cheerios</b> <b>String Cheese</b>  1/2 c. Fresh Blueberries 1/2 c. Fresh Strawberries Milk	<b>Ham Egg and Cheese on Whole Grain English Muffin</b>  <b>Whole Banana Milk</b>	<b>Whole Grain Bagel</b> <b>Low-Fat Cream Cheese</b>  1/2 c. Fresh Honeydew Chunks 1/2 c. Fresh Grapes Milk	<b>Whole Grain Blueberry Muffin</b> <b>Low-fat Vanilla Yogurt w/ 1/4 c. Granola</b> 1/2 c. Fresh Cantaloupe Chunks 1/2 c. Fresh Peach Slices Milk		
<b>Fruit</b>	Watermelon= 1 cup	Strawberries=1/2 cup Blueberries= 1/2 cup	Banana= 1 cup	Honeydew= 1/2 cup Grapes= 1/2 cup	Cantaloupe= 1/2 cup Peaches= 1/2 cup	<b>5 cups</b>	<b>5 cups</b>
<b>Vegetable</b>	Salsa= 1/4 cup					<b>1/2 cup</b>	<b>0 cups*</b>
<b>Grains</b>	Quesadilla= 1 oz.	1 cup cereal= 1 oz.	English Muffin= 1 oz.	Whole Grain Bagel= 2 oz.	1/4 c. granola= 1 oz. Whole grain blueberry muffin= 1 oz.	<b>6 oz.</b> <b>6 oz.= whole grain-</b>	<b>8-10 ounce eq.**</b>
<b>Meat/ Meat Alternative</b>	Quesadilla= 1.75 oz.	String cheese= 1 oz.	Sausage & Cheese= 1.5oz. ( contributing 1.25 to total)		Vanilla yogurt= 1 oz. (Not contributing to total)	<b>4 oz.</b>	<b>0 oz eq. ***</b>
<b>Total Grains &amp; Meat/ Meat Alt.</b>						<b>10 oz.</b>	<b>8-10 oz. eq.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	<b>5 cups</b>	<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	478.0 kcal	400-550 kcal
Sodium	573.2 mg	≤ 600mg
Saturated Fat	5.29 %	< 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

Tortilla, Whole grain

### Meat/ Meat Alternate

Low Sodium Ham

Egg

Cheddar Cheese

String Cheese

## Produce Pricing: Coming Soon!

Conventional

Local

## Summer Breakfast Menu ° Week 3 Breakdown ° Grades 6-8

	Monday	Tuesday	Wednesday	Thursday	Friday	Actual	Required
	<b>Whole Wheat Silver dollar Pancakes</b> <b>Light Syrup</b> 1/2 c. Fresh Blueberries 1/2 c. Fresh Strawberries <b>Milk</b>	<b>Cheesy Scrambled Eggs</b> <b>Turkey Sausage</b> <b>Whole Grain Toast</b> <b>Whole Banana</b> <b>Milk</b>	<b>Whole Grain Cereal</b> <b>Low-fat String Cheese</b> 1 c 100% Apple Juice <b>Milk</b>	<b>1 c. Low-fat Vanilla Yogurt Granola</b> <b>Hard-boiled Egg</b> 1/2 c. Fresh Cantaloupe <b>Chunks</b> 1/2 c. Fresh Peach Slices <b>Milk</b>	<b>Ham Egg and Cheese on Whole Wheat Toast</b> 1/2 c. Fresh Honeydew Chunks 1/2 c. Fresh Grapes <b>Milk</b>		
<b>Fruit</b>	Blueberries= 1/2 cup Strawberries= 1/2 cup	Banana= 1 cup	Apple Juice= 1 cup	Cantaloupe= 1/2 cup Peaches= 1/2 cup	Honeydew= 1/2 cup Grapes= 1/2 cup	<b>5 cups</b>	<b>5 cups</b>
<b>Vegetable</b>							<b>0 cups*</b>
<b>Grains</b>	Whole Grain Pancakes= 2 oz.	2 slices Whole Grain Bread= 2 oz.	1 cup Whole grain cereal= 1 oz.	1/4 cup granola= 1 oz.	2 slices whole grain bread= 2 oz.	<b>8 oz. 8 oz.= whole grain-rich</b>	<b>8-10 ounce eq.**</b>
<b>Meat/ Meat Alternative</b>		Turkey Sausage= 1 oz.	String Cheese= 1 oz.	1 whole egg= 1 oz. 1 cup Vanilla yogurt= 2 oz.	Ham Egg and Cheese= 2 oz. (Not contributing to total)	<b>2 oz.</b>	<b>0 oz. eq.***</b>
<b>Total Grains &amp; Meat/Meat Alt.</b>						<b>10 oz.</b>	<b>8-10 oz. eq.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	<b>5 cups</b>	<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	534.6 kcal	400-550 kcal
Sodium	505.2 mg	≤ 600mg
Saturated Fat	6.78%	< 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

Pancakes, Whole Grain

Oatmeal, Whole Grain Oats

Bread, Whole Grain (toast)

#### Meat/ Meat Alternate

Egg

Cheddar Cheese

String Cheese


Low sodium Ham

### Produce Pricing: Coming Soon!

Conventional

Local

## Summer Breakfast Menu ° Week 4 Breakdown ° Grades 6-8

	Monday	Tuesday	Wednesday	Thursday	Friday	Actual	Required
	1 c. Cinnamon Oatmeal w/ 1/4 c. Dried Cranberries Hard-Boiled Egg  Whole Banana Milk	Western Omelet Quesadilla on Whole Grain tortilla  1/2 c. Fresh Honeydew Chunks 1/2 c. Fresh Grapes Milk	Whole Grain Bagel Low-Fat Cream Cheese  1/2 c. Fresh Cantaloupe Chunks 1/2 c. Fresh Peach Slices Milk	Cheesy Scrambled Eggs Whole Grain Toast 1 c. Fresh Watermelon Milk	Silver Dollar Pancakes Light Syrup  1/2 c. Fresh Blueberries 1/2 c. Fresh Strawberries Milk		
<b>Fruit</b>	1/4 cup cranberries= 1/2 cup Banana= 1 cup	Honeydew= 1/2 cup Grapes= 1/2 cup	Cantaloupe= 1/2 cup Peaches= 1/2 cup	Watermelon= 1 cup	Blueberries= 1/2 cup Strawberries= 1/2 cup	5 1/2 cups	5 cups
<b>Vegetable</b>							0 cups*
<b>Grains</b>	1 cup oatmeal= 2 oz.	Quesadilla=1 oz. eq.	Whole Grain bagel= 2 oz.	Whole grain bread= 1 oz.	2 Silver dollar pancakes= 2 oz.	8oz. 8 oz. whole grain-rich	8-10 ounce eq.**
<b>Meat/ Meat Alternative</b>	Egg= 1 oz.	Quesadilla= 1.75 oz. (1.0 oz. contributing to total)		Eggs= 2 oz. (Not contributing to total)		2oz.	0 oz eq. ***
<b>Total grains &amp; Meat/Meat Alt.</b>						10 oz.	8-10 oz. eq.
<b>Milk</b>	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	490.4 kcal	400-550 kcal
Sodium	593.4 mg	≤ 600mg
Saturated Fat	5.43 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

### HUSC 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

Oatmeal, Whole grain oats

Pancakes, Whole Grain

Tortilla, Whole grain

#### Meat/ Meat Alternate

Egg

Cheddar Cheese


String Cheese

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

Conventional

Local

## Summer Breakfast Menu ° Week 5 Breakdown ° Grades 6-8

	Monday	Tuesday	Wednesday	Thursday	Friday	Actual	Required
	<b>French Toast Stick</b> <b>Light Syrup</b>  1/2 c. Fresh <b>Honeydew Chunks</b> 1/2 c. Fresh Grapes <b>Milk</b>	<b>Cheesy Scrambled</b> <b>Eggs</b> <b>Turkey Sausage</b> <b>Whole Grain Toast</b>  1/2 c. Fresh <b>Cantaloupe Chunks</b> 1/2 c. Fresh Peach <b>Slices</b> <b>Milk</b>	<b>Whole Grain Cereal</b> <b>Low-fat Strawberry</b> <b>yogurt</b>  1 c. 100% Orange <b>Juice</b> <b>Milk</b>	<b>Whole Grain Waffle</b> <b>Strawberry Fruit</b> <b>topping</b>  1/2 c. Fresh <b>Blueberries</b> 1/2 c. Fresh <b>Strawberries</b> <b>Milk</b>	<b>Egg and Cheese on</b> <b>Whole Grain Bagel</b>  <b>Whole Banana</b> <b>Milk</b>		
<b>Fruit</b>	Honeydew= 1/2 cup Grapes= 1/2 cup	Cantaloupe= 1/2 cup Peaches= 1/2 cup	Orange Juice= 1 cup	Blueberries= 1/2 cup Strawberries= 1/2 cup	Banana= 1 cup	5 cups	<b>5 cups</b>
<b>Vegetable</b>							<b>0 cups*</b>
<b>Grains</b>	Whole Grain French Toast= 2 oz.	2 slices bread= 2 oz.	1 cup cereal= 1 oz.	Waffle= 2 oz.	Whole grain bagel= 2 oz.	9 oz. 9 oz.= whole grain-rich	<b>8-10 oz. eq.**</b>
<b>Meat/ Meat Alternative</b>		Egg & Sausage= 2 oz. eq. (1 oz. contributing to	1/2 cup (4 oz.) = 1 oz. (Not contributing to total)		Egg & Cheese= 1.5 oz. (Not contributing to total)	1 oz.	<b>0 oz. eq. ***</b>
<b>Total Grains &amp; Meat/Meat Alt.</b>						10 oz.	<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	521.0 kcal	400-550 kcal
Sodium	553.2 mg	≤ 600mg
Saturated Fat	5.51 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

### HUASC 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

Bread, Whole grain (toast)

#### Meat/ Meat Alternate

Egg

Cheddar Cheese

String Cheese

### Produce Pricing: Coming Soon!

Conventional

Local