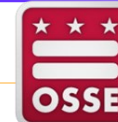



Summer Breakfast Menu • Grades 9-12



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

Summer Breakfast Menu ° Week 1 Breakdown ° Grades 9-12

	Monday	Tuesday	Wednesday	Thursday	Friday	Actual	Required
	Scrambled Eggs Whole wheat toast Assorted Jams 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 c. 100% Apple Juice Milk	Breakfast burrito w/ whole grain tortilla wrap w/ 1/4 c. Salsa 1/2 c. Fresh Blueberries 1/2 c. Fresh Strawberries Milk	Whole Grain Blueberry Muffin Low-fat String Cheese Whole Banana Milk	Whole Grain Silver Dollar Pancakes Maple syrup 1/2 c. Fresh Honeydew Chunks 1/2 c. Fresh Grapes Milk		
Fruit	Cantaloupe= 1/2 cup Peaches= 1/2 cup	Apple Juice= 1 cup 1/4 cup Dried Cranberries= 1/2 cup	Blueberries= 1/2 cup Strawberries= 1/2 cup	Banana= 1 cup	Honeydew= 1/2 cup Grapes= 1/2 cup	5 cups	5 cups
Vegetable			Salsa= 1/4 cup Burrito (Peppers)= 1/4 cup			1/4 cup	0 cups*
Grains	2 slices whole grain bread= 2 oz.	Whole grain oatmeal= 2 oz.	Whole grain Tortilla wrap= 1.5 oz.	Muffin= 1.25 oz.	2 whole grain pancakes= 2 oz.	8.75 oz. 8.75 oz.= whole grain- rich	9-10 ounce eq.**
Meat/ Meat Al- ternative	2 Eggs= 2 oz. (0.25 oz. contributing to total)		Burrito= 2 oz. (Not contributing to total)	String Cheese= 1 oz.		1.25 oz.	0 oz eq. ***
Total Grains & Meat/Meat Alt.						10 oz. eq.	9-10 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	490.2 kcal	450-600 kcal
Sodium	520.0 mg	≤ 640 mg
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 9-12

	Monday	Tuesday	Wednesday	Thursday	Friday	Actual	Required
	Western Omelet Quesadilla 1/4 c. Fresh Salsa 1 cup 100% Orange Juice Milk	1 c. Whole Grain Cheerios String Cheese 1/2 c. Fresh Blueberries 1/2 c. Fresh Strawberries Milk	Ham Egg and Cheese on Whole Grain English Muffin Whole Banana Milk	Whole Grain Bagel Low-Fat Cream Cheese 1/2 c. Fresh Honeydew Chunks 1/2 c. Fresh Grapes Milk	Whole Grain Blueberry Muffin Low-fat Vanilla Yogurt w/ 1/4 c. Granola 1/2 c. Fresh Cantaloupe Chunks 1/2 c. Fresh Peach Slices Milk		
Fruit	Orange juice= 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	5 cups	5 cups
Vegetable	Salsa= 1/4 cup					1/2 cup	0 cups*
Grains	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.	6 oz. 6 oz.= whole grain -rich	9-10 ounce eq.**
Meat/ Meat Alternative	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)	4 oz.	0 oz eq. ***
Total Grains & Meat/ Meat Alt.						10 oz.	9-10 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	497.2 kcal	450-600 kcal
Sodium	464.6 mg	≤ 640 mg
Saturated Fat	5.35 %	< 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

Fruits


Orange Juice

Produce Pricing: Coming Soon!

Conventional

Local

Summer Breakfast Menu ° Week 3 Breakdown ° Grades 9-12

	Monday	Tuesday	Wednesday	Thursday	Friday	Actual	Required
	Whole Wheat Silver dollar Pancakes Maple syrup 1/2 c. Fresh Blueberries 1/2 c. Fresh Strawberries Milk	1/2 c. Cheesy Scrambled Eggs Sausage Whole Grain Toast Whole Banana Milk	1 c. Whole Grain Raisin Bran Crunch Low-fat String Cheese 1 c. Fresh Watermelon Milk	1 c. Low-fat Vanilla Yogurt Granola Hard-boiled Egg 1/2 c. Fresh Cantaloupe Chunks 1/2 c. Fresh Peach Slices Milk	Ham Egg and Cheese on Whole Grain English Muffin 1/2 c. Fresh Honeydew Chunks 1/2 c. Fresh Grapes Milk		
Fruit	Blueberries= 1/2 cup Strawberries= 1/2 cup	Banana= 1 cup	Watermelon= 1 cup	Cantaloupe= 1/2 cup Peaches= 1/2 cup	Honeydew= 1/2 cup Grapes= 1/2 cup	5 cups	5 cups
Vegetable							0 cups*
Grains	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.	English Muffin = 1 oz.	7 oz. 7 oz.= whole grain-rich	9-10 ounce eq.**
Meat/ Meat Alternative		Sausage= 1 oz.	String Cheese= 1 oz.	1 whole egg= 1 oz. 1 cup Vanilla yogurt= 2 oz. (Contributing 1 oz. to total)	Ham Egg and Cheese= 2 oz. (Not contributing to total)	3 oz.	0 oz eq. ***
Total Grains & Meat/Meat Alt.						10 oz.	9-10 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	521.0 kcal	450-600 kcal
Sodium	570.8 mg	≤ 640 mg
Saturated Fat	6.79%	< 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

Produce Pricing: Coming Soon!

Conventional

Local

Summer Breakfast Menu ° Week 4 Breakdown ° Grades 9-12

	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 Honey- dew 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 Sausage Patty Whole Grain Biscuit 1 c. Fresh Watermelon Milk	Silver Dollar Pancakes Maple syrup 1/2 c. Fresh Blueberries 1/2 c. Fresh Strawberries Milk		
Fruit	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 cups	5 cups
Vegetable							0 cups*
Grains	1 cup oatmeal= 2 oz.	Quesadilla Tortilla=1 oz. eq.	Whole Grain bagel= 2 oz.	Whole grain English Muf- fin= 1 oz.	2 Silver dollar pancakes= 2 oz.	8oz. 8 oz.= whole grain-rich	9-10 oz. eq.**
Meat/ Meat Alternative	Egg= 1 oz.	Quesadilla (egg)= 1.75 oz. (1.0 oz. contributing to total)		Eggs= 2 oz. (Not contributing to total)		2oz.	0 oz eq. ***
Total grains & Meat/Meat Alt.						10 oz.	9-10 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	495.4 kcal	450-600 kcal
Sodium	677.0 mg	≤ 640 mg
Saturated Fat	5.45 %	< 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

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 9-12

	Monday	Tuesday	Wednesday	Thursday	Friday	Actual	Required
	French Toast Stick Maple syrup 1/2 c. Fresh Honeydew Chunks 1/2 c. Fresh Grapes Milk	Cheesy Scrambled Eggs Turkey Sausage Whole Grain Toast 1/2 c. Fresh Cantaloupe Chunks 1/2 c. Fresh Peach Slices Milk	Whole Grain Cereal Low-fat Strawberry yogurt 1 c. Fresh Watermelon Milk	Whole Grain Waffle Strawberry Fruit top- ping 1/2 c. Fresh Blueberries 1/2 c. Fresh Strawberries Milk	Egg and Cheese on Whole Grain Bagel Whole Banana Milk		
Fruit	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	Banana= 1 cup	5 cups	5 cups
Vegetable							0 cups*
Grains	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	9-10 oz. eq.**
Meat/ Meat Alternative		Egg & Sausage= 2 oz. eq. (1 oz. contributing to total)	1/2 cup (4 oz.) = 1 oz. (Not contributing to total)		Egg & Cheese= 1.5 oz. (Not contributing to	1 oz.	0 oz. eq. ***
Total Grains & Meat/Meat Alt.						10 oz.	9-10 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	506.8 kcal	450-600 kcal
Sodium	619.8 mg	≤ 640 mg
Saturated Fat	5.52 %	< 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 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