


Summer Breakfast Menu · Grades K-5

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Cheesy 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	Warm 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
Week 2	Whole Grain Western Omelet Quesadilla 1/4 c. Fresh Salsa 1/2 c. Fresh Watermelon Chunks Milk	1 c. Whole Grain Cheerios 1/2 c. Fresh Blueberries 1/2 c. Fresh Strawberries Milk	Egg and Cheese on Whole Grain English Muffin Whole Banana Milk	1/2 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
Week 3	Whole Wheat Silver dollar Pancakes Maple Syrup 1/2 c. Fresh Blueberries 1/2 c. Fresh Strawberries Milk	Cheesy Scrambled Eggs Whole Grain Toast Whole Banana Milk	1 c. Whole Grain Raisin Bran Crunch Low-fat String Cheese 1 c 100% Orange Juice Milk	1 c. Low-fat Vanilla Yogurt 1/4 c. Whole grain Granola 1/2 c. Fresh Cantaloupe Chunks 1/2 c. Fresh Peach Slices Milk	Egg and Cheese on Whole grain English Muffin 1/2 c. Fresh Honeydew Chunks 1/2 c. Fresh Grapes Milk
Week 4	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 Chunks Milk	Silver Dollar Pancakes Maple syrup 1/2 c. Fresh Blueberries 1/2 c. Fresh Strawberries Milk
Week 5	French Toast Stick Maple syrup 1/2 c. Fresh Honeydew Chunks 1/2 c. Fresh Grapes Milk	Cheesy Scrambled Eggs Whole Grain Toast 1/2 c. Fresh Cantaloupe Chunks 1/2 c. Fresh Peach Slices Milk	Whole Grain Cereal 1 c. 100% Orange Juice Milk	Whole Grain Waffle Strawberry Fruit topping 1/2 c. Fresh Blueberries 1/2 c. Fresh Strawberries Milk	Egg and Cheese on Whole Grain English Muffin Whole Banana Milk

Summer Breakfast Menu ° Week 1 Breakdown ° Grades K-5

	Monday	Tuesday	Wednesday	Thursday	Friday	Actual	Required
	Cheesy Scrambled Eggs Whole wheat toast Assorted Jams 1/2 c. Fresh Cantaloupe Chunks 1/2 c. Fresh Peach Slices Milk	1 c. Whole Grain Cin- namon Oatmeal 1/4 c. Dried Cranber- ries 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	Warm 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 Cranber- ries= 1/2 cup eq.	Blueberries= 1/2 cup Strawberries= 1/2 cup	Banana= 1 cup	Honeydew= 1/2 cup Grapes= 1/2 cup	5 1/2 cups	5 cups
Vegetable			Salsa= 1/4 cup Burrito (peppers)= 1/4 cup			1/4 cup	0 cups*
Grains	1 slices whole grain bread= 1 oz.	Whole grain oatmeal= 2 oz.	Whole grain Tortilla wrap= 1.5 oz.	Muffin= 1.25 oz.	2 whole grain pan- cakes= 2 oz.	6.75 oz. 6.75 oz.= whole grain-rich	7-10 ounce eq.**
Meat/ Meat Alternative	2 Eggs= 2 oz. (1.25 oz. contributing to total)		Burrito= 2 oz. (Not contributing to total)	String Cheese= 1 oz. (Not contributing to total)		1.25 oz.	0 oz. eq. ***
Total Grains & Meat/Meat Alt.						10 oz.	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	457.8 kcal	350-500 kcals
Sodium	431.8 mg	≤ 540 mg
Saturated Fat	4.81 %	< 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 K-5

	Monday	Tuesday	Wednesday	Thursday	Friday	Actual	Required
	Whole Grain Western Omelet Quesadilla 1/4 c. Fresh Salsa 1/2 c. Fresh Watermelon Chunks Milk	1 c. Whole Grain Cheerios 1/2 c. Fresh Blueberries 1/2 c. Fresh Strawberries Milk	Egg and Cheese on Whole Grain English Muffin Whole Banana Milk	1/2 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	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	5 cups	5 cups
Vegetable	Salsa= 1/4 cup					1/2 cup	0 cups*
Grains	Quesadilla (tortilla)= 1 oz.	1 cup cereal= 1 oz.	English Muffin= 1 oz.	1/2 Whole Grain Bagel= 1 oz.	1/4 c. granola= 1 oz. Whole grain blueberry muffin= 1 oz.	6 oz. 6 oz.= whole grain rich	7-10 ounce eq.**
Meat/ Meat Alternative	Quesadilla (egg)= 1.75 oz.		Egg and 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.	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	476.9 kcal	350-500 kcals
Sodium	531.2 mg	≤ 540 mg
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

Fruits


Orange Juice

Produce Pricing: Coming Soon!

Conventional

Local

Summer Breakfast Menu ° Week 3 Breakdown ° Grades K-5

	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	Cheesy Scrambled Eggs Whole Grain Toast Whole Banana Milk	1 c. Whole Grain Raisin Bran Crunch Low-fat String Cheese 1 c 100% Orange Juice Milk	1 c. Low-fat Vanilla Yogurt 1/4 c. Whole grain Granola 1/2 c. Fresh Cantaloupe Chunks 1/2 c. Fresh Peach Slices Milk	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	Orange Juice= 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.	1 slices Whole Grain Bread= 1oz.	1 cup Whole grain cereal= 1 oz.	1/4 cup granola= 1 oz.	English Muffin= 1 oz.	6oz. 6 oz. whole grain-rich	7-10 ounce eq.**
Meat/ Meat Alternative			String Cheese= 1 oz.	1 cup Vanilla yogurt= 2oz. (Not contributing to total)	Egg and Cheese= 1.5 oz. (0.5 contributing to total)	4 oz.	0 oz. eq. ***
Total Grains &						10 oz.	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	483.4 kcal	350-500 kcals
Sodium	39.0 mg	≤ 540 mg
Saturated Fat	6.03%	< 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

Bread, Whole Grain (toast)

Meat/ Meat Alternate

Egg

Cheddar Cheese

String Cheese

Low sodium Ham

Fruits


Orange Juice

Produce Pricing: Coming Soon!

Conventional

Local

Summer Breakfast Menu ° Week 4 Breakdown ° Grades K-5

	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 Chunks 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 bread= 1 oz.	2 Silver dollar pancakes= 2 oz.	8oz. 8 oz. = whole grain- rich	7-10 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.	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	458.7 kcal	350-500 kcals
Sodium	528.2 mg	≤ 540 mg
Saturated Fat	5.06 %	< 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 K-5

	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 Whole Grain Toast 1/2 c. Fresh Cantaloupe Chunks 1/2 c. Fresh Peach Slic- es Milk	Whole Grain Cereal 1 c. 100% Orange Juice Milk	Whole Grain Waffle Strawberry Fruit topping 1/2 c. Fresh Blueberries 1/2 c. Fresh Strawberries Milk	Egg and Cheese on Whole Grain English Muffin Whole Banana Milk		
Fruit	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= 1/2 cup	5 cups	5 cups
Vegetable							0 cups*
Grains	Whole Grain French Toast= 2 oz.	1 slices bread= 1 oz.	1 cup cereal= 1 oz.	Waffle= 2 oz.	English Muffin= 1 oz.	7 oz. 7 oz. = whole grain-rich	7-10 oz. eq.**
Meat/Meat Alternative		Egg= 1oz.	1/2 cup (4 oz.) = 1 oz.		Egg & Cheese= 1.5 oz. (0.5 contributing to total)	3 oz.	0 oz. eq. ***
Total Grains & Meat/Meat Alt.						10 oz.	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	466.6kcal	350-500 kcals
Sodium	467.2mg	≤ 540 mg
Saturated Fat	5.12 %	< 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

Fruits

Orange Juice

Produce Pricing: Coming Soon!

Conventional

Local