

PORTAGE SCHOOL DIST. Breakfast MENU AUG 26 TO SEPT 13, 2019 (MENU SUBJECT TO CHANGE WITHOUT NOTICE)

(CEP) school breakfast price FREE Choose min 3 of these 4 items for the "School Breakfast : 1 Entree, whole grain Bread/Roll, 1cup sides:1cup Fruits 1cup (1/2 cup fruit mandatory for Breakfast) 1milk

26 MONDAY kcal/carb	27 TUESDAY kcal/carb	28 WEDNESDAY kcal/carb	29 THURSDAY 2kcal/carb	30 FRIDAY kcal/carb		Holiday dates	Menu Subs or daily
<p><u>Entree:Choose One</u> gram Breakfast pizza 25 Cereal assorted 38 Bagel bb / plain 34/32 Yogurt / wht toast 36 <u>Sides Choose at least one</u> Juice A 57/15 g 90/22 oj 60/14 Frsh Apples 30 / 8 <u>Milk Choose one</u> 1%, skim, red fat 131/23 <u>DAILY NUTRIENTS</u></p> <p>CALORIES: FRUITS : 1c pizza: 230 VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159</p>	<p><u>Entree:Choose One</u> gram Funnel cake 52 Cereal assorted 38 Bagel bb / plain 34/32 Yogurt / wht toast 36 <u>Sides Choose at least one</u> Juice A 57/15 g 90/22 oj 60/14 Frsh Apples 30 / 8 <u>Milk Choose one</u> 1%, skim, red fat 131/23 <u>DAILY NUTRIENTS</u></p> <p>CALORIES: FRUITS : 1c cake 309 VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159</p>	<p><u>Entree:Choose One</u> gram Cinnamon roll 33 Cereal assorted 38 Bagel bb / plain 34/32 Yogurt / wht toast 36 <u>Sides Choose at least one</u> Juice A 57/15 g 90/22 oj 60/14 Frsh Apples 30 / 8 <u>Milk Choose one</u> 1%, skim, red fat 131/23 <u>DAILY NUTRIENTS</u></p> <p>CALORIES: FRUITS : 1c cin roll : 190 VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159</p>	<p><u>Entree:Choose One</u> gram Egg muffin/saus/ ch 27 cereal assorted 38 Bagel bb / plain 34/32 Yogurt / wht toast 36 <u>Sides Choose at least one</u> Juice A 57/15 g 90/22 oj 60/14 Frsh Apples 30 / 8 <u>Milk Choose one</u> 1%, skim, red fat 131/23 <u>DAILY NUTRIENTS</u></p> <p>CALORIES: FRUITS : 1c churro 200 VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159</p>	<p><u>Entree:Choose One</u> gram Donut 30 Cereal assorted 38 Bagel bb / plain 34/32 Yogurt / wht toast 36 <u>Sides Choose at least one</u> Juice A 57/15 g 90/22 oj 60/14 Frsh Apples 30 / 8 <u>Milk Choose one</u> 1%, skim, red fat 131/23 <u>DAILY NUTRIENTS</u></p> <p>CALORIES: FRUITS : 1c muffin 160c VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159</p>	<p>WK1 FRUITS : VEGGIE: GR-ROJ- LEG-ST-OT GRAINS: PROTEINS: CALORIES: SODIUM: SAT FAT</p>		
<p>2 <u>Entree:Choose One</u> gram Breakfast pizza 25 Cereal assorted 38 Bagel bb / plain 34/32 Yogurt / wht toast 36 <u>Sides Choose at least one</u> Juice A 57/15 g 90/22 oj 60/14 Frsh Apples 30 / 8 <u>Milk Choose one</u> 1%, skim, red fat 131/23 <u>DAILY NUTRIENTS</u></p> <p>CALORIES: FRUITS : 1c pizza: 230 VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159</p>	<p>3 <u>Entree:Choose One</u> gram Pancakes 39 Cereal assorted 38 Bagel bb / plain 34/32 Yogurt / wht toast 36 <u>Sides Choose at least one</u> Juice A 57/15 g 90/22 oj 60/14 Frsh Apples 30 / 8 <u>Milk Choose one</u> 1%, skim, red fat 131/23 <u>DAILY NUTRIENTS</u></p> <p>CALORIES: FRUITS : 1c pancakes 220 VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159</p>	<p>4 <u>Entree:Choose One</u> gram Cinnamon roll 33 Cereal assorted 38 Bagel bb / plain 34/32 Yogurt / wht toast 36 <u>Sides Choose at least one</u> Juice A 57/15 g 90/22 oj 60/14 Frsh Apples 30 / 8 <u>Milk Choose one</u> 1%, skim, red fat 131/23 <u>DAILY NUTRIENTS</u></p> <p>CALORIES: FRUITS : 1c cin roll : 190 VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159</p>	<p>5 <u>Entree:Choose One</u> gram Egg muffin/saus/ ch 27 cereal assorted 38 Bagel bb / plain 34/32 Yogurt / wht toast 36 <u>Sides Choose at least one</u> Juice A 57/15 g 90/22 oj 60/14 Frsh Apples 30 / 8 <u>Milk Choose one</u> 1%, skim, red fat 131/23 <u>DAILY NUTRIENTS</u></p> <p>CALORIES: FRUITS : 1c churro 200 VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159</p>	<p>6 <u>Entree:Choose One</u> gram Scrambled eggs /toast 17 Cereal assorted 38 Bagel bb / plain 34/32 Yogurt / wht toast 36 <u>Sides Choose at least one</u> Juice A 57/15 g 90/22 oj 60/14 Frsh Apples 30 / 8 <u>Milk Choose one</u> 1%, skim, red fat 131/23 <u>DAILY NUTRIENTS</u></p> <p>CALORIES: FRUITS : 1c eggs: 194 VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159</p>	<p>WK2 FRUITS : VEGGIE: GR-ROJ- LEG-ST-OT GRAINS: PROTEINS: CALORIES: SODIUM: SAT FAT</p>	September 2 LABOR DAY NO SCHOOL	
<p>9 <u>Entree:Choose One</u> gram Breakfast pizza 25 Cereal assorted 38 Bagel bb / plain 34/32 Yogurt / wht toast 36 <u>Sides Choose at least one</u> Juice A 57/15 g 90/22 oj 60/14 Frsh Apples 30 / 8 <u>Milk Choose one</u> 1%, skim, red fat 131/23 <u>DAILY NUTRIENTS</u></p> <p>CALORIES: FRUITS : 1c pizza: 230 VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159</p>	<p>10 <u>Entree:Choose One</u> gram Donut 30 Cereal assorted 38 Bagel bb / plain 34/32 Yogurt / wht toast 36 <u>Sides Choose at least one</u> Juice A 57/15 g 90/22 oj 60/14 Frsh Apples 30 / 8 <u>Milk Choose one</u> 1%, skim, red fat 131/23 <u>DAILY NUTRIENTS</u></p> <p>CALORIES: FRUITS : 1c strudel 210 VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159</p>	<p>11 <u>Entree:Choose One</u> gram Cinnamon roll 33 Cereal assorted 38 Bagel bb / plain 34/32 Yogurt / wht toast 36 <u>Sides Choose at least one</u> Juice A 57/15 g 90/22 oj 60/14 Frsh Apples 30 / 8 <u>Milk Choose one</u> 1%, skim, red fat 131/23 <u>DAILY NUTRIENTS</u></p> <p>CALORIES: FRUITS : 1c cin roll : 190 VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159</p>	<p>12 <u>Entree:Choose One</u> gram Egg muffin/saus/ ch 27 cereal assorted 38 Bagel bb / plain 34/32 Yogurt / wht toast 36 <u>Sides Choose at least one</u> Juice A 57/15 g 90/22 oj 60/14 Frsh Apples 30 / 8 <u>Milk Choose one</u> 1%, skim, red fat 131/23 <u>DAILY NUTRIENTS</u></p> <p>CALORIES: FRUITS : 1c churro 200 VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159</p>	<p>13 <u>Entree:Choose One</u> gram Muffin top bb /toast 27 Cereal assorted 38 Bagel bb / plain 34/32 Yogurt / wht toast 36 <u>Sides Choose at least one</u> Juice A 57/15 g 90/22 oj 60/14 Fresh Frsh Apples 30 / 8 <u>Milk Choose one</u> 1%, skim, red fat 131/23 <u>DAILY NUTRIENTS</u></p> <p>CALORIES: FRUITS : 1c muffin 170 VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159</p>	<p>WK3 FRUITS : VEGGIE: GR-ROJ- LEG-ST-OT GRAINS: PROTEINS: CALORIES: SODIUM: SAT FAT</p>		<p><u>Grab /go daily variety</u> Kal/carb Coco puff kit 280/54 lky charm kit 280/54 cin tst crn kit 330/65 fdge popt kit 340/71</p> <p><u>juice</u> Apple 57 14g Grape 77 19g</p> <p><u>Milk</u> Choc 140 26g 1% 110 13g Skim 90 13g</p>