

PORTAGE SCHOOL DIST. Breakfast MENU December 10 to January 4 2018-19 (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

| 10 MONDAY kcal/carb | 11 TUESDAY kcal/carb | 12 WEDNESDAY kcal/carb | 13 THURSDAY 2kcal/carb | 14 FRIDAY kcal/carb | | Holiday dates | Menu Subs or daily |
|--|---|--|--|--|--|---|--|
| <p>Entree:Choose One 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 Milk Choose one 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>Entree:Choose One 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 Milk Choose one 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>Entree:Choose One 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 Milk Choose one 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>Entree:Choose One 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 Milk Choose one 1%, skim, red fat 131/23 <u>DAILY NUTRIENTS</u></p> <p>CALORIES: FRUITS : 1c sandwich 279 VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159</p> | <p>Entree:Choose One 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 Milk Choose one 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>DECEMBER 13 WED HOLIDAY MEAL</p> | |
| <p>17 Entree:Choose One 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 Milk Choose one 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>18 Entree:Choose One 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 Milk Choose one 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>19 Entree:Choose One 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 Milk Choose one 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>20 Entree:Choose One 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 Milk Choose one 1%, skim, red fat 131/23 <u>DAILY NUTRIENTS</u></p> <p>CALORIES: FRUITS : 1c sandwich 279 VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159</p> | <p>21 Entree:Choose One 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 Milk Choose one 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> | <p>December 21 FRIDAY HALF DAY STUDENTS AND STAFF HOLIDAY BREAK DECEMBER 24 TO JANUARY 1 HAVE A HAPPY HOLIDAY</p> | |
| <p>31 Entree:Choose One 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 Milk Choose one 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>1 Entree:Choose One gram Pastry strudel 36 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 Milk Choose one 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>2 Entree:Choose One 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 Milk Choose one 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>3 Entree:Choose One 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 Milk Choose one 1%, skim, red fat 131/23 <u>DAILY NUTRIENTS</u></p> <p>CALORIES: FRUITS : 1c sandwich 279 VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159</p> | <p>4 Entree:Choose One 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 Milk Choose one 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>JANUARY 2 FIRST DAY BACK FOR STUDENTS AND STAFF HAPPY NEW YEAR</p> | <p>Grab /go daily variety Kal/carb Coco puff kit 280/54 lky charm kit 280/54 cin tst crn kit 330/65 fdge popt kit 340/71 juice Apple 57 14g Grape 77 19g Milk Choc 140 26g 1% 110 13g Skim 90 13g</p> |