

PORTAGE AREA SCHOOL DIST. Breakfast MENU January 7 to 25 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

7 MONDAY kcal/carb	8 TUESDAY kcal/carb	9 WEDNESDAY cal/carb	10 THURSDAY kcal/carb	11 FRIDAY kcal/carb		Holiday dates	substitutions
<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 funnel: 309c 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 299 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 donut 180c VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159</p>	<p>WK4 FRUITS : VEGGIE: GR-ROJ- LEG-ST-OT GRAINS: PROTEINS: CALORIES: SODIUM: SAT FAT</p>		
<p>14Entree: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>15 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 churro 200 VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159</p>	<p>16 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>17 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 299 VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159</p>	<p>18 Entree:Choose One gram Scram 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>WK5 FRUITS : VEGGIE: GR-ROJ- LEG-ST-OT GRAINS: PROTEINS: CALORIES: SODIUM: SAT FAT</p>		
<p>21Entree: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>22Entree:Choose One gram Spiced Oatmeal –toast 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 oatmeal:185c VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159</p>	<p>23 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>24 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 299 VEGGIE: 1.5c cereal: 175 PROTEINS: 2oz yogurt: 259 Bagel: 169 /159</p>	<p>25 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 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>WK6 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 juice Apple 57 14g Grape 77 19g Milk Choc 140 26g 1% 110 13g Skim 90 13g</p>