

Oakland Unified School District

Elementary Breakfast

October 2017

Aug 31, 2017

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 2 Bagel w/ cream cheese Cheese Omelet in Pita Orange 100% Fruit Juice 1% Milk Non-Fat Milk	Oct - 3 Chicken Biscuit Sandwich Cereal Pear Applesauce 1% Milk Non-Fat Milk	Oct - 4 Pancake w Syrup English Muffin w Scrambled Egg Gala Apple Raisins 1% Milk Non-Fat Milk	Oct - 5 Beef Sausage n Cheddar Mini Bagel Cereal Banana Applesauce 1% Milk Non-Fat Milk	Oct - 6 Egg, Cheese & Salsa Burrito Turkey Sausage Sandwic Pink Lady Apple 100% Fruit Juice 1% Milk Non-Fat Milk
Oct - 9 Blueberry Bagel & Cream Cheese Egg & Cheese Sandwich Orange 100% Fruit Juice 1% Milk Non-Fat Milk	Oct - 10 Vegetarian Crossiant Sandwich Cereal Pear Raisins 1% Milk Non-Fat Milk	Oct - 11 Cinnamon French Toast Vegetarian Sausage Sandwich Fuji Apple Applesauce 1% Milk Non-Fat Milk	Oct - 12 Beef Sausage Sandwich Cereal Banana Raisins 1% Milk Non-Fat Milk	Oct - 13
Oct - 16 Cinnamon Raisin Bagel w/ Cream Cheese Vegetarian Crossiant Sandwich Orange 100% Fruit Juice 1% Milk Non-Fat Milk	Oct - 17 English Muffin w Scrambled Egg Cereal Pear Applesauce 1% Milk Non-Fat Milk	Oct - 18 Waffles w Syrup Spicy Egg w Biscuit Gala Apple Raisins 1% Milk Non-Fat Milk	Oct - 19 Beef Sausage n Cheddar Mini Bagel Cereal Banana Applesauce 1% Milk Non-Fat Milk	Oct - 20 Egg, Cheese & Salsa Burrito Banana Muffin Pink Lady Apple 100% Fruit Juice 1% Milk Non-Fat Milk

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Oakland Unified School District
Elementary Breakfast
October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 23 Blueberry Bagel & Cream Cheese Egg & Cheese Sandwich Orange 100% Fruit Juice 1% Milk Non-Fat Milk	Oct - 24 Vegetarian Sausage Sandwich Cereal Pear Raisins 1% Milk Non-Fat Milk	Oct - 25 Cinnamon French Toast Turkey Sausage Sandwich Fuji Apple Applesauce 1% Milk Non-Fat Milk	Oct - 26 Beef Sausage Sandwich Cereal Banana Raisins 1% Milk Non-Fat Milk	Oct - 27 Overnight Berry Parfait Banana Muffin Granny Smith Apple 100% Fruit Juice 1% Milk Non-Fat Milk
Oct - 30 Bagel w/ cream cheese Cheese Omelet in Pita Orange 100% Fruit Juice 1% Milk Non-Fat Milk	Oct - 31 Chicken Biscuit Sandwich Cereal Pear Applesauce 1% Milk Non-Fat Milk			

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	448	400-500	100%	Sugars	44.91 g	40.13%	
Cholesterol	41 mg			Protein	18.19* g	16.26%	
Sodium	485 mg	540		Carbohyd	78.68 g	70.31%	
Fiber	7.28 g			Tot. Fat	7.88 g	15.85%	<10.00%
Vitamin C	103.90 mg			Sat. Fat	3.02 g	6.07%	

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.