

Breakfast Menu

BIC (Breakfast in the Classroom) October 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
October 1-5, 2018	French Toast Sticks Fresh Orange Smiles	Oatmeal w/ Fruit Topping Fresh Apple Slices	Turkey Sausage Biscuit Diced Pears	Cheese Omelet w/ Biscuit 100% Apple Juice and Fresh Orange Smiles	Fruit & Yogurt Parfait w/ Granola Fresh Banana
October 8-12, 2018	NO SCHOOL	Fruit & Yogurt Parfait w/ Granola Diced Pears	Egg & Cheese Bagel Sandwich 100 % Orange Juice and Fresh Apple Slices	Turkey Sausage Biscuit Fresh Orange Smiles	Mini Bagel w/ Cinnamon Cream Cheese Fresh Banana
October 15-19, 2018	Egg & Cheese Bagel Sandwich Fresh Orange Smiles	Turkey Sausage Biscuit Diced Pears	Cheese Omelet w/ Biscuit 100% Apple Juice and Fresh Orange Smiles	Breakfast Burrito Fresh Apple Slices	Fruit & Yogurt Parfait w/ Granola Fresh Banana
October 22-26, 2018	Mini Cinnamon Rolls Fresh Orange Smiles	Oatmeal w/ Fruit Topping Diced Pears	Spinach Egg Frittata w/ Biscuit 100% Apple Juice and Fresh Orange Smiles	NO SCHOOL	NO SCHOOL
October 29-Nov 2, 2018	Whole Grain Bagel w/ Cream Cheese Fresh Orange Smiles	Fruit & Yogurt Parfait w/ Granola Diced Pears	Egg & Cheese Bagel Sandwich 100% Apple Juice and Fresh Orange Smiles	Cheese Omelet w/ Biscuit Fresh Apple Slices	Mini Bagel w/ Strawberry Cream Cheese Fresh Banana

All meals include a choice of non-fat or 1% white milk

Assorted Cereals & Assorted cupped fruit available daily. Banana half served to Early Childhood Students

This institution is an equal opportunity provider

Weekly Nutrient Summary

Menu Names: BIC W1
 Site Group: Inspire
 Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014
 Calculation Method: Weighted Analysis
 Meal Type: Breakfast

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	412.24	450.98	386.82	458.12	578.47	[400.00 - 500.00]	457.33(M)	
Fat (g)	7.77 (16.96%)	4.80 (9.59%)	8.40 (19.54%)	7.59 (14.91%)	8.00 (12.45%)		7.31(M)	14.39%
Sfat (g)	1.85 (4.04%)	1.20 (2.39%)	4.33 (10.07%)	5.19 (10.19%)	1.62 (2.53%)	< 10.00 % of Calories	2.84(M)	5.59%
TFat (g)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)	391.25	273.01	420.61	430.17	299.87	< 540.00	362.98(M)	
Sodium Target 2 (mg)	391.25	273.01	420.61	430.17	299.87	< 485.00	362.98(M)	
Carb (g)	75.37 (73.13%)	94.57 (83.88%)	67.46 (69.75%)	89.52 (78.16%)	112.74 (77.95%)		87.93(M)	76.91%
Pro (g)	15.29 (14.83%)	15.59 (13.83%)	14.94 (15.45%)	15.04 (13.14%)	21.37 (14.77%)		16.45(M)	14.38%

Legend

(M) Indicates missing nutrient values.

Weekly Nutrient Summary

Menu Names: BIC W2
 Site Group: Inspire
 Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014
 Calculation Method: Weighted Analysis
 Meal Type: Breakfast

Nutrient	Day 1	Day 2	Day 3	Day 4	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	519.94	415.08	472.35	530.49	[400.00 - 500.00]	484.46(M)	
Fat (g)	8.19 (14.18%)	8.59 (18.61%)	13.21 (25.18%)	7.21 (12.23%)		9.30(M)	17.28%
Sfat (g)	1.49 (2.58%)	3.37 (7.30%)	7.51 (14.30%)	2.66 (4.50%)	< 10.00 % of Calories	3.75(M)	6.98%
TFat (g)	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)	344.82	550.73	607.35	317.94	< 540.00	455.21(M)	
Sodium Target 2 (mg)	344.82	550.73	607.35	317.94	< 485.00	455.21(M)	
Carb (g)	94.85 (72.97%)	68.13 (65.66%)	73.41 (62.17%)	107.47 (81.03%)		85.97(M)	70.98%
Pro (g)	21.40 (16.47%)	19.03 (18.33%)	19.14 (16.20%)	16.21 (12.22%)		18.94(M)	15.64%

Legend

(M) Indicates missing nutrient values.

Weekly Nutrient Summary

Menu Names: BIC W3
 Site Group: Inspire
 Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014
 Calculation Method: Weighted Analysis
 Meal Type: Breakfast

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	534.02	440.82	379.79	548.17	585.61	[400.00 - 500.00]	497.68(M)	
Fat (g)	7.94 (13.38%)	11.95 (24.40%)	8.51 (20.17%)	15.15 (24.88%)	8.03 (12.33%)		10.32(M)	18.66%
Sfat (g)	3.02 (5.09%)	6.85 (13.99%)	5.16 (12.24%)	4.33 (7.11%)	1.70 (2.61%)	< 10.00 % of Calories	4.21(M)	7.62%
TFat (g)	0.00	0.00	0.00	0.02	0.00		0.00(M)	
Sodium Target 1 (mg)	511.17	548.36	452.33	439.89	291.40	< 540.00	448.63(M)	
Sodium Target 2 (mg)	511.17	548.36	452.33	439.89	291.40	< 485.00	448.63(M)	
Carb (g)	101.90 (76.33%)	70.81 (64.25%)	65.60 (69.09%)	86.13 (62.85%)	113.51 (77.53%)		87.59(M)	70.40%
Pro (g)	21.00 (15.73%)	17.34 (15.74%)	13.98 (14.73%)	23.22 (16.95%)	22.17 (15.15%)		19.55(M)	15.71%

Legend

(M) Indicates missing nutrient values.

Weekly Nutrient Summary

Menu Names: BIC W4
 Site Group: Inspire
 Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014
 Calculation Method: Weighted Analysis
 Meal Type: Breakfast

Nutrient	Day 1	Day 2	Day 3	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	517.02	341.26	442.78	[400.00 - 500.00]	433.69(M)	
Fat (g)	7.62 (13.26%)	4.02 (10.60%)	12.47 (25.35%)		8.04(M)	16.68%
Sfat (g)	2.02 (3.51%)	1.19 (3.13%)	7.49 (15.22%)	< 10.00 % of Calories	3.56(M)	7.40%
TFat (g)	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)	368.92	159.44	555.94	< 540.00	361.43(M)	
Sodium Target 2 (mg)	368.92	159.44	555.94	< 485.00	361.43(M)	
Carb (g)	102.00 (78.91%)	66.73 (78.21%)	67.38 (60.87%)		78.70(M)	72.59%
Pro (g)	16.35 (12.65%)	13.62 (15.96%)	18.26 (16.50%)		16.08(M)	14.83%

Legend

(M) Indicates missing nutrient values.

Weekly Nutrient Summary

Menu Names: BIC W5
 Site Group: Inspire
 Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014
 Calculation Method: Weighted Analysis
 Meal Type: Breakfast

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	480.74	478.64	435.69	441.85	521.49	[400.00 - 500.00]	471.68(M)	
Fat (g)	5.35 (10.01%)	7.40 (13.92%)	8.09 (16.70%)	8.30 (16.91%)	6.96 (12.01%)		7.22(M)	13.78%
Sfat (g)	2.24 (4.20%)	1.47 (2.76%)	2.99 (6.18%)	5.17 (10.53%)	2.66 (4.58%)	< 10.00 % of Calories	2.91(M)	5.54%
TFat (g)	0.08	0.00	0.00	0.00	0.00		0.02(M)	
Sodium Target 1 (mg)	344.64	290.32	491.83	452.55	307.94	< 540.00	377.45(M)	
Sodium Target 2 (mg)	344.64	290.32	491.83	452.55	307.94	< 485.00	377.45(M)	
Carb (g)	96.37 (80.19%)	86.49 (72.28%)	74.78 (68.65%)	84.47 (76.47%)	105.87 (81.20%)		89.59(M)	75.98%
Pro (g)	17.94 (14.93%)	20.41 (17.06%)	19.24 (17.67%)	13.93 (12.61%)	16.01 (12.28%)		17.51(M)	14.85%

Legend

(M) Indicates missing nutrient values.