

# Breakfast Menu

BIC (Breakfast in the Classroom)



	Monday	Tuesday	Wednesday	Thursday	Friday
November 5-9, 2018	<p>French Toast Sticks</p> <p>Fresh Orange Smiles</p>	NO SCHOOL	<p>Turkey Sausage Biscuit</p> <p>Diced Pears</p>	<p>Cheese Omelet w/ Biscuit</p> <p>100% Apple Juice and Fresh Orange Smiles</p>	<p>Fruit &amp; Yogurt Parfait w/ Granola</p> <p>Fresh Banana</p>
November 12-16, 2018	NO SCHOOL	<p>Fruit &amp; Yogurt Parfait w/ Granola</p> <p>Diced Pears</p>	<p>Egg &amp; Cheese Bagel Sandwich</p> <p>100 % Orange Juice and Fresh Apple Slices</p>	<p>Turkey Sausage Biscuit</p> <p>Fresh Orange Smiles</p>	<p>Mini Bagel w/ Cinnamon Cream Cheese</p> <p>Fresh Banana</p>
November 19-23, 2018	<p>Egg &amp; Cheese Bagel Sandwich</p> <p>Fresh Orange Smiles</p>	<p>Turkey Sausage Biscuit</p> <p>Diced Pears</p>	NO SCHOOL	NO SCHOOL	NO SCHOOL
November 26-30, 2018	<p>Mini Cinnamon Rolls</p> <p>Fresh Orange Smiles</p>	<p>Oatmeal w/ Fruit Topping</p> <p>Diced Pears</p>	<p>Spinach Egg Frittata w/ Biscuit</p> <p>100% Apple Juice and Fresh Orange Smiles</p>	<p>Turkey Sausage Biscuit</p> <p>Fresh Apple Slices</p>	<p>Fruit &amp; Yogurt Parfait w/ Granola</p> <p>Fresh Banana</p>

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	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	419.43	490.82	507.19	534.69	[400.00 - 500.00]	488.03(M)	
Fat (g)	8.94 (19.17%)	13.80 (25.30%)	7.81 (13.86%)	6.85 (11.54%)		9.35(M)	17.24%
Sfat (g)	2.09 (4.49%)	7.73 (14.17%)	4.48 (7.95%)	1.51 (2.54%)	< 10.00 % of Calories	3.95(M)	7.29%
TFat (g)	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)	383.81	628.61	444.67	292.57	< 540.00	437.41(M)	
Sodium Target 2 (mg)	383.81	628.61	444.67	292.57	< 485.00	437.41(M)	
Carb (g)	73.85 (70.43%)	78.26 (63.78%)	100.81 (79.51%)	106.74 (79.85%)		89.91(M)	73.70%
Pro (g)	15.37 (14.66%)	18.94 (15.44%)	15.62 (12.32%)	19.15 (14.33%)		17.27(M)	14.16%

## 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)	492.62	415.08	472.35	530.49	[400.00 - 500.00]	477.63(M)	
Fat (g)	8.16 (14.90%)	8.59 (18.61%)	13.21 (25.18%)	7.21 (12.23%)		9.29(M)	17.51%
Sfat (g)	1.49 (2.71%)	3.37 (7.30%)	7.51 (14.30%)	2.66 (4.50%)	< 10.00 % of Calories	3.75(M)	7.07%
TFat (g)	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)	343.06	550.73	607.35	317.94	< 540.00	454.77(M)	
Sodium Target 2 (mg)	343.06	550.73	607.35	317.94	< 485.00	454.77(M)	
Carb (g)	87.95 (71.41%)	68.13 (65.66%)	73.41 (62.17%)	107.47 (81.03%)		84.24(M)	70.55%
Pro (g)	21.22 (17.23%)	19.03 (18.33%)	19.14 (16.20%)	16.21 (12.22%)		18.90(M)	15.83%

## 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		Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	507.52	412.82		[400.00 - 500.00]	459.79(M)	
Fat (g)	7.14 (12.66%)	9.75 (21.26%)			8.45(M)	14.96%
Sfat (g)	2.67 (4.73%)	5.18 (11.29%)		< 10.00 % of Calories	3.92(M)	6.05%
TFat (g)	0.00	0.00			0.00(M)	
Sodium Target 1 (mg)	462.17	472.61		< 540.00	467.39(M)	
Sodium Target 2 (mg)	462.17	472.61		< 485.00	467.39(M)	
Carb (g)	98.30 (77.47%)	70.16 (67.98%)			84.23(M)	72.74%
Pro (g)	19.75 (15.57%)	15.94 (15.45%)			17.85(M)	15.51%

## 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	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	495.02	384.46	452.76	473.75	534.69	[400.00 - 500.00]	468.14(M)	
Fat (g)	6.64 (12.07%)	4.87 (11.39%)	10.70 (21.27%)	9.85 (18.72%)	6.85 (11.54%)		7.78(M)	14.96%
Sfat (g)	1.67 (3.03%)	1.23 (2.87%)	5.86 (11.65%)	5.17 (9.83%)	1.51 (2.54%)	< 10.00 % of Calories	3.09(M)	5.94%
TFat (g)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)	352.17	216.89	506.53	478.30	292.57	< 540.00	369.29(M)	
Sodium Target 2 (mg)	352.17	216.89	506.53	478.30	292.57	< 485.00	369.29(M)	
Carb (g)	99.80 (80.64%)	75.42 (78.46%)	75.03 (66.29%)	86.90 (73.37%)	106.74 (79.85%)		88.78(M)	75.86%
Pro (g)	16.00 (12.93%)	14.67 (15.26%)	17.33 (15.31%)	16.99 (14.35%)	19.15 (14.33%)		16.83(M)	14.38%

## Legend

(M) Indicates missing nutrient values.