

Breakfast Menu

BIC (Breakfast in the Classroom)



	Monday	Tuesday	Wednesday	Thursday	Friday
December 3-7, 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
December 10-14, 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
December 17-21, 2018	Whole Grain Bagel w/ Cream Cheese Fresh Apple Slices	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
December 24-28, 2018	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
December 31-Jan 4, 2019	NO SCHOOL	NO SCHOOL	Mini Cinnamon Rolls 100% Apple Juice and Fresh Orange Smiles	Turkey Sausage Biscuit Diced Pears	Oatmeal w/ Fruit Topping Fresh Apple Slices

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)(1)	468.84	483.94	508.69	430.41	487.49	[400.00 - 500.00]	475.87(M)	
Fat (g)	4.51 (8.66%)	7.19 (13.37%)	9.46 (16.74%)	7.62 (15.93%)	5.96 (11.00%)		6.95(M)	13.14 %
Sfat (g)(1)	1.87 (3.59%)	1.49 (2.78%)	3.72 (6.58%)	4.46 (9.32%)	1.91 (3.52%)	< 10.00 % of Calories	2.69(M)	5.08 %
TFat (g)(2)	0.05	0.00	0.00	0.00	0.00		0.01(M)	
Sodium Target 1 (mg)(13)	350.81	304.82	599.58	417.55	296.44	< 540.00	393.84(M)	
Sodium Target 2 (mg)(13)	350.81	304.82	599.58	417.55	296.44	< 485.00	393.84(M)	
Carb (g)	97.48 (83.17%)	88.55 (73.19%)	87.83 (69.06%)	83.86 (77.94%)	101.77 (83.50%)		91.90(M)	77.25 %
Pro (g)	17.13 (14.62%)	20.60 (17.03%)	21.84 (17.18%)	13.71 (12.74%)	15.11 (12.40%)		17.68(M)	14.86 %

Legend

(M) Indicates missing nutrient values.

- Standard Value is the daily average requirement for a school week.
- Trans Fat is provided for informational purposes, not for monitoring purposes.
- Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2020 and does not impact pass/fail compliance prior to that date.

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	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	419.43	445.39	490.82	507.19	534.69	[400.00 - 500.00]	479.50(M)	
Fat (g)	8.94 (19.17%)	4.97 (10.04%)	13.80 (25.30%)	7.81 (13.86%)	6.85 (11.54%)		8.47(M)	15.90 %
Sfat (g)(1)	2.09 (4.49%)	1.22 (2.47%)	7.73 (14.17%)	4.48 (7.95%)	1.51 (2.54%)	< 10.00 % of Calories	3.41(M)	6.39 %
TFat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	383.81	222.58	628.61	442.17	292.57	< 540.00	393.95(M)	
Sodium Target 2 (mg)(13)	383.81	222.58	628.61	442.17	292.57	< 485.00	393.95(M)	
Carb (g)	74.35 (70.91%)	92.66 (83.22%)	78.76 (64.18%)	101.31 (79.90%)	107.24 (80.22%)		90.86(M)	75.80 %
Pro (g)	15.37 (14.66%)	15.72 (14.12%)	18.94 (15.44%)	15.62 (12.32%)	19.15 (14.33%)		16.96(M)	14.15 %

Legend

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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)(1)	418.87	492.62	415.08	472.35	530.49	[400.00 - 500.00]	465.88(M)	
Fat (g)	6.64 (14.27%)	8.16 (14.90%)	8.59 (18.61%)	13.21 (25.18%)	7.21 (12.23%)		8.76(M)	16.93 %
Sfat (g)(1)	2.71 (5.83%)	1.49 (2.71%)	3.37 (7.30%)	7.51 (14.30%)	2.66 (4.50%)	< 10.00 % of Calories	3.55(M)	6.85 %
TFat (g)(2)	0.10	0.00	0.00	0.00	0.00		0.02(M)	
Sodium Target 1 (mg)(13)	433.94	343.06	550.73	607.35	317.94	< 540.00	450.60(M)	
Sodium Target 2 (mg)(13)	433.94	343.06	550.73	607.35	317.94	< 485.00	450.60(M)	
Carb (g)	75.75 (72.34%)	88.45 (71.82%)	68.63 (66.14%)	73.91 (62.59%)	107.97 (81.41%)		82.94(M)	71.21 %
Pro (g)	17.46 (16.67%)	21.22 (17.23%)	19.03 (18.33%)	19.14 (16.20%)	16.21 (12.22%)		18.61(M)	15.98 %

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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)(1)	440.69	500.34	395.06	[400.00 - 500.00]	445.36(M)	
Fat (g)	7.26 (14.83%)	13.71 (24.66%)	5.94 (13.53%)		8.97(M)	18.13 %
Sfat (g)(1)	1.82 (3.71%)	7.69 (13.83%)	1.27 (2.90%)	< 10.00 % of Calories	3.59(M)	7.26 %
TFat (g)(2)	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	369.58	634.11	294.49	< 540.00	432.73(M)	
Sodium Target 2 (mg)(13)	369.58	634.11	294.49	< 485.00	432.73(M)	
Carb (g)	82.43 (74.82%)	81.54 (65.19%)	76.09 (77.04%)		80.02(M)	71.87 %
Pro (g)	14.84 (13.47%)	19.70 (15.75%)	15.46 (15.65%)		16.67(M)	14.97 %

Legend

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