May Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
2 Waffle and Syrup Sausage Patty Juice Cup or Box Fruit- Canned or Fresh Milk Assorted	3 Omelet and Sausage Links Biscuit. 2 oz WG Juice Cup or Box Fruit- Canned or Fresh Milk Assorted	4 Cereal Bar Cheese stick, mozzarella Fruit- Canned or Fresh Juice Cup or Box Milk Assorted	5 Long John WG Yogurt Juice Cup or Box Fruit- Canned or Fresh Milk Assorted	6 Bagel Cream Cheese Sunflower seeds Juice Cup or Box Fruit- Canned or Fresh Milk Assorted	Calories 579 Sodium 646 mg Total Fat 18.26 g 28.4% Saturated Fat 6.39 g 9.9%
9 Pancakes Sausage Link Juice Cup or Box Fruit- Canned or Fresh Milk Assorted	10 Muffin, Asst. WG Yogurt Juice Cup or Box Fruit- Canned or Fresh Milk Assorted	11 Breakfast Bites Fruit- Canned or Fresh Juice Cup or Box Milk Assorted	12 Cereal and Animal Crackers Yogurt Juice Cup or Box Fruit- Canned or Fresh Milk Assorted	13 French Toast Sticks & Syrup Sausage Link Juice Cup or Box Fruit- Canned or Fresh Milk Assorted	Calories 529 Sodium 555 mg Total Fat 9.49 g 16.2% Saturated Fat 2.68 g 4.6%
16 Snackbread, Banana Yogurt Juice Cup or Box Fruit- Canned or Fresh Milk Assorted	17 Sausage & Egg on Bun Fruit- Canned or Fresh Juice Cup or Box Milk Assorted	18 Breakfast Bowl Toast Juice Cup or Box Fruit- Canned or Fresh Milk Assorted	19 Muffin, Asst. WG Sunflower seeds Fruit- Canned or Fresh Juice Cup or Box Milk Assorted	20 Biscuit and Gravy Fruit- Canned or Fresh Juice Cup or Box Milk Assorted	Calories 546 Sodium 563 mg Total Fat 16.80 g 27.7% Saturated Fat 5.30 g 8.7%
23 Pop tart, whole grain 2 pack Juice Cup or Box Fruit- Canned or Fresh Milk Assorted	24	25	26	27	Calories 599 Sodium 539 mg Total Fat 6.82 g 10.2% Saturated Fat 2.41 g 3.6%
30	31				Calories 0 Sodium 0 mg Total Fat 0.00 g 0.0% Saturated Fat 0.00 g 0.0%

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 NUTRIKIDSŽ 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.

South Page May Lunch menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
2 Spaghetti and Meatballs Garden Salad Pears Jello Cake Milk Assorted CONGRATULATIONS, CHEYENNE !!	3 Orange Chicken on Rice Corn Watermelon, wedge Brownie Sundae Milk Assorted CONGRATULATIONS, ELI, HALLE AND KOBE !!!	4 Pizza Cheese Crunchers Green Beans Mandarin Oranges Tea Roll WG Milk Assorted	5 Pork Loin on WG Bun Broccoli & Cheese Grapes Fruit Snack, Scooby Doo Milk Assorted	6 Chicken Alfredo Pasta Peas Kiwi Fruit Breadstick, WG Cookie, Choc. Chip CONGRATULATIONS, EMALEY !!	Calories 654 Sodium 838 mg Total Fat 17.81 g 24.5% Saturated Fat 5.83 g 8.0%
9 Popcorn Chicken Bowl Pineapple Tidbits Breadstick, WG Ice Cream Sundae Milk Assorted CONGRATULATIONS, ISAAC !!	10 Lasagna Bake Corn Strawberries, Fresh Cookie, Carnival Hot Roll Milk Assorted CONGRATULATIONS, CHANDA !!	11 Grilled Cheese Carrot, glazed Applesauce Side Kicks Frozen Fruit Slush Milk Assorted	12 Corndog on a Stick Tri Taters Peaches Milk Assorted Granola Bar, wholegrain	13 Pizza, Variety Green Beans Peach cup Fruit Roll Ups Milk Assorted	Calories 764 Sodium 1123 mg Total Fat 21.92 g 25.8% Saturated Fat 7.97 g 9.4%
16 Cook's Choice	17 Cook's Choice	18 Cook's Choice	19 Cook's Choice	20 Cook's Choice	Calories 605 Sodium 1075 mg Total Fat 15.91 g 23.7% Saturated Fat 5.06 g 7.5%
23 Cook's Choice					Calories 605 Sodium 1075 mg Total Fat 15.91 g 23.7% Saturated Fat 5.06 g 7.5%

South Page Schools is an equal opportunity provider
All menus subject to change due to availability of products

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