

# Jackson County School District

## May 2017 Breakfast

### K - 8

	Portion Size	Calories	Sodium (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Mon - 05/01/2017</b>						
Toaster Past, Strbr, 2WGR, MS1644	2 pastries	360	360	76.0	5.0	2.00
Cereal, Mini Spoon, 2 G, MS1617	1 bowl pack	200	100	46.0	1.0	0.00
Yogurt Cup St&Raspberry MS928	4 ounce cup	80	65	16.0	0.0	0.00
Graham Crackers MS1408	1 package	90	95	16.0	2.5	0.50
Graham Crackers MS1408	1 package	90	95	16.0	2.5	0.50
Chilled Pears MS1282	1/2 cup	69	6	18.23	0.04	0.00
Fresh Fruit Bowl Variety MS1244	1 each	84	1	21.72	0.24	0.05
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	15.5	0.0	0.00
Milk, FF Choc 1/2 pt. Lu MS1700	1/2 pint	150	210	29.0	0.0	0.00
Milk, LF White 1/2 pt. Lu MS1708	1/2 pint	108	129	11.83	2.69	1.61
Milk, FF Strwbr, 1/2 pt. Lu MS1702	1/2 pint	140	125	27.0	0.0	0.00

	Portion Size	Calories	Sodium (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Tue - 05/02/2017</b>						
Biscuit, 2WGR, MS1602	1 biscuit	180	330	27.0	7.0	2.00
Sausage Patty, .8 Oz, MS1664	1 patty	60	160	0.0	4.5	1.50
Jelly, Assorted, PC MS1526	1 packet	33	0	8.67	0.0	0.00
Cereal, Mini Spoon, 2 G, MS1617	1 bowl pack	200	100	46.0	1.0	0.00
Yogurt Cup St&Raspberry MS928	4 ounce cup	80	65	16.0	0.0	0.00
Graham Crackers MS1408	1 package	90	95	16.0	2.5	0.50
Graham Crackers MS1408	1 package	90	95	16.0	2.5	0.50
Chilled Pears MS1282	1/2 cup	69	6	18.23	0.04	0.00
Fresh Fruit Bowl Variety MS1244	1 each	84	1	21.72	0.24	0.05
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	15.5	0.0	0.00
Milk, FF Choc 1/2 pt. Lu MS1700	1/2 pint	150	210	29.0	0.0	0.00
Milk, LF White 1/2 pt. Lu MS1708	1/2 pint	108	129	11.83	2.69	1.61
Milk, FF Strwbr, 1/2 pt. Lu MS1702	1/2 pint	140	125	27.0	0.0	0.00

	Portion Size	Calories	Sodium (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Wed - 05/03/2017</b>						
Chicken Patty bkd Slider MS731	1 each	153	491	25.79	4.44	0.14
Jelly, Assorted, PC MS1526	1 packet	33	0	8.67	0.0	0.00
Cereal, Mini Spoon, 2 G, MS1617	1 bowl pack	200	100	46.0	1.0	0.00
Yogurt Cup St&Raspberry MS928	4 ounce cup	80	65	16.0	0.0	0.00
Graham Crackers MS1408	1 package	90	95	16.0	2.5	0.50
Graham Crackers MS1408	1 package	90	95	16.0	2.5	0.50
Chilled Pears MS1282	1/2 cup	69	6	18.23	0.04	0.00
Fresh Fruit Bowl Variety MS1244	1 each	84	1	21.72	0.24	0.05
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	15.5	0.0	0.00
Milk, FF Choc 1/2 pt. Lu MS1700	1/2 pint	150	210	29.0	0.0	0.00
Milk, LF White 1/2 pt. Lu MS1708	1/2 pint	108	129	11.83	2.69	1.61
Milk, FF Strwbr, 1/2 pt. Lu MS1702	1/2 pint	140	125	27.0	0.0	0.00

	Portion Size	Calories	Sodium (mg)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Thu - 05/04/2017</b>						

Waffles, Mini, 2WGR, MS1645	1 pouch	200	220	35.0	5.0	1.50
Syrup, Pancake, PC MS1566	1 packet	80	30	20.0	0.0	0.00
Cereal, Mini Spoon, 2 G,MS1617	1 bowl pack	200	100	46.0	1.0	0.00
Yogurt Cup St&Raspberry MS928	4 ounce cup	80	65	16.0	0.0	0.00
Graham Crackers MS1408	1 package	90	95	16.0	2.5	0.50
Graham Crackers MS1408	1 package	90	95	16.0	2.5	0.50
Chilled Pears MS1282	1/2 cup	69	6	18.23	0.04	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	1	21.72	0.24	0.05
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	15.5	0.0	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	150	210	29.0	0.0	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	108	129	11.83	2.69	1.61
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	140	125	27.0	0.0	0.00

T-

	Portion Size	Calories	Sodium (mg)	Carb (g)	Fat (g)	S-Fat (g)
<b>Fri - 05/05/2017</b>						
Omelets, Cheese, Indivi,MS1662	1 omelet	136	283	1.7	10.77	3.40
Sausage Patty, .8 Oz, MS1664	1 patty	60	160	0.0	4.5	1.50
Cereal, Mini Spoon, 2 G,MS1617	1 bowl pack	200	100	46.0	1.0	0.00
Yogurt Cup St&Raspberry MS928	4 ounce cup	80	65	16.0	0.0	0.00
Graham Crackers MS1408	1 package	90	95	16.0	2.5	0.50
Graham Crackers MS1408	1 package	90	95	16.0	2.5	0.50
Chilled Pears MS1282	1/2 cup	69	6	18.23	0.04	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	1	21.72	0.24	0.05
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	15.5	0.0	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	150	210	29.0	0.0	0.00
Milk, LF White 1/2 pt,LuMS1708	1/2 pint	108	129	11.83	2.69	1.61
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	140	125	27.0	0.0	0.00