

Clay City High School

FEB. BREAKFAST 2025

Jan 16, 2025

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Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 3 DONUTS, VARIETY POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Feb - 4 BIS. AND GRAVY POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Feb - 5 FRENCH TOAST STICKS SAUSAGE LINKS POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Feb - 6 BREAKFAST PIZZA POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Feb - 7 CINNAMON ROLLS BACON POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK
Feb - 10 DONUT, YEAST POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Feb - 11 BIS. AND GRAVY POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Feb - 12 DUTCH WAFFLE BACON POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Feb - 13 BREAKFAST SANDWICH POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Feb - 14 PANCAKES & SYRUP SAUSAGE LINKS POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK
Feb - 17 TEACHER IN-SERVICE DAY (NO SCHOOL)	Feb - 18 BIS. AND GRAVY POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Feb - 19 FRENCH TOAST STICKS SAUSAGE LINKS POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Feb - 20 BREAKFAST PIZZA POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Feb - 21 CINNAMON ROLLS BACON POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK
Feb - 24 DONUTS, VARIETY POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Feb - 25 BIS. AND GRAVY POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Feb - 26 DUTCH WAFFLE BACON POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Feb - 27 BREAKFAST SANDWICH POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Feb - 28 PANCAKES & SYRUP SAUSAGE LINKS POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	512	450-600	100%	Sugars	44.38* g	34.67%	
Cholesterol	20 mg			Protein	14.05 g	10.98%	
Sodium	430 mg	640		Carbohyd	85.91 g	67.11%	
Fiber	6.24 g			Tot. Fat	13.01 g	22.87%	<=30.0%
Iron	5.97 mg			Sat. Fat	3.85 g	6.77%	<10.00%
Calcium	304.16 mg						
Vitamin A	804 IU						
Vitamin C	52.26 mg						

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 NUTRIKIDS® 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.