

Clay City High School

JAN BREAKFAST 2025

Dec 4, 2024

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 6 DONUTS, VARIETY POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Jan - 7 BIS. AND GRAVY POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Jan - 8 FRENCH TOAST STICKS SAUSAGE LINKS POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Jan - 9 BREAKFAST PIZZA POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Jan - 10 CINNAMON ROLLS BACON POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK
Jan - 13 DONUT, YEAST POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Jan - 14 BIS. AND GRAVY POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Jan - 15 DUTCH WAFFLE BACON POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Jan - 16 BREAKFAST SANDWICH POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Jan - 17 PANCAKES & SYRUP SAUSAGE LINKS POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK
Jan - 20 MLK Jr Day (NO SCHOOL)	Jan - 21 BIS. AND GRAVY POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Jan - 22 FRENCH TOAST STICKS SAUSAGE LINKS POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Jan - 23 BREAKFAST PIZZA POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Jan - 24 CINNAMON ROLLS BACON POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK
Jan - 27 DONUT, YEAST POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Jan - 28 BIS. AND GRAVY POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Jan - 29 DUTCH WAFFLE BACON POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Jan - 30 BREAKFAST SANDWICH POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Jan - 31 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	498	450-600	100%	Sugars	42.22* g	33.94%	
Cholesterol	22 mg			Protein	13.46 g	10.82%	
Sodium	426 mg	640		Carbohyd	82.36 g	66.21%	
Fiber	6.02 g			Tot. Fat	13.21 g	23.89%	<=30.0%
Iron	5.40 mg			Sat. Fat	3.95 g	7.14%	<10.00%
Calcium	281.42 mg						
Vitamin A	749 IU						
Vitamin C	51.21 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.