

Clay City High School

MARCH BREAKFAST 2025

Feb 18, 2025

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Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 3 DONUTS, VARIETY POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Mar - 4 BIS. AND GRAVY POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Mar - 5 FRENCH TOAST STICKS SAUSAGE LINKS POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Mar - 6 BREAKFAST PIZZA POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Mar - 7 CINNAMON ROLLS BACON POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK
Mar - 10 DONUT, YEAST POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Mar - 11 BIS. AND GRAVY POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Mar - 12 DUTCH WAFFLE BACON POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Mar - 13 BREAKFAST SANDWICH POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Mar - 14 PANCAKES & SYRUP SAUSAGE LINKS POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK
Mar - 17 SPRING BREAK	Mar - 18 SPRING BREAK	Mar - 19 SPRING BREAK	Mar - 20 SPRING BREAK	Mar - 21 SPRING BREAK
Mar - 24 DONUTS, VARIETY POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Mar - 25 BIS. AND GRAVY POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Mar - 26 FRENCH TOAST STICKS SAUSAGE LINKS POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Mar - 27 BREAKFAST PIZZA POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Mar - 28 CINNAMON ROLLS BACON POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK
Mar - 31 DONUT, YEAST POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK				

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	486	450-600	100%	Sugars	42.33* g	34.80%	
Cholesterol	19 mg			Protein	13.14 g	10.80%	
Sodium	405 mg	640		Carbohyd	81.87 g	67.32%	
Fiber	5.98 g			Tot. Fat	12.33 g	22.80%	<=30.0%
Iron	5.40 mg			Sat. Fat	3.67 g	6.79%	<10.00%
Calcium	279.30 mg						
Vitamin A	744 IU						
Vitamin C	51.44 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.