

# Clay City High School

## NOVEMBER BREAKFAST 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				Nov - 1 PANCAKES & SYRUP SAUSAGE LINKS POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK
Nov - 4 DONUTS, VARIETY POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Nov - 5 BIS. AND GRAVY POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Nov - 6 FRENCH TOAST STICKS SAUSAGE LINKS POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Nov - 7 BREAKFAST PIZZA POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Nov - 8 CINNAMON ROLLS BACON POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK
Nov - 11 DONUTS, DUNKIN STICKS POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Nov - 12 BIS. AND GRAVY POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Nov - 13 DUTCH WAFFLE BACON POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Nov - 14 BREAKFAST SANDWICH POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Nov - 15 PANCAKES & SYRUP SAUSAGE LINKS POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK
Nov - 18 DONUTS, VARIETY POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Nov - 19 BIS. AND GRAVY POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Nov - 20 FRENCH TOAST STICKS SAUSAGE LINKS POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Nov - 21 BREAKFAST PIZZA POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Nov - 22 CINNAMON ROLLS BACON POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK
Nov - 25 DONUTS, VARIETY POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Nov - 26 BIS. AND GRAVY POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	Nov - 27 THANKSGIVING BREAK (NO SCHOOL)	Nov - 28 THANKSGIVING BREAK (NO SCHOOL)	Nov - 29 THANKSGIVING BREAK (NO SCHOOL)

\*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.

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	Monday	Tuesday	Wednesday	Thursday	Friday	
	Average	Weekly Target	% of Target	Average	% of Calories	Weekly Target
Calories	514	450-600	100%	Sugars	45.05* g	35.06%
Cholesterol	18 mg			Protein	13.96 g	10.87%
Sodium	425 mg	640		Carbohyd	86.64 g	67.43%
Fiber	6.29 g			Tot. Fat	12.96 g	22.70%
Iron	5.85 mg			Sat. Fat	3.83 g	6.71%
Calcium	301.34 mg					<=30.0%
Vitamin A	795 IU					<10.00%
Vitamin C	53.22 mg					

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*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

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