

Northview High School

CLAY COUNTY SECONDARY BRKFST

NOV Breakfast 2022

Oct 27, 2022

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| | Nov - 1 CINNAMON ROLLS BACON FRESH FRUIT JUICE MILK, VARIETY | Nov - 2 BREAKFAST SANDWICH FRESH FRUIT JUICE MILK, VARIETY | Nov - 3 PANCAKES & SYRUP SAUSAGE LINKS FRESH FRUIT JUICE MILK, VARIETY | Nov - 4 SCRAMBLED EGGS BACON BAGEL FRESH FRUIT JUICE MILK, VARIETY |
| Nov - 7 HONEY BUN SAUSAGE PATTY FRESH FRUIT JUICE MILK, VARIETY | Nov - 8 BISCUITS AND GRAVY FRESH FRUIT JUICE MILK, VARIETY | Nov - 9 BREAKFAST SANDWICH FRESH FRUIT JUICE MILK, VARIETY | Nov - 10 FRENCH TOAST STICKS SAUSAGE LINKS FRESH FRUIT JUICE MILK, VARIETY | Nov - 11 BREAKFAST PIZZA FRESH FRUIT JUICE MILK, VARIETY |
| Nov - 14 CHOC or POWDER MINI DONUTS SAUSAGE LINKS MILK, VARIETY FRESH FRUIT JUICE | Nov - 15 CINNAMON ROLLS BACON FRESH FRUIT JUICE MILK, VARIETY | Nov - 16 BREAKFAST SANDWICH FRESH FRUIT JUICE MILK, VARIETY | Nov - 17 PANCAKES & SYRUP SAUSAGE LINKS FRESH FRUIT JUICE MILK, VARIETY | Nov - 18 SCRAMBLED EGGS BAGEL BACON FRESH FRUIT JUICE MILK, VARIETY |
| Nov - 21 HONEY BUN SAUSAGE PATTY FRESH FRUIT JUICE MILK, VARIETY | Nov - 22 BISCUITS AND GRAVY FRESH FRUIT JUICE MILK, VARIETY | Nov - 23 NO SCHOOL TODAY | Nov - 24 NO SCHOOL TODAY | Nov - 25 NO SCHOOL TODAY |
| Nov - 28 CHOC or POWDER MINI DONUTS SAUSAGE LINKS MILK, VARIETY FRESH FRUIT JUICE | Nov - 29 CINNAMON ROLLS BACON FRESH FRUIT JUICE MILK, VARIETY | Nov - 30 BREAKFAST SANDWICH FRESH FRUIT JUICE MILK, VARIETY | | |

ALL MENUS SUBJECT TO CHANGE WITHOUT NOTICE!!!! PREMADE SALADS AVAILABLE, PIZZA AND PBJ WILL BE AVAILABLE!!

| | Average | Weekly Target | % of Target | | Average | % of Calories | Weekly Target |
|----------|----------|------------------|----------------|----------|---------|------------------|------------------|
| Calories | 152 | 450-600 | 34% | Protein | 4.89 g | 12.88% | |
| Sodium | 187 mg | 640 | | Carbohyd | 21.80 g | 57.47% | |
| Fiber | 1.13 g | | | Tot. Fat | 4.90 g | 29.07% | <=30.0% |
| Calcium | 97.03 mg | | | Sat. Fat | 1.69 g | 10.05% | <10.00% |

**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.