

Winter Breakfast Menu • Grades 9-12



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Scrambled Eggs Whole wheat toast Assorted Jams 1 c. Whole banana Milk***	Whole Grain Cinnamon Oatmeal 1/4 c. Dried Cranberries 1 c. 100% Apple Juice Milk	Breakfast burrito w/ whole grain tortilla w/ 1/4 c. salsa 1/2 c. Mandarin Oranges 1/2 c. Fresh Grapes Milk	Whole Grain Blueberry Muffin Low-fat String Cheese 1/2 c. Fresh Pear Slices 1/2 c. Pineapple slices Milk	Whole Grain Silver Dollar Pancakes Maple syrup 1/2 c. Sliced Peaches 1/2 c. Applesauce Milk
Week 2	Western Omelet Quesadilla Whole grain toast 1/4 c. Fresh Salsa 1/2 c. Sliced Peaches 1/2 c. Fresh Grapes Milk	1 c. Whole Grain Honey Nut Cheerios String Cheese 1 c. 100% Grape Juice Milk	1/2 c. Scrambled Eggs Whole Grain Toast 1 c. Fresh Orange slices Milk	Whole Grain Bagel Low-Fat Cream Cheese Whole banana Milk	Whole Grain Blueberry Muffin 1/2 c. Low-fat Vanilla Yogurt with 1/4 c. Granola 1 c. Fresh Apple Slices 1/2 c. Pineapple chunks Milk
Week 3	Whole Wheat Silver dollar Pan- cakes Maple syrup 1 c. Fresh Grapes Milk	Cheesy Scrambled Eggs Whole Grain Toast 1/2 c. Pineapple Chunks 1/2 c. Fresh Apple Slices Milk	Ham Egg and Cheese on Whole wheat English Muffin 1/2 c. Sliced peaches 1/2 c. Fresh Pear Slices Milk	Low-fat Vanilla Yogurt w/ 1/4 c. Granola Hard-boiled Egg 1 c. Fresh orange slices Milk	Whole Grain Cinnamon Toast Crunch Low-fat String Cheese 1 c. Whole Banana Milk
Week 4	Whole Grain Cinnamon Raisin English Muffin Pad of butter Hard-Boiled Egg 1 c. Fresh sliced pears 1/2 c. Fresh Grapes Milk	Vegetable and Cheese Omelet Whole Grain Toast 1/2 c. Fresh Apple slices 1/2 c. Fresh sliced oranges Milk	Whole Grain Bagel Low-Fat Cream Cheese 1 c. 100% Orange Juice Milk	Scrambled Eggs Turkey Bacon Whole Grain Toast 1/2 c. Peach cup 1/2 c. Pineapple Chunks Milk	Silver Dollar Pancakes Maple syrup Whole Banana Milk
Week 5	2 French Toast Sticks Maple syrup 1/2 c. Pineapple Chunks 1/2 c. Applesauce Milk	1/2 c. Cheesy Scrambled Eggs Turkey Sausage Whole Grain Toast 1 c. 100% Apple Juice Milk	Whole Grain Cereal 1/2 c. Low-fat Strawberry yogurt 1 c. Fresh Orange slices Milk	Whole Grain Waffle Strawberry Fruit topping Whole banana Milk	Egg and Cheese on Whole Grain Bagel 1/2 c. Fresh Pear halves 1/2 c. Fresh peaches slices Milk

***1% White milk and Fat-free Flavored milk offered daily

Winter Breakfast Menu • Week 1 Breakdown • Grades 9-12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Scrambled Eggs Whole wheat toast Assorted Jams 1 c. Whole banana Milk	Whole Grain Cinnamon Oatmeal 1/4 c. Dried Cranberries 1 c. 100% Apple Juice Milk	Breakfast burrito w/ whole grain tortilla w/ 1/4 c. salsa 1/2 c. Mandarin Oranges 1/2 c. Fresh Grapes Milk	Whole Grain Blueberry Muffin Low-fat String Cheese 1/2 c. Fresh Pear Slices 1/2 c. Pineapple slices Milk	Whole Grain Silver Dollar Pancakes Maple syrup 1/2 c. Sliced Peaches 1/2 c. Applesauce Milk		
	Fruits	Banana =1 cup	Juice=1 cup 1/4 c. Cranberries=1/2 cup eq.	Mandarin oranges= 1/2 cup Grapes= 1/2 cup	Pears=1/2 Pineapple=1/2	Peaches=1/2 Apple slices=1/2	5 cups
Vegetable			Salsa= 1/4 cup Burrito= 1/4 cup				0 Cups*
Grains	2 slices whole grain bread	1 cup Oatmeal = 2 oz.	Whole grain tortilla wrap= 1 oz.	Blueberry muffin= 1 oz.	Pancakes= 2 oz.	8 oz. 8 oz. = whole grain-rich	9-10 oz. eq**
Meat/Meat Alternate	Eggs= 1 oz.		Eggs= 1 oz.	.		2oz.	0 cups***
Total Grains & Meat./Meat Alt.						10 oz. eq.	9-10 oz. eq.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

*Vegetables may be substituted for fruit, but the first 2 cups must be from the dark green, red orange, beans/peas, or "other" vegetable subgroups

**All whole grains must be whole grain-rich

*** There is no separate meat/meat alternate component in School Breakfast program. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum *daily* grains requirement is met.

Week 1 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	466.0 kcal	450-600 kcal
Sodium	437.4 mg	≤ 640 mg
Saturated Fat	3.59 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich

Summary of Recipes

Warm Blueberry Oat Muffin

Breakfast Burrito

Summary of USDA Foods

Grains

Oatmeal, Whole Grain Oats

Bread, Whole grain (toast)

Pancakes, whole grain

Tortilla, whole grain

Meat/ Meat Alternate

Egg

Cheddar Cheese

String Cheese

Fruit

Fresh Apple Slices

Fresh Pears

Canned Peaches

Produce Pricing: Coming Soon!

Conventional

Local

Winter Breakfast Menu • Week 2 Breakdown • Grades 9-12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Western Omelet Quesadilla Whole grain toast 1/4 c. Fresh Salsa 1/2 c. Sliced Peaches 1/2 c. Fresh Grapes Milk	1 c. Whole Grain Honey Nut Cheerios String Cheese 1 c. 100% Grape Juice Milk	1/2 c. Scrambled Eggs Whole Grain Toast 1 c. Fresh Orange slices Milk	Whole Grain Bagel Low-Fat Cream Cheese Whole banana Milk	Whole Grain Blueberry Muffin 1/2 c. Low-fat Vanilla Yogurt with 1/4 c. Granola 1 c. Fresh Apple Slices 1/2 c. Pineapple chunks Milk		
Fruits	Peaches= 1/2 cup Grapes= 1/2 cup	Grape Juice= 1 cup eq.	Orange slices= 1 cup	Banana= 1 cup	Apple slices= 1/2 cup Pineapple= 1/2 cup	5 cups	5 cups
Vegetable							0 cups*
Grains	Whole grain toast= 1 oz. eq.	1 cup Whole grain cereal= 1 oz. eq.	Whole grain toast= 1 oz. eq.	Whole grain bagel= 2 oz. Eq.	Blueberry muffin= 1 oz. eq. 1/4 cup Granola= 1/2 cup	6 oz. eq. 6 oz. = whole grain-rich	9-10 oz. eq.**
Meat/Meat Alternate	Omelet 1.75 oz. eq.	String cheese= 1 oz.			1/2 c. Vanilla yogurt= 1 oz.	3.75 oz. eq.	0 cups**
Total Grains and Meat/Meat Alt.						9.75 oz.	9-10 oz. eq.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

*Vegetables may be substituted for fruit, but the first 2 cups must be from the dark green, red orange, beans/peas, or "other" vegetable subgroups

**All whole grains must be whole grain-rich

*** There is no separate meat/meat alternate component in School Breakfast program. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum *daily* grains requirement is met.

Week 2 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	502.0 kcal	450-600 kcal
Sodium	627.54 mg	≤ 640 mg
Saturated Fat	3.99 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich

Summary of Recipes

Western Omelet Quesadilla

Warm Blueberry Oat Muffin

Summary of USDA Foods

Grains

Bread, Whole grain (toast)

Pancakes, whole grain

Tortilla, whole grain

Meat/ Meat Alternate

Egg

Cheddar Cheese

String Cheese

Fruit

Fresh Apple Slices

Canned Peaches

Oranges, Fresh

Produce Pricing: Coming Soon!

Conventional

Local

Winter Breakfast Menu • Week 3 Breakdown • Grades 9-12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Whole Wheat Silver dollar Pancakes Maple syrup 1 c. Fresh Grapes Milk	Cheesy Scrambled Eggs Whole Grain Toast 1/2 c. Pineapple Chunks 1/2 c. Fresh Apple Slices Milk	Ham Egg and Cheese on Whole wheat English Muffin 1/2 c. Sliced peaches 1/2 c. Fresh Pear Slices Milk	Low-fat Vanilla Yogurt w/ 1/4 c. Granola Hard-boiled Egg 1 c. Fresh orange slices Milk	Whole Grain Cinnamon Toast Crunch Low-fat String Cheese 1 c. Whole Banana Milk		
Fruits	Grapes= 1 cup	Pineapple= 1/2 cup Apple slices= 1/2 cup	Peaches=1/2 cup Pears= 1/2 cup	Oranges= 1 cup	Banana= 1cup	5 cups	5 cups
Vegetable							0 cups*
Grains	Pancakes= 2 oz.	1 slices whole grain toast= 1 oz.	Whole grain toast= 1oz.	1/4 c. Granola= 1 oz. eq.	Whole grain cereal= 1 oz. eq.	6 oz. 6 oz.= whole grain-rich	9-10 oz. eq.**
Meat/Meat Alternate			Egg= 2 oz.	Yogurt= 1 oz.	String cheese= 1 oz.	4 oz. eq.	0 oz. eq.***
Total Grains & Meat/Meat alt.						10 oz. eq.	
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

*Vegetables may be substituted for fruit, but the first 2 cups must be from the dark green, red orange, beans/peas, or "other" vegetable subgroups

**All whole grains must be whole grain-rich

*** There is no separate meat/meat alternate component in School Breakfast program. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum *daily* grains requirement is met.

Week 3 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	508.2 kcal	450-600 kcal
Sodium	557.2 mg	≤ 640 mg
Saturated Fat	7.05 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich

Summary of Recipes

Warm Blueberry Oat Muffin
Breakfast Burrito

Summary of USDA Foods

Grains

Bread, Whole grain (toast)
Pancakes, whole grain

Meat/ Meat Alternate

Egg
Low Sodium Ham

Cheddar Cheese
String Cheese

Fruit

Fresh Apple Slices
Canned Peaches
Fresh Pears
Fresh Oranges

Produce Pricing: **Coming Soon!**

Conventional

Local

Winter Breakfast Menu • Week 4 Breakdown • Grades 9-12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Whole Grain Cinnamon Raisin English Muffin Pad of butter Hard-Boiled Egg 1 c. Fresh sliced pears 1/2 c. Fresh Grapes Milk	Western Omelet Quesadilla Whole Grain Toast 1/2 c. Fresh Apple slices 1/2 c. Fresh sliced oranges Milk	Whole Grain Bagel Low-Fat Cream Cheese 1 c. 100% Orange Juice Milk	Scrambled Eggs Turkey Bacon Whole Grain Toast 1/2 c. Peach cup 1/2 c. Pineapple Chunks Milk	Silver Dollar Pancakes Maple syrup Whole Banana Milk		
Fruits	Pears= 1 cup Grapes= 1	Fresh oranges= 1/2 cup Apples= 1/2 cup	Orange juice= 1 cup	Peaches= 1/2 cup Pineapple = 1/2 cup	Banana= 1 cup	5 cups	5 cups
Vegetable							0 cups*
Grains	English muffin= 1 oz.	1 slice whole grain bread= 1 oz.	Whole grain bagel= 2 oz.	Whole grain bread= 1 oz.	Pancakes= 2 oz.	6 oz. eq. 6 oz. = whole grain -rich	9-10 oz. eq.**
Meat/Meat Alternate	Hard boiled egg= 1 oz.	Omelet= 2 oz.		Eggs= 1 oz.		4 oz. eq.	0 cups***
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

*Vegetables may be substituted for fruit, but the first 2 cups must be from the dark green, red orange, beans/peas, or "other" vegetable subgroups

**All whole grains must be whole grain-rich

*** There is no separate meat/meat alternate component in School Breakfast program. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum *daily* grains requirement is met.

Week 4 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	470.0 kcal	450-600 kcal
Sodium	669.2 mg	≤ 640 mg
Saturated Fat	5.01 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich

Summary of Recipes

Western Omelet Quesadilla

Summary of USDA Foods

Grains

Bread, Whole grain (toast)

Pancakes, whole grain

Tortilla, whole grain

Meat/ Meat Alternate

Egg

Cheddar Cheese

String Cheese

Fruit

Fresh Pears

Orange Juice

Canned Peaches

Fresh Oranges

Produce Pricing: Coming Soon!

Conventional

Local

Winter Breakfast Menu • Week 5 Breakdown • Grades 9-12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<p>2 French Toast Sticks Maple syrup</p> <p>1/2 c. Pineapple Chunks 1/2 c. Applesauce Milk</p>	<p>1/2 c. Cheesy Scrambled Eggs Turkey Sausage Whole Grain Toast</p> <p>1 c. 100% Apple Juice Milk</p>	<p>Whole Grain Cereal 1/2 c. Low-fat Straw- berry yogurt 1 c. Fresh Orange slices Milk</p>	<p>Whole Grain Waffle Strawberry Fruit topping</p> <p>Whole banana Milk</p>	<p>Egg and Cheese on Whole Grain Bagel</p> <p>1/2 c. Fresh Pear halves 1/2 c. Fresh peaches slices Milk</p>		
Fruits	Pineapple= 1/2 cup Applesauce= 1/2 cup	Apple juice= 1 cup eq.	Orange slices= 1 cup	Banana= 1 cup	Pears= 1/2 cup Peaches= 1/2 cup	5 cups	5 cups
Vegetable							0 cups*
Grains	French toast= 2 oz.	1 slice Whole grain bread= 1 oz.	Whole grain cereal= 1 oz.	Waffle= 2 oz.	Whole grain bagel= 1 oz.	7 oz. eq.	9-10 oz. eq.**
Meat/Meat Alternate		Eggs= 2 oz.	.		Egg= 1 oz.	3 oz. eq.	0 cups***
Total Grains & Meat/Meat Alt.						10 oz. eq.	9-10 oz. eq.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

*Vegetables may be substituted for fruit, but the first 2 cups must be from the dark green, red orange, beans/peas, or "other" vegetable subgroups

**All whole grains must be whole grain-rich

*** There is no separate meat/meat alternate component in School Breakfast program. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum *daily* grains requirement is met.

Week 5 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	541.0 kcal	450-600 kcal
Sodium	657.8mg	≤ 640 mg
Saturated Fat	5.61 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich

Summary of USDA Foods

Grains

Bread, Whole grain (toast)

French Toast Sticks

Meat/ Meat Alternate

Egg

Cheddar Cheese

String Cheese

Fruit

Canned Peaches

Fresh Pears

Applesauce

Fresh Oranges

Produce Pricing: **Coming Soon!**

Conventional

Local