

Fall Breakfast Grades 9-12



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Egg and Cheese on Whole grain English muffin 1/2 c. Fresh sliced Apples 1/2 c. Mandarin Oranges Milk***	Whole grain Bagel w/ low-fat cream cheese 1 c. 100% Orange Juice Milk	Whole grain Warm Blueberry Muffin String Cheese 1/2 c. Fresh Pineapple Chunks 1/2 c. Peach Cup Milk	Whole grain French Toast Sticks Maple Syrup 1/2 c. Fresh Grapes 1/2 c. Applesauce Milk	Whole Grain Raisin Bran Crunch Low-fat strawberry yogurt Whole Banana Milk
Week 2	Egg and Turkey Sausage on Whole grain English Muffin 1 c. Fresh Sliced Pears Milk	Hard Boiled Egg Whole Grain Banana Bread 1/2 c. Fresh Pineapple Chunks 1/2 c. Peach Cup Milk	1 c. Cinnamon Oatmeal w/ 1/4 c. Dried Cranberries 1/2 c. Fresh Grapes 1/2 c. Applesauce Milk	Whole grain silver Dollar Pancakes Light Maple Syrup Whole Banana Milk	Whole grain Cheerios Low-fat String cheese Stick 1/2 c. Fresh sliced Apples 1/2. Mandarin Oranges Milk
Week 3	Turkey sausage Egg and Cheese on Whole grain Bagel Thin 1/2 c. Fresh Pineapple Chunks 1/2 c. Peach Cup Milk	Whole wheat bagel w/ Low-fat Cream Cheese 1/2 c. Fresh Grapes 1/2 c. Applesauce Milk	Whole grain Pumpkin Muffin Low-fat String Cheese Whole Banana Milk	Whole grain waffle Strawberry Fruit topping 1/2 c. Fresh Sliced Apples 1/2 c. Mandarin Oranges Milk	Whole grain cheerios Low-fat Vanilla yogurt w/ 1/4 Granola 1 c. 100% Orange Juice Milk
Week 4	Western Omelet Quesadilla Whole grain toast 1/2 c. Fresh Grapes 1/2 c. Applesauce Milk	Whole grain oatmeal w/ 2 tbsp. Cinnamon and Brown Sugar 1/4 c. Cranberries Whole Banana Milk	Warm whole Grain Blueberry Oat Muffin Low-fat String Cheese 1/2 c. Fresh Sliced Apples 1/2 c. Mandarin Oranges Milk	Whole grain French toast sticks Sugar-free Syrup 1 c. 100% White Grape Juice Milk	Whole grain Cheerios Low-fat Strawberry Yogurt 1/2 c. Fresh Pineapple Chunks 1/2c. Peach Cup Milk
Week 5	Egg and Cheese on Whole grain English Muffin Whole Banana Milk	Hard boiled Egg Whole grain Banana Bread 1/2 c. Fresh Sliced Apples 1/2 c. Mandarin Oranges Milk	Whole grain warm pumpkin Muffin 1 c. 100% Orange Juice Milk	Whole grain Silver Dollar Pancakes 1/2 c. Pineapple Chunks 1/2 c. Peach cup Milk	Whole grain cheerios Low-fat Vanilla Yogurt 1/2 c. Fresh Grapes 1/2 c. Applesauce Milk

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

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Egg and Cheese on Whole grain English muffin 1/2 c. Fresh sliced Apples 1/2 c. Mandarin Oranges Milk	Whole grain Bagel w/ low-fat cream cheese 1 c. 100% Orange Juice Milk	Whole grain Warm Blueberry Muffin String Cheese 1/2 c. Fresh Pineapple Chunks 1/2 c. Peach Cup Milk	Whole grain French Toast Sticks Maple Syrup 1/2 c. Fresh Grapes 1/2 c. Applesauce Milk	Whole Grain Cereal Low-fat strawberry yogurt Whole Banana Milk		
Fruits	Apples= 1/2 cup Mandarin Oranges= 1/2 cup	Orange juice= 1 cup	Pineapple= 1/2 cup Peach cup= 1/2 cup	Grapes= 1/2 cup Applesauce= 1/2 cup	Banana= 1 cup	5 cups	5 cups
Vegetable							0 cups*
Grains	Whole grain English muffin = 1 oz.	Whole grain bagel= 1 oz.	Whole grain blueberry muffin= 1 oz.	Whole grain French Toast= 2 oz.	1 cup cereal= 1 oz. eq.	6 oz. 6 oz. whole grain-rich	9-10 oz. eq.**
Meat/Meat Alternate	Egg= 1 oz. Cheese= 1 oz.		String Cheese= 1 oz.		1/2 c. yogurt= 1 oz. eq.	4 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 grains offered 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	475.80 kcal	450-600 kcal
Sodium	493.14mg	≤ 640
Saturated Fat	4.30%	< 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

Summary of USDA Foods

Grains

French Toast Stick

Meat/ Meat Alternate

Egg

Cheddar Cheese

String Cheese

Fruits

Fresh Apple Slices

Orange Juice

Fresh Pears

Canned Peaches

Applesauce

Produce Pricing: Coming Soon!

Conventional

Local

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Egg and Turkey Sausage on Whole grain English Muffin 1 c. 100% Orange Juice Milk	Hard Boiled Egg Whole Grain Banana Bread 1/2 c. Fresh Pineapple Chunks 1/2 c. Peach Cup Milk	1 c. Cinnamon Oatmeal w/ 1/4 c. Dried Cranberries 1/2 c. Fresh Grapes 1/2 c. Applesauce Milk	Whole grain silver Dollar Pancakes Light Maple Syrup Whole Banana Milk	Whole grain Cheerios Low-fat String cheese Stick 1/2 c. Fresh sliced Apples 1/2. Mandarin Oranges Milk		
Fruits	Juice= 1 cup	Pineapple= 1/2 cup Peach cup= 1/2 cup	Grapes= 1/2 cup Applesauce= 1/2 cup Cranberries= 1/4 cup	Banana= 1 cup	Apples= 1/2 cup Mandarin oranges=1/2 cup	5 1/4 cups	5 cups
Vegetable							0 cups*
Grains	Whole grain English muffin= 1 oz.	Banana Bread= 2 oz.	1 c. Oatmeal= 1 oz.	Pancakes= 2 oz.	1 cup cereal= 1 oz.	7 oz. eq. 7 oz. whole grain-rich	9-10 oz. eq.**
Meat/Meat Alternate	Egg= 1 oz. Sausage= 1 oz.	Egg= 1oz.				2 oz.	0 cups***
Total Grains & Meat/Meat Alt.						9 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 grains offered 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	452.60	450-600 kcal
Sodium	366.00 mg	≤ 640
Saturated Fat	3.79%	< 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

Whole Grain Banana Bread

Summary of USDA Foods

Grains

Pancakes, Whole Grain

Meat/ Meat Alternate

Egg

String Cheese

Fruits

Orange Juice

Peach Cup

Applesauce

Apple slices, Fresh

Produce Pricing: Coming Soon!

Conventional

Local

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Turkey sausage Egg and Cheese on Whole grain Bagel Thin 1/2 c. Fresh Pineapple Chunks 1/2 c. Peach Cup Milk	Whole wheat bagel w/ Low-fat Cream Cheese 1/2 c. Fresh Grapes 1/2 c. Applesauce Milk	Whole grain Pumpkin Muffin Low-fat String Cheese Whole Banana Milk	Whole grain waffle Strawberry Fruit topping 1/2 c. Fresh Sliced Apples 1/2 c. Mandarin Oranges Milk	Whole grain cheerios Low-fat Vanilla yogurt w/ 1/4 Granola 1 c. 100% Orange Juice Milk		
Fruits	Pineapple= 1/2 cup Peach cup= 1/2 cup	Grapes= 1/2 cup Applesauce= 1/2 cup	Banana= 1 cup	Apples= 1/2 cup Oranges= 1/2 cup	Juice= 1 cup	5 cups	5 cups
Vegetable							0 cups*
Grains	Whole grain bagel= 1 oz.	Whole grain bagel= 2 oz.	Whole grain Muffin= 1 oz.	Whole grain waffle= 2 oz.	1 cup cereal= 1/2 oz. eq.	7 oz. 7 oz. whole grain-rich	9-10 oz. eq.**
Meat/Meat Alternate	Egg= 1 oz. Sausage= 1 oz.		String cheese= 1 oz.			3 oz.	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 grains offered 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	532.8 kcal	450-600 kcal
Sodium	523.2 mg	≤ 640
Saturated Fat	4.9 %	< 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

Pumpkin Muffin

Summary of USDA Foods

Grains

Pancakes, Whole Grain

Meat/ Meat Alternate

Egg

Cheddar Cheese, Slice

String Cheese

Fruits

Peach cup

Pear Slices, Fresh


Applesauce

Apple slices, Fresh

Produce Pricing: Coming Soon!

Conventional	Local

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Western Omelet Quesadilla Whole grain toast 1/2 c. Fresh Grapes 1/2 c. Applesauce Milk	Whole grain oatmeal w/ 2 tbsp. Cinnamon and Brown Sugar 1/4 c. Cranberries Whole Banana Milk	Warm whole Grain Blueberry Oat Muffin Low-fat String Cheese 1/2 c. Fresh Sliced Apples 1/2 c. Mandarin Oranges Milk	Whole grain French toast sticks Sugar-free Syrup 1 c. 100% White Grape Juice Milk	Whole grain Cheerios Low-fat Strawberry Yogurt 1/2 c. Fresh Pineapple Chunks 1/2c. Peach Cup Milk		
Fruits	Grapes= 1/2 cup Applesauce= 1/2 cup	Banana= 1 cup Cranberries= 1/4 cup (1/2 c. eq.)	Apples= 1/2 cup Oranges= 1/2 cup	Grape juice= 1 cup	Pineapple= 1/2 cup Peach cup = 1/2 cup	5 1/4 cups	5 cups
Vegetable	Omelet= 1/4 cup					1/4 cup	0 cups*
Grains	Whole grain bread= 1 oz.	1 cup oatmeal= 1 oz.	Muffin= 1 oz.	Whole grain French toast= 2 oz.	1 cup cereal= 1 oz.	6 oz. 6 oz. whole grain-rich	9-10 oz. eq.**
Meat/Meat Alternate	Eggs= 1 oz.		String cheese= 1 oz.		1/2 cup yogurt= 1 oz.	3 oz.	0 cups***
Total grains & Meat/Meat Alt.						9 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 grains offered 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	455.0 kcal	450-600 kcal
Sodium	509.94 mg	≤ 640
Saturated Fat	3.50%	< 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

Whole grain bread (toast)

Baked French Toast Sticks

Meat/ Meat Alternate

String Cheese

Fruits

Applesauce

Apple slices, Fresh


Peach cup

Produce Pricing: Coming Soon!

Conventional

Local

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Egg and Cheese on Whole grain English Muffin Whole Banana Milk	Hard boiled Egg Whole grain Banana Bread 1/2 c. Fresh Sliced Apples 1/2 c. Mandarin Oranges Milk	Whole grain warm pumpkin Muffin 1 c. 100% Orange Juice Milk	Whole grain Silver Dollar Pancakes 1/2 c. Pineapple Chunks 1/2 c. Peach cup Milk	Whole grain cheerios Low-fat Vanilla Yogurt 1/2 c. Fresh Grapes 1/2 c. Applesauce Milk		
Fruits	Banana= 1 cup	Apple= 1/2 cup Oranges= 1/2 cup	Orange Juice= 1 cup	Pineapple= 1/2 cup Peach cup= 1/2 cup	Grapes= 1/2 cup Applesauce= 1/2 cup	5 cups	5 cups
Vegetable							0 cups*
Grains	Whole grain Eng- lish muffin= 1 oz.	Zucchini bread= 1 oz.	Pumpkin muffin= 1 oz.	Pancakes= 2 oz.	1 cup cheerios= 1 oz. eq.	6 oz. 6 oz. whole grain-rich	9-10 oz. eq.**
Meat/Meat Alternate	Egg= 1oz. Cheese= 1oz.	Egg= 1 oz.			1/2 cup yogurt= 1 oz. eq.	3 oz.	0 cups***
Total Grains & Meat /Meat alt.						9 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 grains offered 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	476.8 kcal	450-600 kcal
Sodium	381.6 mg	≤ 640
Saturated Fat	4.59%	< 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

Banana Bread

Pumpkin Muffin

Summary of USDA Foods

Grains

Pancakes, Whole Grain

Meat/ Meat Alternate

Egg

Cheddar Cheese, Slice

String Cheese

Fruits

Apple slices, Fresh

Peach cup

Applesauce

Produce Pricing: Coming Soon!

Conventional

Local