

BREAKFAST CYCLE MENU - FOR ALL GRADE LEVELS**BFASST MENUS - CYCLE 1**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|
| Cereal variety, apples fresh and milk | Pancakes, oranges, pancake syrup and milk | Egg and Ham sandwich, peaches, milk | WW French toast, scrambled eggs (2oz), pears, syrup and milk | Fried Rice with ham, scramble eggs, pineapple chunks. Milk |
| Nutrients target 70% cals 337 sodium 311mg s.fat 1.9g 5.0 %cal | Nutrients target 112% cals 539 sodium 579mg s.fat 3.3g 5.6% cal | Nutrients target 88% cals 427 sodium 680mg s.fat 2.5g 5.4% cal | Nutrients target 141% cals 684 sodium 583mg s.fat 4.4g 5.7% cal | Nutrients target 80% cals 387 sodium 333mg s.fat 2.6g 6.1% cal |

BFASST CYCLE MENUS-2

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| Cereal variety, oranges, milk | Egg fried rice, sausage links(1ea) fruits and milk | Pancake with syrup, fruits and milk | Fried rice scrambled eggs with ham, fruits, and milk | WW French toast with syrup, fruits and milk |
| Nutrients target 70% cals 337 sodium 311mg s.fat 1.9g 5.0 %cal | Nutrients target 108% cals 522 sodium 488mg s.fat 9.5g 16.4% cal | Nutrients target 96% cals 464 sodium 533mg s.fat 3.3g 6.5% cal | Nutrients target 75% cals 361 sodium 331mg s.fat 2.7g 6.8% cal | Nutrients target 130% cals 631 sodium 501mg s.fat 3.6g 5.1% cal |

BFASST CYCLE MENUS-3

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| cereal variety, fruits & milk | fried rice with sausage, fruits and milk | Plain bagel, jelly, fruits and milk | Bologna Sandwich in WW bread, fruits and milk | WW French Toast, syrup, fruits & milk |
| Nutrients target 70% cals 337 sodium 311mg s.fat 1.9g 5.0 %cal | Nutrients target 104% cals 502 sodium 464mg s.fat 6.3g 11.3% cal | Nutrients target 108% cals 521 sodium 499mg s.fat 2.0g 3.4% cal | Nutrients target 82% cals 397 sodium 630mg s.fat 4.1g 9.3% cal | Nutrients target 132% cals 636 sodium 543mg s.fat 3.6g 5.1% cal |

BFASST CYCLE MENUS-4

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| Pancakes with syrup, fruits and milk | Grilled cheese sandwich in WW bread, fruits and milk | Fried rice with ham, fruits & milk | WW French Toast, Scrambled Eggs, fruits & milk | Ham&Cheese WW sandwich, fruits and milk |
| Nutrients target 70% cals 347 sodium 330mg s.fat 2.5g 6.4 %cal | Nutrients target 77% cals 372 sodium 601mg s.fat 5.2g 12.5% cal | Nutrients target 75% cals 361 sodium 331mg s.fat 2.7g 6.8% cal | Nutrients target 90% cals 437 sodium 384mg s.fat 3.4g 7.0% cal | Nutrients target 85% cals 409 sodium 956mg s.fat 5.3g 11.8% cal |
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FOR ALL GRADE LEVELS

milk - 8oz, 2 choices 1% fat or non fat

protein - 2 oz

fruit - 1 ea or= 1 cup

Syrup - 2 tablespoons max