

# Weber School District Child Nutrition

## 2018-2019 Junior High Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3  Menu #1 Cinnamon Glazed Pancakes Blueberry Muffin Choc Choc Chip Muffin Brown Sugar Cinn Poptart Strawberry Poptart Frosted Mini Spooners Marshmallow Mateys Sausage Link Strawberry Yogurt Peaches Apples,Fresh Milk, Chocolate Fat Free Milk,1% Lowfat JUICE FRUITABLE SYRUP,PANCAKE	Dec - 4  Menu #2 French Toast Sticks Choc Choc Chip Muffin Blueberry Muffin Brown Sugar Cinn Poptart Strawberry Poptart Frosted Mini Spooners Marshmallow Mateys Sausage Link Scrambled Eggs Pears Kiwifruit, Fresh Milk, Chocolate Fat Free Milk,1% Lowfat JUICE FRUITABLE SYRUP,PANCAKE Ketchup	Dec - 5  Menu #3 Eggo Waffle Blueberry Muffin Choc Choc Chip Muffin Brown Sugar Cinn Poptart Strawberry Poptart Frosted Mini Spooners Marshmallow Mateys Sausage Link Strawberry Yogurt Applesauce Cup, Cinnamon Orange Fresh Milk, Chocolate Fat Free Milk,1% Lowfat JUICE FRUITABLE SYRUP, MAPLE CHEF'S MARK	Dec - 6  Menu #4 French Toast Sticks Choc Choc Chip Muffin Blueberry Muffin Brown Sugar Cinn Poptart Strawberry Poptart Frosted Mini Spooners Marshmallow Mateys Scrambled Eggs Sausage Link Mandarin Oranges Bananas Milk, Chocolate Fat Free Milk,1% Lowfat JUICE FRUITABLE SYRUP,PANCAKE Ketchup	Dec - 7  Menu #5 Pancake 'n Sausage Blueberry Muffin Choc Choc Chip Muffin Brown Sugar Cinn Poptart Strawberry Poptart Frosted Mini Spooners Marshmallow Mateys Strawberry Yogurt Sausage Link Pineapple Craisins, Strawberry Milk, Chocolate Fat Free Milk,1% Lowfat JUICE FRUITABLE SYRUP,PANCAKE
Dec - 10  Menu #1 Cinnamon Glazed Pancakes Blueberry Muffin Choc Choc Chip Muffin Brown Sugar Cinn Poptart Strawberry Poptart Frosted Mini Spooners Marshmallow Mateys Sausage Link Strawberry Yogurt Peaches Apples,Fresh Milk, Chocolate Fat Free Milk,1% Lowfat JUICE FRUITABLE SYRUP,PANCAKE	Dec - 11  Menu #2 French Toast Sticks Choc Choc Chip Muffin Blueberry Muffin Brown Sugar Cinn Poptart Strawberry Poptart Frosted Mini Spooners Marshmallow Mateys Sausage Link Scrambled Eggs Pears Kiwifruit, Fresh Milk, Chocolate Fat Free Milk,1% Lowfat JUICE FRUITABLE SYRUP,PANCAKE Ketchup	Dec - 12  Menu #3 Eggo Waffle Blueberry Muffin Choc Choc Chip Muffin Brown Sugar Cinn Poptart Strawberry Poptart Frosted Mini Spooners Marshmallow Mateys Sausage Link Strawberry Yogurt Applesauce Cup, Cinnamon Orange Fresh Milk, Chocolate Fat Free Milk,1% Lowfat JUICE FRUITABLE SYRUP, MAPLE CHEF'S MARK	Dec - 13  Menu #4 French Toast Sticks Choc Choc Chip Muffin Blueberry Muffin Brown Sugar Cinn Poptart Strawberry Poptart Frosted Mini Spooners Marshmallow Mateys Scrambled Eggs Sausage Link Mandarin Oranges Bananas Milk, Chocolate Fat Free Milk,1% Lowfat JUICE FRUITABLE SYRUP,PANCAKE Ketchup	Dec - 14  Menu #5 Pancake 'n Sausage Blueberry Muffin Choc Choc Chip Muffin Brown Sugar Cinn Poptart Strawberry Poptart Frosted Mini Spooners Marshmallow Mateys Strawberry Yogurt Sausage Link Pineapple Craisins, Strawberry Milk, Chocolate Fat Free Milk,1% Lowfat JUICE FRUITABLE SYRUP,PANCAKE
Dec - 17  Menu #1 Cinnamon Glazed Pancakes Blueberry Muffin Choc Choc Chip Muffin Brown Sugar Cinn Poptart Strawberry Poptart Frosted Mini Spooners Marshmallow Mateys Sausage Link Strawberry Yogurt Peaches Apples,Fresh Milk, Chocolate Fat Free Milk,1% Lowfat JUICE FRUITABLE SYRUP,PANCAKE	Dec - 18  Menu #2 French Toast Sticks Choc Choc Chip Muffin Blueberry Muffin Brown Sugar Cinn Poptart Strawberry Poptart Frosted Mini Spooners Marshmallow Mateys Sausage Link Scrambled Eggs Pears Kiwifruit, Fresh Milk, Chocolate Fat Free Milk,1% Lowfat JUICE FRUITABLE SYRUP,PANCAKE Ketchup	Dec - 19  Menu #3 Eggo Waffle Blueberry Muffin Choc Choc Chip Muffin Brown Sugar Cinn Poptart Strawberry Poptart Frosted Mini Spooners Marshmallow Mateys Sausage Link Strawberry Yogurt Applesauce Cup, Cinnamon Orange Fresh Milk, Chocolate Fat Free Milk,1% Lowfat JUICE FRUITABLE SYRUP, MAPLE CHEF'S MARK	Dec - 20  Menu #4 French Toast Sticks Choc Choc Chip Muffin Blueberry Muffin Brown Sugar Cinn Poptart Strawberry Poptart Frosted Mini Spooners Marshmallow Mateys Scrambled Eggs Sausage Link Mandarin Oranges Bananas Milk, Chocolate Fat Free Milk,1% Lowfat JUICE FRUITABLE SYRUP,PANCAKE Ketchup	Dec - 21  Menu #5 Pancake 'n Sausage Blueberry Muffin Choc Choc Chip Muffin Brown Sugar Cinn Poptart Strawberry Poptart Frosted Mini Spooners Marshmallow Mateys Strawberry Yogurt Sausage Link Pineapple Craisins, Strawberry Milk, Chocolate Fat Free Milk,1% Lowfat JUICE FRUITABLE SYRUP,PANCAKE

\*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.