

# Clay City High School

## MAY BREAKFAST 2024

Apr 23, 2024

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Monday	Tuesday	Wednesday	Thursday	Friday
		May - 1 DUTCH WAFFLE BACON POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	May - 2 BREAKFAST SANDWICH POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	May - 3 PANCAKES & SYRUP SAUSAGE LINKS POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK
May - 6 DONUT, YEAST POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	May - 7 BIS. AND GRAVY POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	May - 8 DUTCH WAFFLE BACON POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	May - 9 BREAKFAST SANDWICH POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	May - 10 PANCAKES & SYRUP SAUSAGE LINKS POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK
May - 13 DONUTS, VARIETY POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	May - 14 BIS. AND GRAVY POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	May - 15 FRENCH TOAST STICKS SAUSAGE LINKS POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	May - 16 BREAKFAST PIZZA POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	May - 17 CINNAMON ROLLS BACON SAUSAGE LINKS POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK
May - 20 DONUT, YEAST POP TARTS VARIETY CEREAL,VARIETY PBJ YOGURT PARFAIT FRESH FRUIT JUICE VARIETY MILK	May - 21 POP TARTS VARIETY CEREAL,VARIETY PBJ FRESH FRUIT JUICE VARIETY MILK	May - 22 TEACHER IN-SERVICE DAY	May - 23	

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	523	450-600	100%	Sugars	44.41* g	34.00%	
Cholesterol	23 mg			Protein	14.14 g	10.82%	
Sodium	444 mg	640		Carbohyd	86.12 g	65.93%	
Fiber	6.21 g			Tot. Fat	14.01 g	24.13%	<=30.0%
Iron	5.65 mg			Sat. Fat	4.18 g	7.19%	<10.00%
Calcium	297.81 mg						
Vitamin A	794 IU						
Vitamin C	53.20 mg						

\*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.