

**MSAD #55**  
**5-8 BREAKFAST**  
**(1/4 RDA) : Grade 5-8**  
**002 - Sacopee Valley Middle School**  
**Breakfast May 2008**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			May - 1  CEREAL,VARIETY Milk Assorted Fruit Juice BANANAS	May - 2  PLAIN BAGEL PEANUT BUTTER GLAZ CHEESE,CREAM ORANGE JUICE Milk Assorted Fresh Fruit	Avg Nutrients    Target Cals...    563    99% Chol...    16 mg Sodium... 551 mg Fiber...    5.7 g Iron...    8.0 mg 252% Calcium 368.5 mg 134% Vit A    1254 IU 24% Vit C    52.8 mg 433% Prot    17.4g 12.3%Cal Carb 110.0g 78.2%Cal T.Fat    7.7g 12.2%Cal S.Fat    3.8g 6.0%Cal
May - 5  CEREAL,VARIETY Milk Assorted Fruit Juice BANANAS	May - 6  French Toast SYRUP,PANCAKE Margarine Milk ORANGE JUICE Assorted Fresh Fruit	May - 7  Breakfast Hot Pocket Assorted Fresh Fruit Assorted Fruit Juice Milk	May - 8  CEREAL,VARIETY Milk Assorted Fruit Juice BANANAS	May - 9  PLAIN BAGEL PEANUT BUTTER GLAZ CHEESE,CREAM ORANGE JUICE Milk Assorted Fresh Fruit	Avg Nutrients    Target Cals...    542    96% Chol...    58 mg Sodium... 595 mg Fiber...    5.2 g Iron...    6.0 mg 189% Calcium 379.4 mg 138% Vit A    1201 IU 23% Vit C    50.5 mg 414% Prot    16.9g 12.4%Cal Carb 99.5g 73.4%Cal T.Fat    9.5g 15.8%Cal S.Fat    4.1g 6.8%Cal
May - 12  CEREAL,VARIETY Milk Assorted Fruit Juice BANANAS	May - 13  French Toast SYRUP,PANCAKE Margarine Milk ORANGE JUICE Assorted Fresh Fruit	May - 14  Breakfast Hot Pocket Assorted Fresh Fruit Assorted Fruit Juice Milk	May - 15  CEREAL,VARIETY Milk Assorted Fruit Juice BANANAS	May - 16  PLAIN BAGEL PEANUT BUTTER GLAZ CHEESE,CREAM ORANGE JUICE Milk Assorted Fresh Fruit	Avg Nutrients    Target Cals...    542    96% Chol...    58 mg Sodium... 595 mg Fiber...    5.2 g Iron...    6.0 mg 189% Calcium 379.4 mg 138% Vit A    1201 IU 23% Vit C    50.5 mg 414% Prot    16.9g 12.4%Cal Carb 99.5g 73.4%Cal T.Fat    9.5g 15.8%Cal S.Fat    4.1g 6.8%Cal

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<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Nutrients</b>
May - 19 CEREAL,VARIETY Milk Assorted Fruit Juice BANANAS	May - 20 French Toast SYRUP,PANCAKE Margarine Milk ORANGE JUICE Assorted Fresh Fruit	May - 21 Breakfast Hot Pocket Assorted Fresh Fruit Assorted Fruit Juice Milk	May - 22 CEREAL,VARIETY Milk Assorted Fruit Juice BANANAS	May - 23	Avg Nutrients    Target Cals...        509        90% Chol...        67 mg Sodium...     572 mg Fiber...       4.9 g Iron...        5.5 mg 174% Calcium 367.6 mg 134% Vit A         1242 IU 23% Vit C         48.3 mg 397% Prot         15.4g 12.1%Cal Carb         93.8g 73.6%Cal T.Fat         8.9g 15.7%Cal S.Fat         3.7g 6.5%Cal
May - 26	May - 27 French Toast SYRUP,PANCAKE Margarine Milk ORANGE JUICE Assorted Fresh Fruit	May - 28 Breakfast Hot Pocket Assorted Fresh Fruit Assorted Fruit Juice Milk	May - 29 CEREAL,VARIETY Milk Assorted Fruit Juice BANANAS	May - 30 PLAIN BAGEL PEANUT BUTTER GLAZ CHEESE,CREAM ORANGE JUICE Milk Assorted Fresh Fruit	Avg Nutrients    Target Cals...        565        100% Chol...        71 mg Sodium...     640 mg Fiber...       5.2 g Iron...        5.5 mg 173% Calcium 396.8 mg 144% Vit A         1133 IU 21% Vit C         51.5 mg 423% Prot         18.0g 12.8%Cal Carb         100.1g 70.8%Cal T.Fat         11.0g 17.6%Cal S.Fat         4.6g 7.4%Cal

Meal prices: \$1.00 for breakfast for students  
\$2.00 for lunch for students

Adult prices:  
\$1.50 breakfast \$3.50 lunch