

## Peacham School 2017-18 Bkfst. Cycle Menu.

### Student paid meal prices: Bkfst \$1.65, Lunch \$2.75

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
2 Bagels w/Cream Cheese Yogurt Granola Cereal Assorted Fruit Bar Juice Assorted Milk 1% Milk, Assorted	3 Muffin Yogurt Granola Cereal Assorted Juice Assorted Fruit Bar Milk 1% Milk, Assorted	4 French Toast Sticks w/Syrup Yogurt Granola Cereal Assorted Juice Assorted Fruit Bar Milk 1% Milk, Assorted	5 Waffles w/syrup w/Syrup Yogurt Granola Cereal Assorted Juice Assorted Fruit Bar Milk 1% Milk, Assorted	6 Cinnamon Roll Yogurt Granola Cereal Assorted Juice Assorted Fruit Bar Milk, Assorted Milk 1%	Calories 462 Cholesterol 18 mg Sodium 416 mg Dietary Fiber 5.72 g Iron 3.81 mg Calcium 464.21 mg Vitamin A 1027 IU Vitamin C 45.85 mg Sugars 44.96 g 38.9% Protein 14.94 g 12.9% Carbohydrate 90.33 g 78.2% Total Fat 6.75 g 13.1% Saturated Fat 2.64 g 5.1%

Menu is subject to change without notice.  
This institution is an equal opportunity employer and provider.

\*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.