

## Peacham School Updated 2017-18 Bkfst. Cycle Menu. Student paid meal prices: Bkfst \$1.65, Lunch \$2.75

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Nutrients Avg  |
|--|---|--|---|--|--|
| 4<br><br>Bagels w/Cream Cheese<br>Yogurt<br>Granola<br>Cereal Assorted<br>Fruit Bar<br>Juice Assorted<br>Milk 1%<br>Milk, Assorted | 5<br><br>Muffin<br>Yogurt<br>Granola<br>Cereal Assorted<br>Juice Assorted<br>Fruit Bar<br>Milk 1%<br>Milk, Assorted | 6<br><br>French Toast<br>w/Syrup<br>Yogurt<br>Granola<br>Cereal Assorted<br>Juice Assorted<br>Fruit Bar<br>Milk 1%<br>Milk, Assorted | 7<br><br>Scrambled Eggs<br>WW Toast<br>Yogurt<br>Granola<br>Cereal Assorted<br>Juice Assorted<br>Fruit Bar<br>Milk 1%<br>Milk, Assorted | 8<br><br>Oatmeal<br>Yogurt<br>Granola<br>Cereal Assorted<br>Juice Assorted<br>Fruit Bar<br>Milk, Assorted<br>Milk 1% | Calories 437<br>Cholesterol 62 mg<br>Sodium 413 mg<br>Dietary Fiber 6.02 g<br>Iron 5.28 mg<br>Calcium 523.00 mg<br>Vitamin A 1189 IU<br>Vitamin C 45.40 mg<br>Sugars 41.21 g 37.7%<br>Protein 16.82 g 15.4%<br>Carbohydrate 81.09 g 74.1%<br>Total Fat 7.43 g 15.3%<br>Saturated Fat 2.99 g 6.2% |

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.