

FEBRUARY 2012

EDINA SCHOOLS BREAKFAST MENU

MONDAY



TUESDAY

Breakfast Meal - \$1.35

Adult - \$1.50

Milk - \$.50

WEDNESDAY

1
Sunflower Butter
& Jelly Sandwich
Fresh Fruit
Orange Juice
Milk

THURSDAY

2
Kix Cereal Bowl
Sunflower Butter
Carrot & Celery
Sticks
Asst. Juice
Milk

FRIDAY

3
Cheesy Breadstick
Applesauce
Asst. Juice
Milk

ELEM. NUTRIENT ANALYSIS- AVERAGE: Calories: 499 Vitamin A: 2544 IU Vitamin C: 49.7 Total Fat 10.4g %OF TARGET Calories: 100% Vitamin A: 303% Vitamin C: 434% Total Fat 18.8 %
SEC. NUTRIENT ANALYSIS- AVERAGE: Calories: 499 Vitamin A: 2544 IU Vitamin C: 49.7 Mg Total Fat 10.4g %OF TARGET Calories: 90% Vitamin A: 258% Vitamin C: 382% Total Fat 18.8%

6
Blueberry Muffin,
Mozzarella String
Cheese
Apple
Asst. Juice
Milk

7
Sunflower Butter
& Jelly Wrap
Orange
Asst. Juice
Milk

8
Kix Cereal Bowl
Sunflower Butter
Carrot & Celery
Sticks
Asst. Juice
Milk

9
Corn Muffin
Yogurt
Asst. Juice
Banana
Milk

10
Nutrigrain Bar,
Cheese Snack
Fresh Fruit
Asst. Juice
Milk

ELEM. NUTRIENT ANALYSIS- AVERAGE: Calories: 504 Vitamin A: 2243 IU Vitamin C: 60.7 Total Fat 11.7 %OF TARGET Calories: 101% Vitamin A: 267% Vitamin C: 531% Total Fat 20.9%
SEC. NUTRIENT ANALYSIS- AVERAGE: Calories: 553 Vitamin A: 2376 IU Vitamin C: 62.5 Mg Total Fat 14.6 g %OF TARGET Calories: 100% Vitamin A: 241% Vitamin C: 481% Total Fat 23.7%

13
Kix Cereal Bowl,
Mozzarella String
Cheese,
Apple
Asst. Juice
Milk

14
Cheesy Breadstick
Banana
Asst. Juice
Milk

15
Sunflower Butter
& Jelly Wrap
Fresh Fruit
Asst. Juice
Milk

16
Yogurt Parfait
Orange
Asst. Juice
Milk

17
Blueberry Muffin,
Sunflower Butter
Banana
Asst. Juice
Milk

ELEM. NUTRIENT ANALYSIS- AVERAGE: Calories: 500 Vitamin A: 1190 IU Vitamin C: 69.3 Total Fat 9.4 %OF TARGET Calories: 100% Vitamin A: 142% Vitamin C: 607% Total Fat 16.9% Cal
SEC. NUTRIENT ANALYSIS- AVERAGE: Calories: 547 Vitamin A: 1197 IU Vitamin C: 70.4 Mg Total Fat 11.0g %OF TARGET Calories: 99% Vitamin A: 121% Vitamin C: 542% Total Fat 18.2%

20
Presidents Day!

21
Blueberry Muffin,
Sunflower Butter
Banana
Asst. Juice
Milk

22
Sunflower Butter
& Jelly Sandwich
Fresh Fruit
Orange Juice
Milk

23
Kix Cereal Bowl
Sunflower Butter
Carrot & Celery
Sticks
Asst. Juice
Milk

24
Cheesy Breadstick
Applesauce
Asst. Juice
Milk

ELEM. NUTRIENT ANALYSIS- AVERAGE: Calories: 509 Vitamin A: 2407 IU Vitamin C: 52.4 Total Fat 10.7 %OF TARGET Calories: 102% Vitamin A: 287% Vitamin C: 459% Total Fat 18.9%
SEC. NUTRIENT ANALYSIS- AVERAGE: Calories: 509 Vitamin A: 2407 IU Vitamin C: 52.4 Mg Total Fat 10.7g %OF TARGET Calories: 92% Vitamin A: 244% Vitamin C: 403% Total Fat 18.9%

27
Blueberry Muffin,
Mozzarella String
Cheese
Apple
Asst. Juice
Milk

28
Sunflower Butter
& Jelly Wrap
Orange
Asst. Juice
Milk

29
Kix Cereal Bowl
Sunflower Butter
Carrot & Celery
Sticks
Asst. Juice
Milk



- Lactose reduced milk available upon request.

Additional Nutritional Information is on the Edina School web site under Food & Nutrition.

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