

MARCH 2012

EDINA SCHOOLS BREAKFAST MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Breakfast Meal -\$1.35

Adult -\$1.50

Milk - \$.50

- Lactose reduced milk available upon request.

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

Corn Muffin ¹
Yogurt
Asst. Juice
Banana
Milk

Nutrigrain Bar, ²
Cheese Snack
Fresh Fruit
Asst. Juice
Milk

NUTRIENT ANALYSIS- AVERAGE: Calories:504 Vitamin A: 2243IU Vitamin C 60.7 Total Fat 11.7 % **OF TARGET** Calories: 101% Vitamin A: 267% Vitamin C: 531% Total Fat 20.9%

Kix Cereal Bowl, ⁵
Mozzarella String
Cheese,
Apple
Asst. Juice
Milk

Cheesy Breadstick ⁶
Banana
Asst. Juice
Milk

Sunflower Butter ⁷
& Jelly Wrap
Fresh Fruit
Asst. Juice
Milk

Nutrigrain Bar, ⁸
Yogurt
Orange
Asst. Juice
Milk

No School ⁹

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

Nutri-Grain Bar ¹²
Cheese Snack
Orange
Asst. Juice
Milk

Blueberry Muffin, ¹³
Sunflower Butter
Banana
Asst. Juice
Milk

Sunflower Butter ¹⁴
& Jelly Sandwich
Fresh Fruit
Orange Juice
Milk

Kix Cereal Bowl ¹⁵
Sunflower Butter
Carrot & Celery
Sticks
Asst. Juice
Milk

Cheesy Breadstick ¹⁶
Applesauce
Asst. Juice
Milk

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%

Blueberry Muffin, ¹⁹
Mozzarella String
Cheese
Apple
Asst. Juice
Milk

Sunflower Butter ²⁰
& Jelly Wrap
Orange
Asst. Juice
Milk

Kix Cereal Bowl ²¹
Sunflower Butter
Carrot & Celery
Sticks
Asst. Juice
Milk

Corn Muffin ²²
Yogurt
Asst. Juice
Banana
Milk

Nutrigrain Bar, ²³
Cheese Snack
Fresh Fruit
Asst. Juice
Milk

NUTRIENT ANALYSIS- AVERAGE: Calories:504 Vitamin A: 2243IU Vitamin C 60.7 Total Fat 11.7 % **OF TARGET** Calories: 101% Vitamin A: 267% Vitamin C: 531% Total Fat 20.9%

Kix Cereal Bowl, ²⁶
Mozzarella String
Cheese,
Apple
Asst. Juice
Milk

Cheesy Breadstick ²⁷
Banana
Asst. Juice
Milk

Sunflower Butter ²⁸
& Jelly Wrap
Fresh Fruit
Asst. Juice
Milk

Nutrigrain Bar, ²⁹
Yogurt
Orange
Asst. Juice
Milk

Blueberry Muffin, ³⁰
Sunflower Butter
Fresh Banana
Asst. Juice
Milk

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