

**April 2018 NSLP Traditional Breakfast Menu -
This Institution is an equal opportunity provider.**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| <p>April 1, 2018 1 oz. G eq. 51 % WG Cereal (L. Charms, Trix, Cinn.Toast Crunch) 2 Sleeve Graham Cracker (1 oz. G.eq.). ½ C Sliced Peaches /½ C 100% Fruit Juice (Apple, Orange) 8 oz. Fat Free Milk Choice</p> | <p>April 2, 2018 (1) 2 oz. WG Bagel. (2 oz. Grain Eq.) Cream Cheese/Jelly ½ C Applesauce (A,C) ½ C 100% Fruit Juice (Apple, Orange) 8 oz. Fat Free Milk Choice</p> | <p>April 3, 2018 1 oz. G eq. 51 % WG Cereal (L. Charms, Trix, Cinn.Toast Crunch) 2 Sleeve Grah Cracker (1 oz. G.eq.). ½ C Sl Peaches /½ C 100% Fruit Juice (Apple, Orange) 8 oz. Fat Free Milk Choice</p> | <p>April 4, 2018 (1) 1.75 WG Cinnamon Ind. Wrapped Pop-tart; (1.25 oz Grain Eg.) 1 oz. Strawberry Yogurt.) Fresh Fruit -Equivalent 1 Cup (Seedless Grapes/ Berries in season) 8 oz. Fat Free Milk Choice</p> | <p>April 5, 2018 2.8 oz. (1) WG French Toast Slice (G) 1/4 C Maple Syrup . ½ C Applesauce (A, C) ½ C 100% Fruit Juice (Apple, Orange) 8 oz. Fat Free Milk Choice</p> |
| <p>April 8, 2018 1 oz. G eq. 51 % WG Cereal (L. Charms, Trix, Cinn.Toast Crunch) 2 Sleeve Graham Cracker (1 oz. G.eq.). ½ C Sliced Peaches /½ C 100% Fruit Juice (Apple, Orange) 8 oz. Fat Free Milk Choice</p> | <p>April 9, 2018 (1) 2 oz. WG Chocolate Chip Muffin (1 oz. gr. Eq.) 1 oz. String Cheese Fresh Fruit Equivalent 1 Cup (Banana) 8 oz. Fat Free Milk Choice</p> | <p>April 10, 2018 1 oz. G eq. 51 % WG Cereal (L. Charms, Trix, Cinn.Toast Crunch) 2 Sleeve Grah Cracker (1 oz. G.eq.). ½ C Sl Peaches /½ C 100% Fruit Juice (Apple, Orange) 8 oz. Fat Free Milk Choice</p> | <p>April 11, 2018 (1) 1.78 WG Strawberry Ind. Wrap Pop-tart; 1.13 oz Grain Eg.) Fresh Fruit Equivalent 1 Cup Seedless Grapes when in season (or Mixed Berries) 8 oz. Fat Free Milk Choice</p> | <p>April 12, 2018 2.47 oz Maple Pancake Wrap Individually Wrapped (1 oz. Grain Eq.) ½ C Applesauce /½ C 100% Fruit Juice (Apple, Orange) 8 oz. Fat Free Milk Choice</p> |
| <p>April 15, 2018 Closed For Spring Break* 1 oz. G eq. 51 % WG Cereal (L. Charms, Trix, Cinn.Toast Crunch) 2 Sleeve Graham Cracker (1 oz. G.eq.). ½ C Sliced Peaches /½ C 100% Fruit Juice (Apple, Orange) 8 oz. Fat Free Milk Choice</p> | <p>April 16, 2018 Closed For Spring Break* 2.25 oz. Cinnamon Bagel (2 oz. Gr. Eq.) Cream Cheese/Jelly . ½ C Applesauce (A,C) ½ C 100% Fruit Juice (Apple, Orange) 8 oz. Fat Free Milk Choice</p> | <p>April 17, 2018 Closed For Spring Break* 1 oz. G eq. 51 % WG Cereal (L. Charms, Trix, Cinn.Toast Crunch) 2 Sleeve Grah Cracker (1 oz. G.eq.). ½ C Sl Peaches /½ C 100% Fruit Juice (Apple, Orange) 8 oz. Fat Free Milk Choice</p> | <p>April 18, 2018 Closed For Spring Break* (1) Rice Krispy Apple Cinnamon Bar /(.50 Grain Eq.) .50 oz. Graham Crackers /(.50 Grain Eq.) (1 oz. Tot. Grain Eg.) Fresh Fruit Eq. 1 Cup Pear or Plum</p> | <p>April 19, 2018 Closed For Spring Break* (1) Slice Bacon/ 2 oz Maple Oatmeal . ½ C Applesauce (A, C) ½ C 100% Fruit Juice (Apple, Orange) 8 oz. Fat Free Milk Choice</p> |
| <p>April 22, 2018 Closed For Spring Break** 1 oz. G eq. 51 % WG Cereal (L. Charms, Trix, Cinn.Toast Crunch) 2 Sleeve Graham Cracker (1 oz. G.eq.). ½ C Sliced Peaches /½ C 100% Fruit Juice (Apple, Orange) 8 oz. Fat Free Milk Choice</p> | <p>April 23, 2018 Closed For Spring Break** (1) 2 oz. WG Blueberry Muffin (1 oz. Gr Eq.) 1 Slice Cheese (.50 M/Ma) /(.50 Grain Eq.)(1.50 oz. Tot. Grain Eg.) ½ C Applesauce (A,C) /½ C 100% Fruit Juice (Apple, Orange) 8 oz. Fat Free Milk Choice</p> | <p>April 24, 2018 Closed For Spring Break** 1 oz. G eq. 51 % WG Cereal (L. Charms, Trix, Cinn.Toast Crunch) 2 Sleeve Grah Cracker (1 oz. G.eq.). ½ C Sl Peaches /½ C 100% Fruit Juice (Apple, Orange) 8 oz. Fat Free Milk Choice</p> | <p>April 25, 2018 Closed For Spring Break** (1) 1.78 WG Strawberry Ind. Wrapped Pop-tart; (1.13 oz Grain Eg.) Fresh Fruit Equivalent 1 Cup Seedless Grapes/Berries in season 8 oz. Fat Free Milk Choice</p> | <p>April 26, 2018 Closed For Spring Break** 2.8 oz. (1) WG French Toast Slice (G) 1/4 C Maple Syrup . ½ C Applesauce (A, C) ½ C 100% Fruit Juice (Apple, Orange) 8 oz. Fat Free Milk Choice</p> |
| <p>April 29, 2018 1 oz. G eq. 51 % WG Cereal (L. Charms, Trix, Cinn.Toast Crunch) 2 Sleeve Graham Cracker (1 oz. G.eq.). ½ C Sliced Peaches /½ C 100% Fruit Juice (Apple, Orange) 8 oz. Fat Free Milk Choice</p> | <p>April 30, 2018 (1) 2.25 oz. Honey Wheat Bagel (2 oz. Gr. Eq.) Cream Cheese/Jelly . ½ C Applesauce (A,C) ½ C 100% Fruit Juice (Apple, Orange) 8 oz. Fat Free Milk Choice</p> | <p>Closed For Spring Break* Most Blessed Sacraments Clay Avenue Schools AEE ALC</p> | <p>Closed For Spring Break** Rosary Cathedral Queens of Apostle</p> | |

DUE TO UNFORSEEN CIRCUMSTANCES MENU SUBJECT TO CHANGE. SITES WILL BE NOTIFIED OF CHANGES ASAP.

Proteins: G=Grains; A= Vitamin A; C= Vitamin C; D= Vitamin D; I= Iron, Sl. – Slice, Crk – Cracker, Ser – Serving, Tbsp – Tablespoon, C – Cup, Waf – Wafer, Prtz – Pretzel, Por – Portion

| NSLP MEAL PATTERN REQUIREMENTS | Grades K-8 (Min. Requirements) | Other Specifications: Daily Amount Based on the Average for a 5-Day Week | |
|---------------------------------------|---|---|--|
| Breakfast | | Breakfast (K-8) | Grades 9-12 |
| Printed Milk/Fluid | 8 oz. : Daily | Min-max calories (kcal) 350-550 | Min-max calories (kcal) 450-600 |
| Fruit &/or Vegetable / Juice | ½ Cup Fruit; ½ Cup Juice Daily; 5 Cups combined Weekly | Saturated fat (% of total calories) <10 | Saturated fat (% of total calories) <10 |
| Grains/Bread | 1 oz. Daily; 8-10 oz. Weekly | Sodium (mg) <430-<470 | Sodium (mg) <500 |
| | | Trans fat: Nutrition label must indicate zero grams of | Trans fat: Nutrition label must indicate zero grams of |
| Meat /Meat Alternate | 1 oz. Daily, Combined w/Grain | Trans fat per serving | Trans fat per serving |