

Kern High School District

2012 Child Care Breakfast Menu

CDE and USDA are equal opportunity employers and providers.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																										
Mon - 4/30/2012 Beef Sausage & Biscuit Fresh Sliced Apple	Tue - 5/1/2012 Bean & Cheese Burrito Orange Juice	Wed - 5/2/2012 Cheese Omelet Peaches in Lite Syrup Fresh Sliced Apple Honey Graham Crackers	Thu - 5/3/2012 Honey Nut Cheerios Fresh Banana Fresh Kiwi Halves	Fri - 5/4/2012 WG Bite Size Fr Toast Beef Sausage Patty Ruby Red Strawberries Orange Wedges	<table border="0"> <tr><td>Avg Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>420 100%</td></tr> <tr><td>Chol...</td><td>88 mg 117%</td></tr> <tr><td>Sodium...</td><td>680 mg 126%</td></tr> <tr><td>Fiber...</td><td>6.7 g 112%</td></tr> <tr><td>Iron...</td><td>4.1 mg 164%</td></tr> <tr><td>Calcium</td><td>436.8 mg 218%</td></tr> <tr><td>Vit A</td><td>993 IU 167%</td></tr> <tr><td>Vit C</td><td>42.8 mg 389%</td></tr> <tr><td>Prot</td><td>20.4g 19.4%Cal</td></tr> <tr><td>Carb</td><td>62.6g 59.6%Cal</td></tr> <tr><td>T.Fat</td><td>11.1g 23.9%Cal</td></tr> <tr><td>S.Fat</td><td>4.6g 9.8%Cal</td></tr> </table>	Avg Nutrients	Target	Cals...	420 100%	Chol...	88 mg 117%	Sodium...	680 mg 126%	Fiber...	6.7 g 112%	Iron...	4.1 mg 164%	Calcium	436.8 mg 218%	Vit A	993 IU 167%	Vit C	42.8 mg 389%	Prot	20.4g 19.4%Cal	Carb	62.6g 59.6%Cal	T.Fat	11.1g 23.9%Cal	S.Fat	4.6g 9.8%Cal
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Mon - 5/7/2012 Egg & Cheese Brk Sandwich Juicy Orange Wedges	Tue - 5/8/2012 Honey Nut Cheerios Mixed Fruit, Lite Syrup Fresh Kiwi Halves	Wed - 5/9/2012 Cheese Omelet Lite Canned Apricots Orange Juice Honey Graham Crackers	Thu - 5/10/2012 Yogurt Parfait w/ Diced Peaches Cinnamom LF Granola Fresh Sliced Apple	Fri - 5/11/2012 Whole Wheat Pancakes Beef Sausage Patty Sliced Strawberries Cool Pears in Lite Syrup	<table border="0"> <tr><td>Avg Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>427 102%</td></tr> <tr><td>Chol...</td><td>81 mg 108%</td></tr> <tr><td>Sodium...</td><td>535 mg 99%</td></tr> <tr><td>Fiber...</td><td>5.9 g 99%</td></tr> <tr><td>Iron...</td><td>3.6 mg 144%</td></tr> <tr><td>Calcium</td><td>427.1 mg 214%</td></tr> <tr><td>Vit A</td><td>1388 IU 233%</td></tr> <tr><td>Vit C</td><td>56.6 mg 515%</td></tr> <tr><td>Prot</td><td>18.7g 17.5%Cal</td></tr> <tr><td>Carb</td><td>69.5g 65.1%Cal</td></tr> <tr><td>T.Fat</td><td>9.9g 20.8%Cal</td></tr> <tr><td>S.Fat</td><td>3.9g 8.1%Cal</td></tr> </table>	Avg Nutrients	Target	Cals...	427 102%	Chol...	81 mg 108%	Sodium...	535 mg 99%	Fiber...	5.9 g 99%	Iron...	3.6 mg 144%	Calcium	427.1 mg 214%	Vit A	1388 IU 233%	Vit C	56.6 mg 515%	Prot	18.7g 17.5%Cal	Carb	69.5g 65.1%Cal	T.Fat	9.9g 20.8%Cal	S.Fat	3.9g 8.1%Cal
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Mon - 5/14/2012 Beef Sausage & Biscuit Fresh Sliced Apple	Tue - 5/15/2012 Honey Nut Cheerios String Cheese Juicy Orange Wedges	Wed - 5/16/2012 WG Bite Size Fr Toast Cool Tart Cherries Cool Pears in Lite Syrup	Thu - 5/17/2012 Egg & Cheese Brk Sandwich Fresh Sliced Apple	Fri - 5/18/2012 Buttermilk Pancakes Beef Sausage Patty Natural Applesauce w/ Cinnamon Orange Juice	<table border="0"> <tr><td>Avg Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>426 102%</td></tr> <tr><td>Chol...</td><td>85 mg 114%</td></tr> <tr><td>Sodium...</td><td>750 mg 139%</td></tr> <tr><td>Fiber...</td><td>5.4 g 91%</td></tr> <tr><td>Iron...</td><td>3.6 mg 143%</td></tr> <tr><td>Calcium</td><td>467.5 mg 234%</td></tr> <tr><td>Vit A</td><td>741 IU 124%</td></tr> <tr><td>Vit C</td><td>37.4 mg 340%</td></tr> <tr><td>Prot</td><td>21.7g 20.4%Cal</td></tr> <tr><td>Carb</td><td>60.6g 56.9%Cal</td></tr> <tr><td>T.Fat</td><td>11.9g 25.2%Cal</td></tr> <tr><td>S.Fat</td><td>4.7g 9.9%Cal</td></tr> </table>	Avg Nutrients	Target	Cals...	426 102%	Chol...	85 mg 114%	Sodium...	750 mg 139%	Fiber...	5.4 g 91%	Iron...	3.6 mg 143%	Calcium	467.5 mg 234%	Vit A	741 IU 124%	Vit C	37.4 mg 340%	Prot	21.7g 20.4%Cal	Carb	60.6g 56.9%Cal	T.Fat	11.9g 25.2%Cal	S.Fat	4.7g 9.9%Cal
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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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Kern High School District

2012 Child Care Breakfast Menu

May 1, 2012

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Mon - 5/28/2012 Memorial Day Observance	Tue - 5/29/2012 Crustless PBJ Sandwich (contains peanuts, soy) Cool Pears in Lite Syrup	Wed - 5/30/2012 Cheese Omelet Fresh Sliced Apple Peaches in Lite Syrup Honey Graham Crackers	Thu - 5/31/2012 Honey Nut Cheerios Juicy Orange Wedges Honey Graham Crackers		<table border="0"> <tr> <td>Avg Nutrients</td> <td>Target</td> </tr> <tr> <td>Cals...</td> <td>432 103%</td> </tr> <tr> <td>Chol...</td> <td>76 mg 101%</td> </tr> <tr> <td>Sodium.</td> <td>509 mg 94%</td> </tr> <tr> <td>Fiber..</td> <td>6.4 g 107%</td> </tr> <tr> <td>Iron...</td> <td>5.2 mg 207%</td> </tr> <tr> <td>Calcium</td> <td>389.3 mg 195%</td> </tr> <tr> <td>Vit A</td> <td>1173 IU 197%</td> </tr> <tr> <td>Vit C</td> <td>27.9 mg 254%</td> </tr> <tr> <td>Prot</td> <td>17.0g 15.8%Cal</td> </tr> <tr> <td>Carb</td> <td>68.3g 63.3%Cal</td> </tr> <tr> <td>T.Fat</td> <td>11.6g 24.3%Cal</td> </tr> <tr> <td>S.Fat</td> <td>4.0g 8.3%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	432 103%	Chol...	76 mg 101%	Sodium.	509 mg 94%	Fiber..	6.4 g 107%	Iron...	5.2 mg 207%	Calcium	389.3 mg 195%	Vit A	1173 IU 197%	Vit C	27.9 mg 254%	Prot	17.0g 15.8%Cal	Carb	68.3g 63.3%Cal	T.Fat	11.6g 24.3%Cal	S.Fat	4.0g 8.3%Cal
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Menu subject to change without notice. Meals include skim, 1% and non-fat flavored milk. Nutritional information can be viewed in cafeteria and <http://www.khsd.k12.ca.us/business/FoodServices.aspx>

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