

TUSD Food Services



Nutrient Values, Middle School Breakfast - January 3 - March 9, 2012

Menu nutrient total depends on student choices. Featured Breakfast Items. Menu is subject to change.

**Cycle 5: January 3 - February 3, 2012**

Mondays Cycle 5	Unit	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Orange Juice 4 fl-oz	1.00	carton	54.6	1.0	12.5	0.3	0.2	1.2
Colby Cheddar Omelet	1.00	1 Omelet	110.0	8.0	1.0	8.0	0.0	210.0
100% Whole Wheat Bread	2.00	Slice	180.0	8.0	36.0	2.0	6.0	380.0
Grape Jelly	2.00	Tsp	37.1	0.0	9.2	0.0	0.1	4.3
Tuesdays Cycle 5	Unit	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Concha Bread	1.00	Each	260.0	6.0	41.0	8.0	3.0	110.0
Possible Substitute(S) for Concha Bread, later in the menu cycle:								
Maple Infused Pancakes OR	2.00	each	146.7	2.0	24.7	4.7	0.0	206.7
Whole Grain Pancakes with	2.00	each	154.0	4.7	25.3	2.0	2.0	320.0
Maple Flavor Syrup	1.00	Tsp	15.3	0.0	4.0	0.0	0.0	5.3
Low Fat Pork Breakfast Sausage Link(s)	2.00	Link	100.0	7.0	1.0	7.0	0.0	250.0
Orange Juice 4 fl-oz	1.00	carton	54.6	1.0	12.5	0.3	0.2	1.2
Fresh Fruit Seasonal: Average Nutrients	1.00	Serving	40.5	0.6	10.2	0.2	1.4	3.1
Wednesdays Cycle 5	Unit	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Orange Juice 4 fl-oz	1.00	carton	54.6	1.0	12.5	0.3	0.2	1.2
Fresh Fruit Seasonal: Average Nutrients	1.00	Serving	40.5	0.6	10.2	0.2	1.4	3.1
Breakfast Burrito	1.00	Each	187.4	7.0	28.8	5.0	1.2	286.9
Hash Browns	1.00	Pattie	140.0	2.0	16.0	7.0	2.0	270.0
Ketchup Packet(s)	1.00	pkt	10.0	0.0	3.0	0.0	0.0	105.0
Salsa	4.00	Tbl	23.3	1.0	4.5	0.1	0.9	278.4
Thursdays Cycle 5	Unit	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Orange Juice 4 fl-oz	1.00	carton	54.6	1.0	12.5	0.3	0.2	1.2
Fresh Fruit Seasonal: Average Nutrients	1.00	Serving	40.5	0.6	10.2	0.2	1.4	3.1
Sunrise Sandwich: Egg, Cheddar, & Bacon on WG English Muffin	1.00	Each	320.0	20.1	26.4	17.9	8.0	665.0
Sunrise Sandwich: Egg & Cheddar on WG English Muffin	1.00	Each	270.0	17.1	26.4	13.9	8.0	475.0
Fridays Cycle 5	Unit	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Orange Juice 4 fl-oz	1.00	carton	54.6	1.0	12.5	0.3	0.2	1.2
Fresh Fruit Seasonal: Average Nutrients	1.00	Serving	40.5	0.6	10.2	0.2	1.4	3.1
Whole Grain Mini Cinnamon Rolls	3.00	each	315.0	6.0	52.5	7.5	4.5	435.0
Cheese String Lite Mozzarella	1.00	1 oz pkg	76.5	8.0	1.0	2.5	0.0	210.0
Yogurt 4 oz: Assorted Flavors (average nutrients:)	1.00	Each	94.0	3.0	20.2	0.0	0.0	75.0

**Cycle 6: February 6 to March 9, 2012**

Mondays Cycle 6	Unit	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Orange Juice 4 fl-oz	1.00	carton	54.6	1.0	12.5	0.3	0.2	1.2
Fresh Fruit Seasonal: Average Nutrients	1.00	Serving	40.5	0.6	10.2	0.2	1.4	3.1
French Toast with enriched fiber	1.00	slice	150.0	6.0	27.0	3.0	4.0	380.0
Maple Flavor Syrup	1.00	Tsp	15.3	0.0	4.0	0.0	0.0	5.3
Low Fat Pork Breakfast Sausage Link(s)	2.00	Link	100.0	7.0	1.0	7.0	0.0	250.0
Tuesdays Cycle 6	Unit	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Orange Juice 4 fl-oz	1.00	carton	54.6	1.0	12.5	0.3	0.2	1.2
Fresh Fruit Seasonal: Average Nutrients	1.00	Serving	40.5	0.6	10.2	0.2	1.4	3.1
Scrambled Eggs	1.00	quarter cup	87.3	5.8	1.9	5.8	0.0	242.5
100% Whole Wheat Bread	2.00	Slice	180.0	8.0	36.0	2.0	6.0	380.0
Grape Jelly	2.00	Tsp	37.1	0.0	9.2	0.0	0.1	4.3
Hash Browns	1.00	Pattie	140.0	2.0	16.0	7.0	2.0	270.0
Ketchup Packet(s) OR	2.00	pkt	20.0	0.0	6.0	0.0	0.0	210.0
Salsa	4.00	Tbl	23.3	1.0	4.5	0.1	0.9	278.4
Wednesdays Cycle 6	Unit	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Orange Juice 4 fl-oz	1.00	carton	54.6	1.0	12.5	0.3	0.2	1.2
Fresh Fruit Seasonal: Average Nutrients	1.00	Serving	40.5	0.6	10.2	0.2	1.4	3.1
Pancake Sandwich with Egg & Cheddar Cheese	1.00	EA	0.0	0.0	0.0	0.0	0.0	0.0
Pancake Sandwich with Egg & Cheddar Cheese & Low Fat Pork Sausage Patty	1.00	Each	361.7	17.6	26.9	19.9	0.0	676.7
Thursdays Cycle 6	Unit	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Orange Juice 4 fl-oz	1.00	carton	54.6	1.0	12.5	0.3	0.2	1.2
Fresh Fruit Seasonal: Average Nutrients	1.00	Serving	40.5	0.6	10.2	0.2	1.4	3.1
Belgian Waffle	1.00	waffle	189.5	5.2	28.4	6.9	3.5	413.4
Maple Flavor Syrup	1.00	Tsp	15.3	0.0	4.0	0.0	0.0	5.3
Yogurt 4 oz: assorted	1.00	EA	94.0	3.0	20.2	0.0	0.0	75.0
OR Cheese, String Lite Mozzarella	1.00	1 oz pkg	76.5	8.0	1.0	2.5	0.0	210.0
Fridays Cycle 6	Unit	Portion	Calories	Protein gm	Carb. gm	Total Fat gm	Fiber gm	Sodium mg
Orange Juice 4 fl-oz	1.00	carton	54.6	1.0	12.5	0.3	0.2	1.2
Fresh Fruit Seasonal: Average Nutrients	1.00	Serving	40.5	0.6	10.2	0.2	1.4	3.1
Mini Potato Pancakes	6.00	1 pancake	240.0	2.0	26.0	14.0	3.0	680.0
Low Fat Pork Breakfast Sausage Link(s)	2.00	Link	100.0	7.0	1.0	7.0	0.0	250.0
Ketchup Packet(s)	2.00	pkt	20.0	0.0	6.0	0.0	0.0	210.0