

Leland School District

Breakfast K-12 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	Sep - 1 Sausage & Pancake on A S ASSORTED FRUIT JUICES Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Sep - 2 Froot Loops Cereal Fresh Banana Assorted Muffins Fat Free Milk	Sep - 3 Strawberry Toaster Pastry Applesauce Chocolate Milk Strawberry Milk Low Fat Milk	Sep - 4 Soy butter and Jelly Sandwich Fresh Orange Smiles Chocolate Milk Strawberry Milk Low Fat Milk
Sep - 7 HOLIDAY	Sep - 8 Fruit Flavor Cereal Bar Applesauce Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Sep - 9 Cheese Omelet Sliced Strawberries French Toast Sticks Pancake Syrup Chocolate Milk Strawberry Milk Low Fat Milk	Sep - 10 Sausage and Biscuit Assorted Fruit Juices Fresh Orange Smiles Chocolate Milk Strawberry Milk Low Fat Milk	Sep - 11 Frudel, WW Cherry, MS Apple Delicious Chocolate Milk Strawberry Milk Low Fat Milk
Sep - 14 Mini Pancakes in a Bag PI NEAPPLE CHUNKS Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Sep - 15 Cinnamon Toast Cereal ASSORTED FRUIT JUICES Raisins Chocolate Milk Strawberry Milk Low Fat Milk	Sep - 16 Assorted Breakfast Bread Fresh Orange Smiles Chocolate Milk Strawberry Milk Low Fat Milk	Sep - 17 Cinnamon Roll Apple and orange wedges Chocolate Milk Strawberry Milk Low Fat Milk	Sep - 18 Waffles in a Bag Sausage Patty Sliced Strawberries *Chocolate Milk *Strawberry Milk Low Fat Milk Pancake Syrup
Sep - 21 Breakfast Burrito Fresh kiwi wedges Chocolate Milk Strawberry Milk Low Fat Milk Salsa	Sep - 22 BANANA BREAD SQUARES Applesauce Chocolate Milk Strawberry Milk Low Fat Milk	Sep - 23 Strawberry WG Toaster Pastries GRAPES, Fresh Chocolate Milk Strawberry Milk Low Fat Milk	Sep - 24 Sausage & Pancake on A S ASSORTED FRUIT JUICES Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup	Sep - 25 Froot Loops Cereal ORANGES HALVES Assorted Muffins Chocolate Milk Strawberry Milk Low Fat Milk
Sep - 28 Strawberry Toaster Pastry Mandarin Fruit Cup Chocolate Milk Strawberry Milk Low Fat Milk	Sep - 29 Soy butter and Jelly Sandwich Apple Delicious Chocolate Milk Strawberry Milk Low Fat Milk	Sep - 30 Sausage & Pancake on A S Fresh Banana Chocolate Milk Strawberry Milk Low Fat Milk Pancake Syrup		

***N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.**

*** - denotes combined nutrient totals with either missing or incomplete nutrient data.**

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Leland School District

Breakfast K-12 Breakfast Menu

Aug 31, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
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Due to unforeseen problems menus are subject to change.
Alternate foods available for students with food allergies.

HAVE A SAFE AND HAPPY SPRING BREAK!

This institution is an equal opportunity provider.

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	502	450-500	100%	Sugars	12.84* g	10.23%	
Cholesterol	36* mg			Protein	17.53 g	13.96%	
Sodium	717 mg	540		Carbohyd	84.94 g	67.65%	
Fiber	5.25* g			Tot. Fat	11.54 g	20.67%	<=30.0%
Iron	4.52* mg			Sat. Fat	3.93 g	7.05%	<10.00%
Calcium	453.52* mg						
Vitamin A	1165* IU						
Vitamin C	47.39* mg						

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