

Kings River Union Elementary School District



1% and No Fat Milk Served Daily.
 Menu is subject to change based on product availability.
 Nutritional specification is available upon request.
 The USDA is an equal opportunity provider and employer.

BREAKFAST Menu August-December 2017

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Cereal Bowl Grahams Juice Box Raisin	Breakfast Bar Whole Apple	Cereal Bowl Grahams Juice Box Fresh Fruit	PopTart Apple Slices	Cereal Bowl Fresh Fruit Juice Box
2	Cereal Bowl Grahams Juice Box Craisin	Muffin Whole Apple	Cereal Bowl Grahams Juice Box Fresh Fruit	Pop Tart Apple Slices	Cereal Bowl Fresh Fruit Juice Box
3	Cereal Bowl Grahams Juice Box Raisin	Breakfast Bar Whole Apple	Cereal Bowl Grahams Juice Box Fresh Fruit	Pop Tart Apple Slices	Cereal Bowl Fresh Fruit Juice Box
4	Cereal Bowl Grahams Juice Box Craisin	Muffin Whole Apple	Cereal Bowl Grahams Juice Box Fresh Fruit	Pop Tart Apple Slices	Cereal Bowl Fresh Fruit Juice Box

NUTRITION BITES

- Breakfast is an important source of vitamin D and calcium, providing 40% of vitamin D and 25% of calcium to children age 2 to 19.¹
- Cereal contributes less than 10% of calories, but over 25% of daily intake of essential nutrients and whole grain in the diets of children who eat cereal.²

S	M	T	W	T	F	S
		1	2	3	4	5
	7	8	9	10	11	12
W 1	14	15	16	17	18	19
W 2	21	22	23	24	25	26
W 3	28	29	30	31		

S	M	T	W	T	F	S
W 3					1	2
W 4		5	6	7	8	9
W 1	11	12	13	14	15	16
W 2	18	19	20	21	22	23
W 3	25	26	27	28	29	30

S	M	T	W	T	F	S
W 4	2	3	4	5	6	7
W 1		10	11	12	13	14
W 2	16	17	18	19	20	21
W 3	23	24	25	26	27	28
W 4	30	31				

S	M	T	W	T	F	S
W 4			1	2	3	4
W 1	6	7	8	9		11
W 2	13	14	15	16	17	18
W 3						25
W 4	27	28	29	30		

S	M	T	W	T	F	S
W 4						1 2
W 1	4	5	6	7	8	9
W 2	11	12	13	14	15	16
W 3	18	19	20			23
W 4						30

1. NHANES 2013-14.

2. NHANES 2011-2012 and NHANES 2013-2014