

February 2018

Breakfast



SAMUELI CHARTER SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
January 29, 2018	January 30, 2018	January 31, 2018	February 1, 2018	February 2, 2018
			BEEF SAUSAGE SLIDER ^ Fresh Fruit Blended Fruit Juice Assorted Jelly Choice of Milk	FROSTED CORN FLAKES ^ Graham Crackers ^ Fresh Fruit Orange Pineapple Juice Choice of Milk
February 5, 2018	February 6, 2018	February 7, 2018	February 8, 2018	February 9, 2018
CINNAMON CHEX ^ Strawberry Pancake Square ^ Craisins Grape Juice Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Diced Pears Orange Juice Choice of Milk	TRIX ^ Graham Crackers ^ Fresh Fruit Apple Cherry Juice Choice of Milk	PANCAKES ^ Fresh Fruit Apple Cherry Juice Choice of Milk Syrup	String Cheese Pumpkin Loaf ^ Fresh Fruit Apple Juice Choice of Milk
February 12, 2018	February 13, 2018	February 14, 2018	February 15, 2018	February 16, 2018
COCOA PUFFS ^ Graham Crackers ^ Craisins Orange Juice Choice of Milk	MAPLE BROWN SUGAR OATMEAL ^ Banana Muffin ^ Diced Pears Grape Juice Choice of Milk	String Cheese Lemon Mini Loaf ^ Diced Peaches Apple Cherry Juice Choice of Milk	FRENCH TOAST STICKS ^ Fresh Fruit Mixed Fruit Cup Syrup Choice of Milk	NO SCHOOL
February 19, 2018	February 20, 2018	February 21, 2018	February 22, 2018	February 23, 2018
PRESIDENTS DAY	CINNAMON TOAST CRUNCH ^ Vanilla Waffle Square ^ Cherry Craisins Applesauce Cup Choice of Milk	Vanilla Yogurt Granola ^ Fresh Fruit Apple Juice Choice of Milk	STRAWBERRY PANCAKES ^ Fresh Fruit Blended Fruit Juice Choice of Milk	FRUITY CHEERIOS ^ Graham Crackers ^ Pineapple Tidbits Orange Juice Choice of Milk
February 26, 2018	February 27, 2018	February 28, 2018	March 1, 2018	March 2, 2018
RASPBERRY YOGURT Granola ^ Craisins Apple Cherry Juice Choice of Milk	WAFFLES ^ Mixed Fruit Cup Orange Juice Syrup Choice of Milk	RICE CHEX ^ Blueberry Muffin ^ Applesauce Cup Grape Juice Choice of Milk		

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

Healthy!

www.PreferredMealsMenu.com



Nutritional Information: SAMUELI CHARTER SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
02-01-2018	BEEF SAUSAGE SLIDER ^	177	9	3	0	21	234	14	1	1	10	0	0	17	2	MMA:1oz G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Blended Fruit Juice	66	0	0	0	0	1	17	0	13	0	0	10	14	0	F:1/2c
	Assorted Jelly	35	0	0	0	0	0	9	0	6	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-02-2018	FROSTED CORN FLAKES ^	100	0	0	0	0	180	24	1	8	1	150	5	150	6	G/B:1sv WG
	Graham Crackers ^	90	2	0	0	0	100	16	1	4	2	100	0	100	1	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Orange Pineapple Juice	59	0	0	0	0	1	16	0	12	1	28	35	15	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-05-2018	CINNAMON CHEX ^	120	2	0	0	0	170	22	1	6	1	120	5	80	7	G/B:1sv WG
	Strawberry Pancake Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Grape Juice	77	0	0	0	0	0	19	0	16	0	0	60	10	1	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-06-2018	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	207	6	3	0	28	553	25	4	2	11	30	0	175	2	MMA:1oz G/B:2sv WG
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-07-2018	TRIX ^	110	2	0	0	24	140	24	1	7	1	120	5	80	4	G/B:1sv WG
	Graham Crackers ^	90	2	0	0	0	100	16	1	4	2	100	0	100	1	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Apple Cherry Juice	60	0	0	0	0	0	15	0	12	0	0	1	11	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-08-2018	PANCAKES ^	144	2	0	0	5	272	29	4	7	4	3	0	100	1	G/B:2sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Apple Cherry Juice	60	0	0	0	0	0	15	0	12	0	0	1	11	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
02-09-2018	String Cheese	80	6	4	0	15	200	0	0	0	6	40	0	200	0	MMA:1oz
	Pumpkin Loaf ^	161	4	0	0	0	208	30	2	15	2	191	0	35	1	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Apple Juice	57	0	0	0	0	1	14	0	12	0	0	60	11	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-12-2018	COCOA PUFFS ^	110	2	0	0	0	160	25	2	8	2	150	6	100	4	G/B:1sv WG
	Graham Crackers ^	90	2	0	0	0	100	16	1	4	2	100	0	100	1	G/B:1sv WG
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Nutritional Information: SAMUELI CHARTER SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
02-13-2018	MAPLE BROWN SUGAR OATMEAL ^	197	2	0	0	1	32	41	3	20	5	0	0	77	1	G/B:1sv WG
	Banana Muffin ^	172	6	0	0	0	181	28	2	8	3	1	3	23	1	G/B:1.25sv WG
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Grape Juice	77	0	0	0	0	0	19	0	16	0	0	60	10	1	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-14-2018	String Cheese	80	6	4	0	15	200	0	0	0	6	40	0	200	0	MMA:1oz
	Lemon Mini Loaf ^	133	3	0	0	0	184	25	1	10	2	0	0	43	1	G/B:1sv WG
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Apple Cherry Juice	60	0	0	0	0	0	15	0	12	0	0	1	11	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-15-2018	FRENCH TOAST STICKS ^	250	9	2	0	0	300	37	4	8	7	85	8	220	3	G/B:2sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	0	F:1/2c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-16-2018	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
02-19-2018	PRESIDENTS DAY	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
02-20-2018	CINNAMON TOAST CRUNCH ^	110	3	0	0	0	160	22	3	6	1	120	5	200	4	G/B:1sv WG
	Vanilla Waffle Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Cherry Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-21-2018	Vanilla Yogurt	80	0	0	0	5	60	16	0	13	4	0	0	150	0	MMA:1oz
	Granola ^	120	4	0	0	0	40	19	2	5	3	0	0	20	1	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Apple Juice	57	0	0	0	0	1	14	0	12	0	0	60	11	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-22-2018	STRAWBERRY PANCAKES ^	180	4	2	0	5	240	32	2	7	4	0	0	80	1	G/B:2sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Blended Fruit Juice	66	0	0	0	0	1	17	0	13	0	0	10	14	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
02-23-2018	FRUITY CHEERIOS ^	120	2	0	0	0	140	25	2	9	2	150	12	100	4	G/B:1sv WG
	Graham Crackers ^	90	2	0	0	0	100	16	1	4	2	100	0	100	1	G/B:1sv WG
	Pineapple Tidbits	68	0	0	0	0	2	16	1	14	2	4	10	14	0	F:1/2c
	Orange Juice	55	0	0	0	0	0	14	0	13	0	56	62	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-26-2018	RASPBERRY YOGURT	80	0	0	0	0	65	15	0	12	4	0	0	150	0	MMA:1oz
	Granola ^	120	4	0	0	0	40	19	2	5	3	0	0	20	1	G/B:1sv WG
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Apple Cherry Juice	60	0	0	0	0	0	15	0	12	0	0	1	11	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-27-2018	WAFFLES ^	130	3	0	0	0	300	24	4	2	4	0	0	80	1	G/B:2sv WG
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	0	F:1/2c
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-28-2018	RICE CHEX ^	100	0	0	0	0	250	24	1	2	2	100	6	100	9	G/B:1sv WG
	Blueberry Muffin ^	172	6	0	0	0	170	29	2	11	3	0	0	31	1	G/B:1.25sv WG
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Grape Juice	77	0	0	0	0	0	19	0	16	0	0	60	10	1	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other

Allergen Information: SAMUELI CHARTER SCHOOL

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
02-01-2018	BEEF SAUSAGE SLIDER ^							X	X
	Fresh Fruit								
	Blended Fruit Juice								
	Assorted Jelly								
	Choice of Milk	X							
02-02-2018	FROSTED CORN FLAKES ^								X
	Graham Crackers ^							X	X
	Fresh Fruit								
	Orange Pineapple Juice								
	Choice of Milk	X							
02-05-2018	CINNAMON CHEX ^								
	Strawberry Pancake Square ^		X					X	X
	Craisins								
	Grape Juice								
	Choice of Milk	X							
02-06-2018	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	X						X	X
	Diced Pears								
	Orange Juice								
	Choice of Milk	X							
02-07-2018	TRIX ^								
	Graham Crackers ^							X	X
	Fresh Fruit								
	Apple Cherry Juice								
	Choice of Milk	X							
02-08-2018	PANCAKES ^	X	X					X	X
	Fresh Fruit								
	Apple Cherry Juice								
	Choice of Milk	X							
	Syrup								
02-09-2018	String Cheese	X							
	Pumpkin Loaf ^								X
	Fresh Fruit								
	Apple Juice								
	Choice of Milk	X							
02-12-2018	COCOA PUFFS ^								
	Graham Crackers ^							X	X
	Craisins								
	Orange Juice								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
02-13-2018	MAPLE BROWN SUGAR OATMEAL ^	X							
	Banana Muffin ^								X
	Diced Pears								
	Grape Juice								
	Choice of Milk	X							
02-14-2018	String Cheese	X							
	Lemon Mini Loaf ^								X
	Diced Peaches								
	Apple Cherry Juice								
	Choice of Milk	X							
02-15-2018	FRENCH TOAST STICKS ^							X	X
	Fresh Fruit								
	Mixed Fruit Cup								
	Syrup								
	Choice of Milk	X							
02-16-2018	NO SCHOOL								
02-19-2018	PRESIDENTS DAY								
02-20-2018	CINNAMON TOAST CRUNCH ^							X	X
	Vanilla Waffle Square ^		X					X	X
	Cherry Craisins								
	Applesauce Cup								
	Choice of Milk	X							
02-21-2018	Vanilla Yogurt	X							
	Granola ^	X							
	Fresh Fruit								
	Apple Juice								
	Choice of Milk	X							
02-22-2018	STRAWBERRY PANCAKES ^	X	X					X	X
	Fresh Fruit								
	Blended Fruit Juice								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
02-23-2018	FRUITY CHEERIOS ^								
	Graham Crackers ^							X	X
	Pineapple Tidbits								
	Orange Juice								
	Choice of Milk	X							
02-26-2018	RASPBERRY YOGURT	X							
	Granola ^	X							
	Craisins								
	Apple Cherry Juice								
	Choice of Milk	X							
02-27-2018	WAFFLES ^	X	X					X	X
	Mixed Fruit Cup								
	Orange Juice								
	Syrup								
	Choice of Milk	X							
02-28-2018	RICE CHEX ^								
	Blueberry Muffin ^								X
	Applesauce Cup								
	Grape Juice								
	Choice of Milk	X							