

AUGUST



Breakfast



SAMUELI CHARTER SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
July 30, 2018	July 31, 2018	August 1, 2018	August 2, 2018	August 3, 2018
August 6, 2018	August 7, 2018	August 8, 2018	August 9, 2018	August 10, 2018
August 13, 2018	August 14, 2018	August 15, 2018	August 16, 2018	August 17, 2018
GOLDEN GRAHAM CEREAL ^ Vanilla Waffle Square ^ Cherry Craisins Blended Fruit Juice Choice of Milk	PANCAKES ^ Syrup Orange Juice Diced Pears Choice of Milk	String Cheese Tropical Mini Loaf ^ Applesauce Cup Fresh Fruit Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Fresh Fruit Diced Peaches Choice of Milk	APPLE CINNAMON CHEERIOS ^ Maple Breakfast Square ^ Diced Peaches Grape Juice Choice of Milk
August 20, 2018	August 21, 2018	August 22, 2018	August 23, 2018	August 24, 2018
TRIX ^ Animal Grahams ^ Cherry Craisins Orange Juice Choice of Milk	BEEF SAUSAGE ON A BISCUIT ^ Mixed Fruit Cup Blended Fruit Juice Choice of Milk	CINNAMON CHEX ^ Strawberry Pancake Square ^ Pineapple Tidbits Applesauce Cup Choice of Milk	WAFFLES ^ Fresh Fruit Grape Juice Choice of Milk Syrup	COCOA PUFFS ^ Graham Crackers ^ Diced Pears Fresh Fruit Choice of Milk
August 27, 2018	August 28, 2018	August 29, 2018	August 30, 2018	August 31, 2018
GOLDEN GRAHAM CEREAL ^ Vanilla Waffle Square ^ Cherry Craisins Blended Fruit Juice Choice of Milk	PANCAKES ^ Syrup Orange Juice Diced Pears Choice of Milk	String Cheese Tropical Mini Loaf ^ Applesauce Cup Fresh Fruit Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Fresh Fruit Diced Peaches Choice of Milk	APPLE CINNAMON CHEERIOS ^ Maple Breakfast Square ^ Diced Peaches 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.

www.preferredmealsmenu.com | Contact Us: 1-800-466-0222 Ex. 3

Menu Development | Food & Equipment Delivery | Meal Preparation and Service | Merchandising & Promotions



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
08-13-2018	GOLDEN GRAHAM CEREAL ^	100	1	0	0	0	220	24	1	8	1	120	5	80	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
	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	
08-14-2018	PANCAKES ^	144	2	0	0	5	272	29	4	7	4	3	0	100	1	G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
08-15-2018	String Cheese	80	6	4	0	15	200	0	0	0	6	40	0	200	0	MMA:1oz
	Tropical Mini Loaf ^	148	4	1	0	0	177	26	1	12	2	0	2	35	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
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
08-16-2018	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	207	6	3	0	28	543	25	4	2	11	60	0	175	2	MMA:1oz G/B:2sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
08-17-2018	APPLE CINNAMON CHEERIOS ^	110	2	0	0	0	110	22	2	10	2	150	6	100	4	G/B:1sv WG
	Maple Breakfast Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	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	
08-20-2018	TRIX ^	110	2	0	0	24	140	24	1	7	1	120	5	80	4	G/B:1sv WG
	Animal Grahams ^	120	4	0	0	0	55	20	2	6	2	0	0	113	1	G/B:1sv WG
	Cherry 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	
08-21-2018	BEEF SAUSAGE ON A BISCUIT ^	267	12	3	0	21	424	29	3	5	10	0	48	117	2	MMA:1oz G/B:2sv WG
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	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	
08-22-2018	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
	Pineapple Tidbits	68	0	0	0	0	2	16	1	14	2	4	10	14	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	

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
08-23-2018	WAFFLES ^	140	5	0	0	0	190	22	0	2	4	0	0	0	1	G/B:2sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	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	
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
08-24-2018	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
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
08-27-2018	GOLDEN GRAHAM CEREAL ^	100	1	0	0	0	220	24	1	8	1	120	5	80	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
	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	
08-28-2018	PANCAKES ^	144	2	0	0	5	272	29	4	7	4	3	0	100	1	G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
08-29-2018	String Cheese	80	6	4	0	15	200	0	0	0	6	40	0	200	0	MMA:1oz
	Tropical Mini Loaf ^	148	4	1	0	0	177	26	1	12	2	0	2	35	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
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
08-30-2018	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	207	6	3	0	28	543	25	4	2	11	60	0	175	2	MMA:1oz G/B:2sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
08-31-2018	APPLE CINNAMON CHEERIOS ^	110	2	0	0	0	110	22	2	10	2	150	6	100	4	G/B:1sv WG
	Maple Breakfast Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	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
08-13-2018	GOLDEN GRAHAM CEREAL ^								X
	Vanilla Waffle Square ^		X					X	X
	Cherry Craisins								
	Blended Fruit Juice								
	Choice of Milk	X							
08-14-2018	PANCAKES ^	X	X					X	X
	Syrup								
	Orange Juice								
	Diced Pears								
	Choice of Milk	X							
08-15-2018	String Cheese	X							
	Tropical Mini Loaf ^							X	X
	Applesauce Cup								
	Fresh Fruit								
	Choice of Milk	X							
08-16-2018	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	X						X	X
	Fresh Fruit								
	Diced Peaches								
	Choice of Milk	X							
08-17-2018	APPLE CINNAMON CHEERIOS ^								
	Maple Breakfast Square ^		X					X	X
	Diced Peaches								
	Grape Juice								
	Choice of Milk	X							
08-20-2018	TRIX ^								
	Animal Grahams ^	X	X					X	X
	Cherry Craisins								
	Orange Juice								
	Choice of Milk	X							
08-21-2018	BEEF SAUSAGE ON A BISCUIT ^	X						X	X
	Mixed Fruit Cup								
	Blended Fruit Juice								
	Choice of Milk	X							
08-22-2018	CINNAMON CHEX ^								
	Strawberry Pancake Square ^		X					X	X
	Pineapple Tidbits								
	Applesauce Cup								
	Choice of Milk	X							

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
08-23-2018	WAFFLES ^	X	X					X	X
	Fresh Fruit								
	Grape Juice								
	Choice of Milk	X							
	Syrup								
08-24-2018	COCOA PUFFS ^								
	Graham Crackers ^							X	X
	Diced Pears								
	Fresh Fruit								
	Choice of Milk	X							
08-27-2018	GOLDEN GRAHAM CEREAL ^								X
	Vanilla Waffle Square ^		X					X	X
	Cherry Craisins								
	Blended Fruit Juice								
	Choice of Milk	X							
08-28-2018	PANCAKES ^	X	X					X	X
	Syrup								
	Orange Juice								
	Diced Pears								
	Choice of Milk	X							
08-29-2018	String Cheese	X							
	Tropical Mini Loaf ^							X	X
	Applesauce Cup								
	Fresh Fruit								
	Choice of Milk	X							
08-30-2018	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	X						X	X
	Fresh Fruit								
	Diced Peaches								
	Choice of Milk	X							
08-31-2018	APPLE CINNAMON CHEERIOS ^								
	Maple Breakfast Square ^		X					X	X
	Diced Peaches								
	Grape Juice								
	Choice of Milk	X							