

Chartwells School Dining Services

Spartanburg Secondary Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jan - 4	Jan - 5 Muffins 2.25 oz Otis Spunk Biscuit & Gravy Snack'N Waffles, Cinnamon Assorted Cold Cereal GRITS, PLAIN Assorted Fruit Juice MILK, Avg no 2% JELLY	Jan - 6 CINNAMON BISCUITS Breakfast Pizza Snack'N Waffle Maple Assorted Cold Cereal Cin./Br. Sugar Oatmeal Assorted Fruit Juice MILK, Avg no 2% Breakfast condiments	Jan - 7 Toasted Ham and Cheese SCRAMBLED EGGS Toast- buttered Snack'N Waffles, Cinnamon Assorted Cold Cereal GRITS, PLAIN Assorted Fruit Juice MILK, Avg no 2%	Jan - 8 Chicken Biscuit Snack'N Waffle Maple Breakfast Pizza Assorted Cold Cereal GRITS, PLAIN Assorted Fruit Juice MILK, Avg no 2% Breakfast condiments	Avg Nutrients Target Cals... 593 107% Sodium. 1651 mg Iron... 3.2 mg 106% Calcium 342.5 mg 135% Vit A 1119 IU 115% Vit A 238 RE 123% Vit C 19.8 mg 158% T.Fat 20.1g 30.4%Cal S.Fat 6.9g 10.5%Cal
Jan - 11 Sausage Biscuit Breakfast Pizza Snack'N Waffle Maple Assorted Cold Cereal GRITS, PLAIN Assorted Fruit Juice MILK, Avg no 2% JELLY Breakfast condiments	Jan - 12 Muffins 2.25 oz Otis Spunk Biscuit & Gravy Snack'N Waffles, Cinnamon Assorted Cold Cereal GRITS, PLAIN Assorted Fruit Juice MILK, Avg no 2% JELLY	Jan - 13 CINNAMON BISCUITS Breakfast Pizza Snack'N Waffle Maple Assorted Cold Cereal Cin./Br. Sugar Oatmeal Assorted Fruit Juice MILK, Avg no 2% Breakfast condiments	Jan - 14 Toasted Ham and Cheese SCRAMBLED EGGS Toast- buttered Snack'N Waffles, Cinnamon Assorted Cold Cereal GRITS, PLAIN Assorted Fruit Juice MILK, Avg no 2%	Jan - 15 Chicken Biscuit Snack'N Waffle Maple Breakfast Pizza Assorted Cold Cereal GRITS, PLAIN Assorted Fruit Juice MILK, Avg no 2% Breakfast condiments	Avg Nutrients Target Cals... 606 109% Sodium. 1715 mg Iron... 3.1 mg 104% Calcium 341.6 mg 135% Vit A 1131 IU 116% Vit A 240 RE 123% Vit C 19.6 mg 157% T.Fat 20.5g 30.4%Cal S.Fat 7.1g 10.5%Cal
Jan - 18	Jan - 19 Muffins 2.25 oz Otis Spunk Biscuit & Gravy Snack'N Waffles, Cinnamon Assorted Cold Cereal GRITS, PLAIN Assorted Fruit Juice MILK, Avg no 2% JELLY	Jan - 20 CINNAMON BISCUITS Breakfast Pizza Snack'N Waffle Maple Assorted Cold Cereal Cin./Br. Sugar Oatmeal Assorted Fruit Juice MILK, Avg no 2% Breakfast condiments	Jan - 21 Toasted Ham and Cheese SCRAMBLED EGGS Toast- buttered Snack'N Waffles, Cinnamon Assorted Cold Cereal GRITS, PLAIN Assorted Fruit Juice MILK, Avg no 2%	Jan - 22 Chicken Biscuit Snack'N Waffle Maple Breakfast Pizza Assorted Cold Cereal GRITS, PLAIN Assorted Fruit Juice MILK, Avg no 2% Breakfast condiments	Avg Nutrients Target Cals... 593 107% Sodium. 1651 mg Iron... 3.2 mg 106% Calcium 342.5 mg 135% Vit A 1119 IU 115% Vit A 238 RE 123% Vit C 19.8 mg 158% T.Fat 20.1g 30.4%Cal S.Fat 6.9g 10.5%Cal
Jan - 25 Sausage Biscuit Breakfast Pizza Snack'N Waffle Maple Assorted Cold Cereal GRITS, PLAIN Assorted Fruit Juice MILK, Avg no 2% JELLY Breakfast condiments	Jan - 26 Muffins 2.25 oz Otis Spunk Biscuit & Gravy Snack'N Waffles, Cinnamon Assorted Cold Cereal GRITS, PLAIN Assorted Fruit Juice MILK, Avg no 2% JELLY	Jan - 27 CINNAMON BISCUITS Breakfast Pizza Snack'N Waffle Maple Assorted Cold Cereal Cin./Br. Sugar Oatmeal Assorted Fruit Juice MILK, Avg no 2% Breakfast condiments	Jan - 28 Toasted Ham and Cheese SCRAMBLED EGGS Toast- buttered Snack'N Waffles, Cinnamon Assorted Cold Cereal GRITS, PLAIN Assorted Fruit Juice MILK, Avg no 2%	Jan - 29 Chicken Biscuit Snack'N Waffle Maple Breakfast Pizza Assorted Cold Cereal GRITS, PLAIN Assorted Fruit Juice MILK, Avg no 2% Breakfast condiments	Avg Nutrients Target Cals... 606 109% Sodium. 1715 mg Iron... 3.1 mg 104% Calcium 341.6 mg 135% Vit A 1131 IU 116% Vit A 240 RE 123% Vit C 19.6 mg 157% T.Fat 20.5g 30.4%Cal S.Fat 7.1g 10.5%Cal

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.