Newport-Mesa Unified School Distict
Elementary Breakfast Menu
May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1 ASSORTED CEREALS & GRAHAM CRACKERS PANCAKE & TURKEY SAUSAGE ON A STICK BANANA CHOICE OF 100% FRUIT JC 1% LOW FAT MILK NON FAT MILK	**2** ASSORTED CEREALS & GRAHAM CRACKERS WHITE WHOLE GRAIN BAGEL & CREAM CHEESE FRESH FRUIT CHOICE OF 100% FRUIT JC 1% LOW FAT MILK NON FAT MILK ASSORTED JELLY	**3** ASSORTED CEREALS & GRAHAM CRACKERS WHOLE GRAIN WAFFLES & TURKEY SAUSAGE FRESH FRUIT CHOICE OF 100% FRUIT JC 1% LOW FAT MILK NON FAT MILK ASSORTED JELLY
		Nutrients Target Cals... 379 95% Sodium. 501 mg Prot 17.3g 18.3%Cal Carb 66.3g 69.9%Cal T.Fat 7.0g 16.7%Cal S.Fat 2.3g 5.5%Cal	Nutrients Target Cals... 408 100% Sodium. 456* mg Prot 17.1*g 16.7%Cal Carb 73.0g 71.5%Cal T.Fat 7.5*g 16.6%Cal S.Fat 3.1*g 6.9%Cal	Nutrients Target Cals... 444 100% Sodium. 483* mg Prot 18.3*g 16.5%Cal Carb 71.8g 64.6%Cal T.Fat 9.9*g 20.1%Cal S.Fat 2.5*g 5.2%Cal
6 ASSORTED CEREALS & GRAHAM CRACKERS FRUIT YOGURT & GRANOLA RAISINS OR CRAISINS CHOICE OF 100% FRUIT JC 1% LOW FAT MILK NON FAT MILK	**7** ASSORTED CEREALS & GRAHAM CRACKERS WHOLE GRAIN BLUEBERRY MUFFIN FRESH FRUIT CHOICE OF 100% FRUIT JC 1% LOW FAT MILK NON FAT MILK	**8** EGG, CHEESE & TURKEY SAUSAGE WRAP ASSORTED CEREALS & GRAHAM CRACKERS BANANA CHOICE OF 100% FRUIT JC 1% LOW FAT MILK NON FAT MILK KETCHUP TACO SAUCE	**9** ASSORTED CEREALS & GRAHAM CRACKERS WHOLE GRAIN BANANA BREAD SQUARE FRESH FRUIT CHOICE OF 100% FRUIT JC 1% LOW FAT MILK NON FAT MILK	**10** ASSORTED CEREALS & GRAHAM CRACKERS BREAKFAST PIZZA FRESH FRUIT CHOICE OF 100% FRUIT JC 1% LOW FAT MILK NON FAT MILK
Nutrients Target Cals... 441 100% Sodium. 382* mg Prot 15.3*g 13.9%Cal Carb 84.6g 76.7%Cal T.Fat 5.7*g 11.7%Cal S.Fat 1.6*g 3.3%Cal	Nutrients Target Cals... 411 100% Sodium. 354* mg Prot 14.6*g 14.2%Cal Carb 75.4g 73.3%Cal T.Fat 7.5*g 16.4%Cal S.Fat 1.9*g 4.1%Cal	Nutrients Target Cals... 455 100% Sodium. 544* mg Prot 20.3*g 17.9%Cal Carb 75.6g 66.5%Cal T.Fat 10.0*g 19.8%Cal S.Fat 3.8*g 7.5%Cal	Nutrients Target Cals... 446 100% Sodium. 405* mg Prot 15.0*g 13.4%Cal Carb 80.2g 71.9%Cal T.Fat 9.0*g 18.2%Cal S.Fat 2.0*g 4.1%Cal	Nutrients Target Cals... 404 100% Sodium. 495* mg Prot 17.7*g 17.5%Cal Carb 68.5g 67.9%Cal T.Fat 8.1*g 18.1%Cal S.Fat 2.5*g 5.7%Cal

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.

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May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
13 ASSORTED CEREALS & GRAHAM CRACKERS FRUIT YOGURT & GRANOLA RAISINS OR CRAISINS CHOICE OF 100% FRUIT JC 1% LOW FAT MILK NON FAT MILK	**14** ASSORTED CEREALS & GRAHAM CRACKERS MINI MAPLE PANCAKES FRESH FRUIT CHOICE OF 100% FRUIT JC 1% LOW FAT MILK NON FAT MILK	**15** ASSORTED CEREALS & GRAHAM CRACKERS WHOLE GRAIN FRENCH TOAST & TURKEY SAUSAGE BANANA CHOICE OF 100% FRUIT JC 1% LOW FAT MILK NON FAT MILK ASSORTED JELLY	**16** ASSORTED CEREALS & GRAHAM CRACKERS CONCHA, ASSORTED FRESH FRUIT CHOICE OF 100% FRUIT JC 1% LOW FAT MILK NON FAT MILK	**17** ASSORTED CEREALS & GRAHAM CRACKERS PANCAKE & TURKEY SAUSAGE ON A STICK FRESH FRUIT CHOICE OF 100% FRUIT JC 1% LOW FAT MILK NON FAT MILK
Nutrients Target Cals... 441 100% Sodium. 382* mg Prot 15.3*g 13.9%Cal Carb 84.6g 76.7%Cal T.Fat 5.7*g 11.7%Cal S.Fat 1.6*g 3.3%Cal	Nutrients Target Cals... 398 99% Sodium. 411* mg Prot 14.7*g 14.8%Cal Carb 73.9g 74.3%Cal T.Fat 7.5*g 17.0%Cal S.Fat 1.9*g 4.4%Cal	Nutrients Target Cals... 486 100% Sodium. 495* mg Prot 19.7*g 16.2%Cal Carb 82.2g 67.7%Cal T.Fat 10.6*g 19.7%Cal S.Fat 2.6*g 4.8%Cal	Nutrients Target Cals... 398 99% Sodium. 339* mg Prot 15.3*g 15.4%Cal Carb 72.7g 73.1%Cal T.Fat 7.5*g 17.0%Cal S.Fat 2.2*g 5.1%Cal	Nutrients Target Cals... 362 90% Sodium. 501* mg Prot 17.1*g 18.9%Cal Carb 61.9g 68.4%Cal T.Fat 6.9*g 17.2%Cal S.Fat 2.2*g 5.6%Cal
20 ASSORTED CEREALS & GRAHAM CRACKERS FRUIT YOGURT & GRANOLA RAISINS OR CRAISINS CHOICE OF 100% FRUIT JC 1% LOW FAT MILK NON FAT MILK	**21** ASSORTED CEREALS & GRAHAM CRACKERS STRAWBERRY PANCAKE BOWL FRESH FRUIT CHOICE OF 100% FRUIT JC 1% LOW FAT MILK NON FAT MILK	**22** ASSORTED CEREALS & GRAHAM CRACKERS WHOLE GRAIN WAFFLES & TURKEY SAUSAGE BANANA CHOICE OF 100% FRUIT JC 1% LOW FAT MILK NON FAT MILK ASSORTED JELLY	**23** ASSORTED CEREALS & GRAHAM CRACKERS WHITE WHOLE GRAIN BAGEL & CREAM CHEESE FRESH FRUIT CHOICE OF 100% FRUIT JC 1% LOW FAT MILK NON FAT MILK ASSORTED JELLY	**24** ASSORTED CEREALS & GRAHAM CRACKERS EGG, CHEESE & TURKEY SAUSAGE WRAP FRESH FRUIT CHOICE OF 100% FRUIT JC 1% LOW FAT MILK NON FAT MILK KETCHUP TACO SAUCE
Nutrients Target Cals... 441 100% Sodium. 382* mg Prot 15.3*g 13.9%Cal Carb 84.6g 76.7%Cal T.Fat 5.7*g 11.7%Cal S.Fat 1.6*g 3.3%Cal	Nutrients Target Cals... 409 100% Sodium. 488* mg Prot 15.3*g 14.9%Cal Carb 75.6g 73.9%Cal T.Fat 6.9*g 15.2%Cal S.Fat 2.8*g 6.3%Cal	Nutrients Target Cals... 462 100% Sodium. 483* mg Prot 18.5*g 16.0%Cal Carb 76.2g 66.0%Cal T.Fat 10.0*g 19.5%Cal S.Fat 2.6*g 5.1%Cal	Nutrients Target Cals... 408 100% Sodium. 456* mg Prot 17.1*g 16.7%Cal Carb 73.0g 71.5%Cal T.Fat 7.5*g 16.6%Cal S.Fat 3.1*g 6.9%Cal	Nutrients Target Cals... 437 100% Sodium. 545* mg Prot 20.1*g 18.4%Cal Carb 71.2g 65.2%Cal T.Fat 9.9*g 20.4%Cal S.Fat 3.7*g 7.7%Cal

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27 NO SCHOOL TODAY	28 ASSORTED CEREALS & GRAHAM CRACKERS OATMEAL BREAKFAST BUN FRESH FRUIT CHOICE OF 100% FRUIT JC 1% LOW FAT MILK NON FAT MILK	29 ASSORTED CEREALS & GRAHAM CRACKERS BREAKFAST PIZZA BANANA CHOICE OF 100% FRUIT JC 1% LOW FAT MILK NON FAT MILK	30 ASSORTED CEREALS & GRAHAM CRACKERS WHOLE GRAIN BLUEBERRY MUFFIN FRESH FRUIT CHOICE OF 100% FRUIT JC 1% LOW FAT MILK NON FAT MILK	31 ASSORTED CEREALS & GRAHAM CRACKERS WHOLE GRAIN FRENCH TOAST & TURKEY SAUSAGE FRESH FRUIT CHOICE OF 100% FRUIT JC 1% LOW FAT MILK NON FAT MILK ASSORTED JELLY
Nutrients Target Cals... 0 0% Sodium. 0* mg Prot 0.0*g 0.0%Cal Carb 0.0g 0.0%Cal T.Fat 0.0*g 0.0%Cal S.Fat 0.0*g 0.0%Cal	Nutrients Target Cals... 428 100% Sodium. 447* mg Prot 15.9*g 14.8%Cal Carb 75.7g 70.8%Cal T.Fat 8.7*g 18.3%Cal S.Fat 3.1*g 6.6%Cal	Nutrients Target Cals... 421 100% Sodium. 495* mg Prot 17.9*g 17.0%Cal Carb 72.9g 69.2%Cal T.Fat 8.2*g 17.6%Cal S.Fat 2.6*g 5.6%Cal	Nutrients Target Cals... 411 100% Sodium. 354* mg Prot 14.6*g 14.2%Cal Carb 75.4g 73.3%Cal T.Fat 7.5*g 16.4%Cal S.Fat 1.9*g 4.1%Cal	Nutrients Target Cals... 468 100% Sodium. 495* mg Prot 19.5*g 16.6%Cal Carb 77.8g 66.5%Cal T.Fat 10.5*g 20.2%Cal S.Fat 2.5*g 4.9%Cal

*Menu subject to change and not available at the following schools: ANDERSEN, EASTBLUFF, HARBOR VIEW, LINCOLN, NEWPORT COAST

**Pre-K: no chocolate milk; juice 1x/day only; alternate item offered on concha or oatmeal breakfast bun menu days and days corn dogs, hotdogs, baby carrots, or other potential choking hazards are planned.

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