

January 2019 Tomah Breakfast Menu

<p>The Garden Bar may offer fresh, Apples, Sliced Oranges, Grapes, and, Bananas weekly. Other fruits not listed may be offered throughout the week.</p> <p>Menu subject to change without notice.</p>	<p>Lunch Components & Colors 6&7 are combinations of components 1 Meat/Meat Alt 2 Grain 3 Vegetable 4 Fruit 5 Milk 6 Meat/Grain Combo 7 Meat/Grain/Veggie or Fruit Combo</p> <p>Fruit and milk offered daily.</p>	<p>Take a minimum 3 of the 4 components offered; one of the 3 components must be a fruit or a vegetable serving to make a complete meal.</p> <p style="text-align: center;">USDA is an equal opportunity provider and employer</p>	<p><u>Estimated Carbs per serving are listed next or below each item</u> Example Carbs</p> <p>Cereal 25 Yogurt 19</p>	<p>Due to product changes, ingredient lists may not be 100% accurate. Due to product unavailability, menu substitutions may be made from time to time. To verify menu substitutions for your school, please contact the food service office. Please be aware that some food items served on the Tomah Area Schools menu may have been manufactured in a facility, or on shared equipment with other peanut or tree nut products.</p>	<p>Breakfast Meal Prices: Full Paid - \$1.55 Reduced - \$0.30</p> <p>Required Weekly Nutrition Ranges Calories 400-500</p> <p>Saturated Fat <10% Sodium <540</p>
<p>1 No School</p>		<p>2 Breakfast Bagel 30 Cereal w/ Yogurt Pears Apples Milk</p>	<p>3 Breakfast Wrap 14 Cereal w/ Yogurt Applesauce Oranges Milk</p>	<p>4 PB&J Sandwich 32 Cereal w/ Yogurt Pineapples Grapes Milk</p>	<p><u>Estimated Weekly Nutrition Average Based on All Food Offered</u></p> <p>Calories-497 Saturated Fat-3% Sodium – 430mg</p>
<p>7 Pancake Sausage on a Stick 17 Cereal w/ Yogurt Mandarin Oranges Apples Milk</p>	<p>8 Scrambled Eggs w/ Cereal 25 Cereal w/ Yogurt Peaches Bananas Milk</p>	<p>9 Egg & Cheese Sandwich 30 Cereal w/ Yogurt Pears Apples Milk</p>	<p>10 Pancake 35 W/ Yogurt Cereal w/ Yogurt Applesauce Oranges Milk</p>	<p>11 Breakfast Pizza 21 Cereal w/ Yogurt Pineapples Grapes Milk</p>	<p><u>Estimated Weekly Nutrition Average Based on All Food Offered</u></p> <p>Calories- 493 Saturated Fat- 4% Sodium – 431mg</p>
<p>14 Waffle 30 w/ Yogurt Cereal w/ Yogurt Mandarin Oranges Apples Milk</p>	<p>15 Strawberry Yogurt Parfait 61 Cereal w/ Yogurt Peaches Bananas Milk</p>	<p>16 Breakfast Bagel 30 Cereal w/ Yogurt Pears Apples Milk</p>	<p>17 Breakfast Wrap 14 Cereal w/ Yogurt Applesauce Oranges Milk</p>	<p>18 PB&J Sandwich 32 Cereal w/ Yogurt Pineapples Grapes Milk</p>	<p><u>Estimated Weekly Nutrition Average Based on All Food Offered</u></p> <p>Calories-499 Saturated Fat-3% Sodium – 428mg</p>
<p>21 Scrambled Eggs w/ Cereal 25 Cereal w/ Yogurt Peaches Bananas Milk</p>	<p>22 Banana Bread w/ Yogurt 63 Cereal w/ Yogurt Mandarin Oranges Apples Milk</p>	<p>23 Sausage & Cheese Sandwich 30 Cereal w/ Yogurt Pears Apples Milk</p>	<p>24 Muffin W/ Yogurt 49 Cereal w/ Yogurt Applesauce Oranges Milk</p>	<p>25 No School</p>	<p><u>Estimated Weekly Nutrition Average Based on All Food Offered</u></p> <p>Calories- 499 Saturated Fat- 5% Sodium – 456mg</p>
<p>28 French Toast 30 w/ Yogurt Cereal w/ Yogurt Mandarin Oranges Apples Milk</p>	<p>29 Strawberry Yogurt Parfait 61 Cereal w/ Yogurt Peaches Bananas Milk</p>	<p>30 Breakfast Bagel 30 Cereal w/ Yogurt Pears Apples Milk</p>	<p>31 Breakfast Wrap 14 Cereal w/ Yogurt Applesauce Oranges Milk</p>		<p><u>Estimated Weekly Nutrition Average Based on All Food Offered</u></p> <p>Calories-497 Saturated Fat-3% Sodium – 430mg</p>