

**August - 2017: Elementary/Middle School Breakfast Menu Analysis**

|                    | <b>Week 1</b>                     | <b>Week 2</b>                     | <b>Week 3</b>                     | <b>Week 4</b>                     | <b>Week 5</b>                     |
|--------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| <b>Nutrients</b>   | <b>Menu Averages<br/>(Weekly)</b> | <b>Menu Averages<br/>(Weekly)</b> | <b>Menu Averages<br/>(Weekly)</b> | <b>Menu Averages<br/>(Weekly)</b> | <b>Menu Averages<br/>(Weekly)</b> |
| Calories (kcal)    | 442                               | 404                               | 413                               | 412                               | 419                               |
| Sodium (mg)        | 439                               | 141                               | 321                               | 448                               | 307                               |
| Saturated Fat (gm) | 3                                 | 2                                 | 2                                 | 2                                 | 1                                 |



**August - 2017: High School Breakfast Menu Analysis**

|                    | <b>Week 1</b>                     | <b>Week 2</b>                     | <b>Week 3</b>                     | <b>Week 4</b>                     | <b>Week 5</b>                     |
|--------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| <b>Nutrients</b>   | <b>Menu Averages<br/>(Weekly)</b> | <b>Menu Averages<br/>(Weekly)</b> | <b>Menu Averages<br/>(Weekly)</b> | <b>Menu Averages<br/>(Weekly)</b> | <b>Menu Averages<br/>(Weekly)</b> |
| Calories (kcal)    | 471                               | 456                               | 450                               | 463                               | 454                               |
| Sodium (mg)        | 461                               | 455                               | 363                               | 473                               | 339                               |
| Saturated Fat (gm) | 3                                 | 2                                 | 2                                 | 2                                 | 1                                 |