

January - 2017: Elementary/Middle School Breakfast Menu Analysis

	Week 1	Week 2	Week 3	Week 4	Week 5
Nutrients	Menu Averages (Weekly)	Menu Averages (Weekly)	Menu Averages (Weekly)	Menu Averages (Weekly)	Menu Averages (Weekly)
Calories (kcal)	405	432	401	415	-
Sodium (mg)	377	506	446	439	-
Saturated Fat (gm)	3	3.5	3	3	-



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

	Week 1	Week 2	Week 3	Week 4	Week 5
Nutrients	Menu Averages (Weekly)	Menu Averages (Weekly)	Menu Averages (Weekly)	Menu Averages (Weekly)	Menu Averages (Weekly)
Calories (kcal)	453	451	451	450	-
Sodium (mg)	470	434	500	451	-
Saturated Fat (gm)	4	3	4	3	-