

March - 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)	418	453	409	449	418
Sodium (mg)	395	528	347	475	445
Saturated Fat (gm)	2.5	4	2	3.5	3



**March - 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 (Weekly)</b>	<b>Menu Averages (Weekly)</b>	<b>Menu Averages (Weekly)</b>	<b>Menu Averages (Weekly)</b>	<b>Menu Averages (Weekly)</b>
Calories (kcal)	466	468	458	454	466
Sodium (mg)	505	459	425	441	511
Saturated Fat (gm)	4	3	3	3	4