

November - 2016: 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)	426	455	462	-	448
Sodium (mg)	439	412	417	-	388
Saturated Fat (gm)	3	3	3	-	2

November - 2016: 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)	466	483	487	-	470
Sodium (mg)	507	452	485	-	347
Saturated Fat (gm)	3	4	3	-	2.5