

October - 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)	411	400	420	403	-
Sodium (mg)	283	422	453	368	-
Saturated Fat (gm)	4	2.5	4	2	-

October - 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)	451	463	467	464	-
Sodium (mg)	356	482	420	495	-
Saturated Fat (gm)	2	3	3	3.5	-