

September - 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)	400	408	430	420	430
Sodium (mg)	428	408	493	395	485
Saturated Fat (gm)	2	3.5	4.5	2	4

September - 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	459	502	494	475
Sodium (mg)	487	461	425	559	419
Saturated Fat (gm)	2	3	4	4	3