

Breakfast

Calories 450-600
Sodium <640 mg

Week One

Monday	499.28	Tuesday	597.5	Wednesday	610.9	Thursday	528.01	Friday	539.46	Saturday	663.66	Sunday	639.11
2.4 oz (1) Waffle Sticks 4 oz. Yogurt 1.5 oz. Syrup 1 ea Margerine	80	1/2 cup Oatmeal 1 ea Margerine	1 ea Croissant 3.5 oz. Egg patty	1 each Scrambled Eggs 3 oz Turkey Patty Sausage 1.6 oz. Cereal	2 oz. Scrambled Eggs 3 oz Turkey Patty Sausage 1.6 oz. Cereal	1.6 oz Assorted Cereal (2) 1 ea Apple/Orange/Banana	1 ea Assorted Cereal (2) 1 ea Apple/Orange/Banana	1.5 oz. French Toast Sticks Syrup	1 each French Toast Sticks 1.5 oz. Syrup	1.5 oz. French Toast Sticks Syrup	1.5 oz. French Toast Sticks Syrup	3.5 oz. (1) Cheese Omlets 1 oz. Hash Browns	
8 oz. Fresh Fruit 8 oz. Fruit Juice 8 oz. Milk		4 oz. Yogurt 8 oz. Fresh Fruit 8 oz. Fruit Juice 8 oz. Milk	8 oz. Fresh Fruit 8 oz. Fruit Juice 8 oz. Milk	8 oz. Fresh Fruit 8 oz. Fruit Juice 8 oz. Milk	8 oz. Fresh Fruit 8 oz. Fruit Juice 8 oz. Milk	4 oz. Yogurt 8 oz. Fresh Fruit 8 oz. Fruit Juice 8 oz. Milk	4 oz. Yogurt 8 oz. Fresh Fruit 8 oz. Fruit Juice 8 oz. Milk	8 oz. Fresh Fruit 8 oz. Fruit Juice 8 oz. Milk	8 oz. Fresh Fruit 8 oz. Fruit Juice 8 oz. Milk	8 oz. Fresh Fruit 8 oz. Fruit Juice 8 oz. Milk			
285.23		292.34	609	554.47	471.23	381.39	691.73						

Weekly Standard Value
450-600 Cal. Actual 582.56

Percent of WG 100%

Sodium Standard Value
<640 469.34

Week Two

Monday	571.15	Tuesday	648.25	Wednesday	539.46	Thursday	471.38	Friday	597.5	Saturday	601.31	Sunday	499.28
2 oz. Scrambled Eggs 3 oz. Turkey Patty Sausage	4 ea.(3.2 oz French Toast Sticks 1.5 oz. Syrup	90	1 ea Apple/Orange/Banana	1.6 oz Assorted Cereal (2) 1 ea	2 each Pancakes 1.5 oz. Syrup			1/2 cup Oatmeal 1 ea Margerine		3.5 oz. (1) Cheese Omlets 1 oz. Hash Browns		2.4 oz (1) Waffle Sticks 4 oz. Yogurt 1.5 oz. Syrup 1 ea Margerine	
8 oz. Fresh Fruit 8 oz. Fruit Juice 8 oz. Milk	4 oz. Yogurt 8 oz. Fresh Fruit 8 oz. Fruit Juice 8 oz. Milk		4 oz. Yogurt 8 oz. Fresh Fruit 8 oz. Fruit Juice 8 oz. Milk	8 oz. Fresh Fruit 8 oz. Fruit Juice 8 oz. Milk	8 oz. Fresh Fruit 8 oz. Fruit Juice 8 oz. Milk		4 oz. Yogurt 8 oz. Fresh Fruit 8 oz. Fruit Juice 8 oz. Milk	4 oz. Yogurt 8 oz. Fresh Fruit 8 oz. Fruit Juice 8 oz. Milk		4 oz. Yogurt 8 oz. Fresh Fruit 8 oz. Fruit Juice 8 oz. Milk		8 oz. Fresh Fruit 8 oz. Fruit Juice 8 oz. Milk	
594.53	400.36		471.23		498.94		292.34		625.58		285.23		

Weekly Standard Value
450-600 Cal. Actual 561.19

Percent of WG 100%

Sodium Standard Value
<640 452.60

Week Three

Monday471.38		Tuesday531.76		Wednesday539.46		Thursday648.25		Friday549.98		Saturday571.15		Sunday620.21	
2 oz. 1.5 oz.	Pancakes Syrup	1 ea 2 oz.	Breakfast Burrito Salsa	1.6 oz 1 ea	Assorted Cereal (2) Apple/Orange/Banana	4 ea.(3.2 oz	French Toast Sticks Syrup	3.5 oz 2 oz. 2 oz	Egg Patty English Muffin Turkey Ham	2 oz. 3 oz	Scrambled Eggs Turkey Patty Sausage	3.5 oz. (1) 1 oz.	Cheese Omlets Hash Browns
4 oz. 8 oz. 8 oz. 8 oz.	Yogurt Fresh Fruit Fruit Juice Milk	4 oz. 8 oz. 8 oz. 8 oz.	Yogurt Fresh Fruit Fruit Juice Milk	4 oz. 8 oz. 8 oz. 8 oz.	Yogurt Fresh Fruit Fruit Juice Milk	8 oz. 8 oz. 8 oz. 8 oz.	Fresh Fruit Fruit Juice Fruit Juice Milk	4 oz. 8 oz. 8 oz. 8 oz.	Yogurt Fresh Fruit Fruit Juice Milk	8 oz. 8 oz. 8 oz. 8 oz.	Fresh Fruit Fruit Juice Fruit Juice Milk	4 oz. 8 oz. 8 oz. 8 oz.	Yogurt Fresh Fruit Fruit Juice Milk
498.94		629.25		471.23		400.36		719.16		594.53		658.65	

Weekly Standard Value
450-600 Cal. Actual 561.74

Percent of WG 100%

Sodium Standard Value
<640 567.45

Week Four

Monday	571.15	Tuesday	539.46	Wednesd	648.25	Thursday	613.9	Friday	599.5	Saturday	539.46	Sunday	471.38
2 oz. Scrambled Eggs 3 oz Turkey Patty Sausage 1 ea ww Toast 1 ea Margerine 4 oz. Yogurt 8 oz. Fresh Fruit 8 oz. Fruit Juice 8 oz. Milk	1.6 oz Assorted Cereal (2) 1 ea Apple/Orange/Banana 4 oz. Yogurt 8 oz. Fresh Fruit 8 oz. Fruit Juice 8 oz. Milk	1 each French Toast Sticks 1.5 oz. Syrup 8 oz. Fresh Fruit 8 oz. Fruit Juice 8 oz. Milk	1 each Croissant 3.5 oz. Egg patty 4 oz. Yogurt 8 oz. Fresh Fruit 8 oz. Fruit Juice 8 oz. Milk	1/2 cup Oatmeal 1 ea Margerine 4 oz. Yogurt 8 oz. Fresh Fruit 8 oz. Fruit Juice 8 oz. Milk	1.6 oz Assorted Cereal (2) 1 ea Apple/Orange/Banana 4 oz. Yogurt 8 oz. Fresh Fruit 8 oz. Fruit Juice 8 oz. Milk	2 each Pancakes 1.5 oz. Syrup 8 oz. Fresh Fruit 8 oz. Fruit Juice 8 oz. Milk							
594.53		471.23		400.36		621		300.34		471.23		498.94	

Weekly Standard Value
450-600 Cal. Actual 569.01

Percent of WG 100%

Sodium Standard Value
<640 479.66