

LYONS SCHOOL DISTRICT 103

BTG - Breakfast K-12

Monday	Tuesday	Wednesday	Thursday	Friday
June 3, 2019	June 4, 2019	June 5, 2019	June 6, 2019	June 7, 2019
GOLDEN GRAHAM CEREAL Vanilla Breakfast Squares Apple Juice Cherry Craisins Choice of Milk	RICE CHEX Cherry Breakfast Bar Blended Fruit Juice Mixed Fruit Cup Choice of Milk	TRIX CEREAL Graham Crackers Fresh Apple Choice of Milk	CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice Fresh Banana Choice of Milk	CHEERIOS Maple Breakfast Square Fresh Apple Choice of Milk
June 10, 2019	June 11, 2019	June 12, 2019	June 13, 2019	June 14, 2019
FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice Cherry Craisins Choice of Milk	APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice Diced Peaches Choice of Milk			
June 17, 2019	June 18, 2019	June 19, 2019	June 20, 2019	June 21, 2019
June 24, 2019	June 25, 2019	June 26, 2019	June 27, 2019	June 28, 2019

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

Nutritional Information: LYONS SCHOOL DISTRICT 103

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
06-03-2019	GOLDEN GRAHAM CEREAL Vanilla Breakfast Squares Apple Juice	270	6	1	0	0	265	55	2	26	3	120	5	80	4	G/B:2sv WG F:1/2c
	Cherry Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
06-04-2019	RICE CHEX Cherry Breakfast Bar Blended Fruit Juice	330	6	2	0	0	315	66	3	25	5	100	6	100	10	G/B:2sv WG F:1/2c
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
06-05-2019	TRIX CEREAL Graham Crackers	200	4	0	0	24	240	40	2	11	3	220	5	180	5	G/B:2sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
06-06-2019	CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice	280	8	2	0	0	205	54	4	25	3	120	5	200	4	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
06-07-2019	CHEERIOS Maple Breakfast Square	210	6	2	0	0	180	37	4	6	5	10	6	10	8	G/B:2sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
06-10-2019	FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice	290	6	1	0	0	190	57	3	27	4	150	12	100	5	G/B:2sv WG F:1/2c
	Cherry Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice	280	6	1	0	0	155	54	3	29	4	150	6	100	4	G/B:2sv WG F:1/2c
Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other

06-11-2019	Choice of Milk	X								
	APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice		X						X	X
	Diced Peaches									
	Choice of Milk	X								