

SIOUX CITY COMMUNITY SCHOOL DISTRICT

Breakfast Menu

CARBS & ALLERGENS

March 2020

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| 2-Mar | 3 | 4 | 5 | 6 |
| Cereal, yogurt 16 OR pancakes 37g - M,E,W,S , 1 saus. 1g pat or 2 links 2g Fruit 1/2 cup Juice 1/2 cup Milk | Cereal, WG Sprinkle Donut 38g - W,E,S OR 1 waffle 35g , 1 saus. Pat 1g or 2 links 12g P Fruit 1/2 cup Juice 1/2 cup Milk | Cereal, Breakfast Honi Bun OR Breakfast Bites 38 - 41 Fruit 1/2 cup Juice 1/2 cup Milk | Cereal, Muffin OR Breakfast Pizza 27 - W,M,S,P Fruit 1/2 cup Juice 1/2 cup Milk | Cereal, Pop tart OR Fr Toast 16g - M,E,W,S , 1 saus. pat 1g - P or 2 links 2g - P,S Fruit 1/2 cup Juice 1/2 cup Milk |
| 9 | 10 | 11 | 12 | 13 |
| Cereal, cheese stick 0 - 1 - M or seeds 0 - N OR Dutch Waffle 43 - M,E,W,S Fruit 1/2 cup Juice 1/2 cup Milk | Cereal, breakfast bar OR Scrambled eggs 1 - E & Sausage 1 - 2g P Fruit 1/2 cup Juice 1/2 cup Milk | Cereal, Muffin OR ## Breakfast egg sandwich ## Fruit 1/2 cup Juice 1/2 cup Milk | Cereal, Pop tart OR Pancake on a stick 18 - M,E,W,S Fruit 1/2 cup Juice 1/2 cup Milk | WG. Glazed Breakfast roll 30g or Donuts or Long Johns 27g OR Breakfast egg skillet scramble 23 g - P,E,M Fruit 1/2 cup Juice 1/2 cup Milk |
| 16 | 17 | 18 | 19 | 20 |
| Cereal, yogurt 16 OR pancakes 37g - M,E,W,S , 1 saus. 1g pat or 2 links 2g Fruit 1/2 cup Juice 1/2 cup Milk | Cereal, WG Sprinkle Donut 38g - W,E,S OR 1 waffle 35g , 1 saus. Pat 1g or 2 links 12g P Fruit 1/2 cup Juice 1/2 cup Milk | Cereal, Breakfast Honi Bun OR Breakfast Bites 38 - 41 Fruit 1/2 cup Juice 1/2 cup Milk | Cereal, Muffin OR Breakfast Pizza 27 - W,M,S,P Fruit 1/2 cup Juice 1/2 cup Milk | Cereal, Pop tart OR Fr Toast 16g - M,E,W,S , 1 saus. pat 1g - P or 2 links 2g - P,S Fruit 1/2 cup Juice 1/2 cup Milk |
| 23 | 24 | 25 | 26 | 27 |
| Cereal, cheese stick 0 - 1 - M or seeds 0 - N OR Dutch Waffle 43 - M,E,W,S Fruit 1/2 cup Juice 1/2 cup Milk | Cereal, breakfast bar OR Scrambled eggs 1 - E & Sausage 1 - 2g P Fruit 1/2 cup Juice 1/2 cup Milk | Cereal, Muffin OR ## Breakfast egg sandwich ## Fruit 1/2 cup Juice 1/2 cup Milk | Cereal, Pop tart OR Pancake on a stick 18 - M,E,W,S Fruit 1/2 cup Juice 1/2 cup Milk | WG. Glazed Breakfast roll 30g or Donuts or Long Johns 27g OR Breakfast egg skillet scramble 23 g - P,E,M Fruit 1/2 cup Juice 1/2 cup Milk |
| 30 | 31 | 1-Apr | 2 | 3 |
| Cereal, yogurt 16 OR pancakes 37g - M,E,W,S , 1 saus. 1g pat or 2 links 2g Fruit 1/2 cup Juice 1/2 cup Milk | Cereal, WG Sprinkle Donut 38g - W,E,S OR 1 waffle 35g , 1 saus. Pat 1g or 2 links 12g P Fruit 1/2 cup Juice 1/2 cup Milk | Cereal, Breakfast Honi Bun OR Breakfast Bites 38 - 41 Fruit 1/2 cup Juice 1/2 cup Milk | Cereal, Muffin OR Breakfast Pizza 27 - W,M,S,P Fruit 1/2 cup Juice 1/2 cup Milk | Cereal, Pop tart OR Fr Toast 16g - M,E,W,S , 1 saus. pat 1g - P or 2 links 2g - P,S Fruit 1/2 cup Juice 1/2 cup Milk |

Menu subject to change without notice

Contains Pork

Alisha Sandage, RD 2/8/2020

Sioux City Community School District
is an Equal Opportunity Provider

| | | | | |
|-------------------------------------|--|-----------------------------|--|---------------------|
| CEREAL | BREAKFAST BAR | BAGELS | BREAKFAST EGG SANDWICH | JUICE CNA |
| RICE CHEX - 27 - CNA | BENEFIT BROWNIE BAR - 24 - M,E,W,S | PLAIN - 26 - W,S | HAM CROISSANT - 33 - M,E,W,S | APPLE - 14 |
| COCOA PUFFS - 25 - CNA | BENEFIT BAR MAPLE BRWN - 24 - M,E,W,S | WG WHEAT - 34 - W,S | BACON CROISSANT - 32 - M,E,W,S | CHERRY - 13 |
| CHOCO MINI WHEATS - 23 - W,S | TRIX CEREAL BAR - 30 - W,S | BLUEBERRY - 29 - S,W | SAUSAGE/BISQUIT - 14 - M,S,E | BLUE RASPBERRY - 14 |
| FROSTED MINI WHEAT - 24 - W | MINI CINNIS - 39 - M,W | | | |
| TRIX - 24 - CNA | COCOA PUFF CEREAL BAR - 30 - W,S | | EGG/CHZ ENGLISH MUFFIN - 17 - M,E,W | ORANGE - 13 |

| | | | | |
|--|--|--|-------------------------------------|------------------------------|
| FROSTED FLAKES - 24 - CNA | CINN TOAST CRUNCH BAR - 30 - W,S | STRAWBERRY CRM CHZ - 4 - M | | GRAPE - 18 |
| FRUIT LOOPS - 24 - W | NUTRIGRAIN STRAWBERRY - 29 - M,S,W | PLAIN CRM CHZ - 2 - M | | |
| HONEY NUT CHEERIOS - 22 - W,N | NUTRIGRAIN APPLE - 30 - M,S,W | | OTHER | BREAKFAST BITES |
| LUCKY CHARMS - 23 - W | | | YOGURT - 16 - M | APPLE - 41 - M,E,W,S |
| CINN TOAST CRUNCH - 22 - W | | | CHZ STICK - MOZZ - 1 - M | GLAZED - 38 - M,E,W,S |
| HONEY NUT CHEX - 27 - N | | | CHZ STICK - COLBY - 1 - M | |
| REESE'S PUFFS - 22 - N | | | CHZ STICK - CHEDDAR - 0 - M | |
| COOKIE CRISP - 18 - CNA | | | | |
| MILK | POP TART | MUFFIN | BREAKFAST BUNS | FRUIT 1/2 CUP CNA |
| SKIM / 1% - 13 - M | BLUEBERRY - 38 - W,S | APPLE - 26 - M,E,W,S | LITTLE JOHN - 14 - M,E,W,S | BANANA - 31 |
| TRUMOO STRAWBERRY - 20 - M | CINNAMON - 35 - W,S | CHOCOLATE - 24 - M,E,W,S | LONG JOHN - 27 - M,E,W,S | GREEN APPLE - 19 |
| TRUMOO CHCOLATE - 20 - M | FUDGE - 38 - M,E,W,S | BANANA - 28 - M,E,W,S | HONEY BUN - 40 - W,E,S | GRANNY SMITH APPLE - 27 |
| | STRAWBERRY - 38 - W,S | BLUEBERRY - 25 - M,E,W,S | CINNAMON ROLL - 42 - M,E,W,S | RED DELICIOUS APPLE - 19 |
| DONUTS | | | | ORANGE - 26 |
| powdered CAKE - 50 - M,E,W,S | MINI CINNAMON SUGAR - 21 - M,E,W,S | | | |
| glazed w/sprinkles - 38 - W,E,S | MINI POWDERED SUGAR - 45 - M,E,W,S | | | |
| | MINI CHOCOLATE - 42 - M,E,W,S | | | |
| | | | | |
| CNA (contains no allergens) | M = MILK/LACTOSE W = WHEAT/GLUTEN N = PEANUTS SM - SESAME S = SOY | E = EGG PRODUCT EW = WHOLE EGG P = PORK V = VINEGAR | | |

Distrito Escolar de la Comunidad de Sioux City

Menú de Desayuno

CARBOHIDRATOS Y ALÉRGENOS

Marzo 2020

| Lunes | Martes | Miércoles | Jueves | Viernes |
|---|---|---|---|---|
| 2-Mar | 3 | 4 | 5 | 6 |
| Cereal, yogurt 16 O panqueques 37g - M,E,W,S ,1 salch. ,1g pat o 2 chorizos 2g 1/2 taza de fruta 1/2 taza de jugo Leche | Cereal, Dona integral 38g - W,E,S O 1 waffle 35g 1 salch. Pat 1g o 2 chorizos 12g P 1/2 taza de fruta 1/2 taza de jugo Leche | Cereal, Panecillo de miel O Bocadillos de desayuno 38 - 41 1/2 taza de fruta 1/2 taza de jugo Leche | Cereal, Mantecada O Pizza de desayuno 27 - W,M,S,P 1/2 taza de fruta 1/2 taza de jugo Leche | Cereal, torta tostada (poptart) O Pan francés 16g - M,E,W,S , 1 salch. 1g - P o 2 chorizos 2g - P,S 1/2 taza de fruta 1/2 taza de jugo Leche |
| 9 | 10 | 11 | 12 | 13 |
| Cereal, barra de queso 0 - 1 - M O semillas 0 - N Waffle 43 - M,E,W,S 1/2 taza de fruta 1/2 taza de jugo Leche | Cereal, barra de desayuno O Huevos revueltos 1 - E y salchicha 1 - 2g P 1/2 taza de fruta 1/2 taza de jugo Leche | Cereal, Mantecada O ## Sándwich de huevo ## 1/2 taza de fruta 1/2 taza de jugo Leche | Cereal, torta tostada (poptart) O Panqueque 18 - M,E,W,S 1/2 taza de fruta 1/2 taza de jugo Leche | Pan de canela glaseado integral 30g o Dona redonda o larga 27g O Huevos revueltos 23 g - P,E,M 1/2 taza de fruta 1/2 taza de jugo Leche |
| 16 | 17 | 18 | 19 | 20 |
| Cereal, yogurt 16 O panqueques 37g - M,E,W,S ,1 salch. ,1g pat o 2 chorizos 2g 1/2 taza de fruta 1/2 taza de jugo Leche | Cereal, Dona integral 38g - W,E,S O 1 waffle 35g 1 salch. Pat 1g o 2 chorizos 12g P 1/2 taza de fruta 1/2 taza de jugo Leche | Cereal, Panecillo de miel O Bocadillos de desayuno 38 - 41 1/2 taza de fruta 1/2 taza de jugo Leche | Cereal, Mantecada O Pizza de desayuno 27 - W,M,S,P 1/2 taza de fruta 1/2 taza de jugo Leche | Cereal, torta tostada (poptart) O Pan francés 16g - M,E,W,S , 1 salch. 1g - P o 2 chorizos 2g - P,S 1/2 taza de fruta 1/2 taza de jugo Leche |
| 23 | 24 | 25 | 26 | 27 |
| Cereal, barra de queso 0 - 1 - M O semillas 0 - N Waffle 43 - M,E,W,S 1/2 taza de fruta 1/2 taza de jugo Leche | Cereal, barra de desayuno O Huevos revueltos 1 - E y salchicha 1 - 2g P 1/2 taza de fruta 1/2 taza de jugo Leche | Cereal, Mantecada O ## Sándwich de huevo ## 1/2 taza de fruta 1/2 taza de jugo Leche | Cereal, torta tostada (poptart) O Panqueque 18 - M,E,W,S 1/2 taza de fruta 1/2 taza de jugo Leche | Pan de canela glaseado integral 30g o Dona redonda o larga 27g O Huevos revueltos 23 g - P,E,M 1/2 taza de fruta 1/2 taza de jugo Leche |
| 30 | 31 | 1-Apr | 2 | 3 |
| Cereal, yogurt 16 O panqueques 37g - M,E,W,S ,1 salch. ,1g pat o 2 chorizos 2g 1/2 taza de fruta 1/2 taza de jugo Leche | Cereal, Dona integral 38g - W,E,S O 1 waffle 35g 1 salch. Pat 1g o 2 chorizos 12g P 1/2 taza de fruta 1/2 taza de jugo Leche | Cereal, Panecillo de miel O Bocadillos de desayuno 38 - 41 1/2 taza de fruta 1/2 taza de jugo Leche | Cereal, Mantecada O Pizza de desayuno 27 - W,M,S,P 1/2 taza de fruta 1/2 taza de jugo Leche | Cereal, torta tostada (poptart) O Pan francés 16g - M,E,W,S , 1 salch. 1g - P o 2 chorizos 2g - P,S 1/2 taza de fruta 1/2 taza de jugo Leche |

El menú podrá cambiar sin previo aviso

Alisha Sandage, RD 2/8/2020

Contiene carne de cerdo

El Distrito Escolar de la Comunidad de Sioux City
es un Proveedor de Igualdad de Oportunidades

| | | | | |
|--|---|---|--|--------------------------------|
| | | | | |
| CEREAL | BARRA DE DESAYUNO | ROSQUILLA (BAGELS) | SÁNDWICH DE HUEVO | JUGO CNA |
| RICE CHEX - 27 - CNA | BARRA BENEFIT BROWNIE - 24 - M,E,W,S | SIMPLE - 26 - W,S | CUERNITO DE JAMON - 33 - M,E,W,S | MANZANA - 14 |
| COCOA PUFFS - 25 - CNA | BARRA BENEFIT MAPLE BRWN - 24 - M,E,W,S | PAN INTEGRAL - 34 - W,S | CUERNITO DE TOCINO - 32 - M,E,W,S | CEREZA - 13 |
| CHOCO MINI WHEATS - 23 - W,S | BARRA DE CEREAL TRIX - 30 - W,S | ARANDANO - 29 - S,W | BIZCOCHO DE SALCHICHA - 14 - M,S,E | FRAMBUESA - 14 |
| FROSTED MINI WHEAT - 24 - W | MINI CINNIS - 39 - M,W | | | |
| TRIX - 24 - CNA | BARRA DE CERELES PUFF DE CACAO- 30 - W,S | | PANQUE INGLES HUEVO/QUESO- 17 - M,E,W,S | NARANJA - 13 |
| FROSTED FLAKES - 24 - CNA | BARRA DE CEREAL DE TOSTADA DE CANELA - 30 - W,S | QUESO CREMA DE FRSA - 4 - M | | UVA - 18 |
| FRUIT LOOPS - 24 - W | NUTRIGRAIN FRESA - 29 - M,S,W | QUESO CREMA - 2 - M | | |
| HONEY NUT CHEERIOS - 22 - W,N | NUTRIGRAIN MANZANA - 30 - M,S,W | | OTRO | BOCADILLOS DE DESAYUNOS |
| LUCKY CHARMS - 23 - W | | | YOGUR - 16 - M | MANZANA - 41 - M,E,W,S |
| CINN TOAST CRUNCH - 22 - W | | | PALITO DE QUESO - MOZZ - 1 - M | GLAZEADO - 38 - M,E,W,S |
| HONEY NUT CHEX - 27 - N | | | PALITO DE QUESO - COLBY - 1 - M | |
| REESE'S PUFFS - 22 - N | | | PALITO DE QUESO- CHEDDAR - 0 - M | |
| COOKIE CRISP - 18 - CNA | | | | |
| LECHE | TORTA TOSTADA POP TART | MANTECADA | PAN DE DESAYUNO | 1/2 TAZA DE FRUTA CNA |
| DESNATADA / 1% - 13 - M | ARANDANO - 38 - W,S | MANZANA - 26 - M,E,W,S | DONA REDONDA - 14 - M,E,W,S | BANANA - 31 |
| TRUMOO FRESA - 20 - M | CANELA - 35 - W,S | CHOCOLATE - 24 - M,E,W,S | DONA LARGA - 27 - M,E,W,S | MANZANA VERDE - 19 |
| TRUMOO CHOCOLATE - 20 - M | CHCOLATE - 38 - M,E,W,S | BANANA - 28 - M,E,W,S | PAN MIEL - 40 - W,E,S | MANZANA AMARILLA- 27 |
| | FRESA - 38 - W,S | ARÁNDANO - 25 - M,E,W,S | PAN DE CANELA - 42 - M,E,W,S | MANZANA ROJA - 19 |
| DONA | | | | NARANJA - 26 |
| azucar en polvo - 50 - M,E,W,S | MINI AZUCAR DE CANELA - 21 - M,E,W,S | | | |
| glazeada con chispas - 38 - W,E,S | MINI AZUCAR EN POLVO - 45 - M,E,W,S | | | |
| | MINI CHOCOLATE - 42 - M,E,W,S | | | |
| | | | | |
| CNA (no contiene alérgenos) | M = LECHE/LACTOSA W = TRIGO/GLUTEN N = CACAHUATE/MANÍ SM - SESAME S = SOYA | E =PRODUCTO DE HUEVO EW = HUEVO ENTERO P = CERDO V = VINAGRE | | |