

# Martins Ferry City Schools

## BREAKFAST MENU

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Aug 16, 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jun - 7  POP TART MEAL K-12	Jun - 8  C.C. FRENCH TOAST M K-12	Jun - 9  SCOOBY-CH. STICK ME K-12	Jun - 10  BLUEBERRY WAFFLE K-12	Jun - 11  SUPER DONUT MEAL K-12	Avg Nutrients Target Cals... 465 100% Sodium. 373 mg Fiber.. 5.4* g Prot 14.5*g 12.5%Cal Carb 86.4g 74.3%Cal
Nutrients Target Cals... 467 100% Sodium. 324 mg Fiber.. 8.0 g Prot 10.4g 8.9%Cal Carb 100.0g 85.7%Cal	Nutrients Target Cals... 447 99% Sodium. 394 mg Fiber.. 5.0* g Prot 14.4*g 12.9%Cal Carb 80.0g 71.7%Cal	Nutrients Target Cals... 403 89% Sodium. 427 mg Fiber.. 4.1* g Prot 18.8*g 18.7%Cal Carb 61.0g 60.5%Cal	Nutrients Target Cals... 500 100% Sodium. 328 mg Fiber.. 6.0* g Prot 13.4*g 10.7%Cal Carb 101.0g 80.9%Cal	Nutrients Target Cals... 510 102% Sodium. 393 mg Fiber.. 4.0* g Prot 15.4*g 12.1%Cal Carb 90.0g 70.6%Cal	
Jun - 14  CRUNCH MANIA MEAL K-12	Jun - 15  CONFETTI PANCAKE M K-12	Jun - 16  MUFFIN MEAL K-12	Jun - 17  TEXAS TOAST MEAL K-12	Jun - 18  MINI CHOC. DONUTS M K-12	Avg Nutrients Target Cals... 496 100% Sodium. 389 mg Fiber.. 4.9* g Prot 13.5*g 10.9%Cal Carb 89.8g 72.4%Cal
Nutrients Target Cals... 505 101% Sodium. 374 mg Fiber.. 5.4* g Prot 13.1*g 10.4%Cal Carb 100.8g 79.9%Cal	Nutrients Target Cals... 467 100% Sodium. 439 mg Fiber.. 6.0* g Prot 13.4*g 11.5%Cal Carb 84.0g 72.0%Cal	Nutrients Target Cals... 437 97% Sodium. 284 mg Fiber.. 3.0* g Prot 10.4*g 9.5%Cal Carb 78.0g 71.5%Cal	Nutrients Target Cals... 527 105% Sodium. 424 mg Fiber.. 5.0* g Prot 16.4*g 12.5%Cal Carb 99.0g 75.2%Cal	Nutrients Target Cals... 547 109% Sodium. 424 mg Fiber.. 5.0* g Prot 14.4*g 10.5%Cal Carb 87.0g 63.7%Cal	
Jun - 21  CEREAL BAR MEAL K-12	Jun - 22  BREAK. BREADSTICK K-12	Jun - 23  BUG BITES-YOGURT M K-12	Jun - 24  CINNAMON PANCAKE K-12	Jun - 25  MINI POW. DONUTS ME K-12	Avg Nutrients Target Cals... 458 100% Sodium. 353 mg Fiber.. 4.8* g Prot 14.9*g 13.0%Cal Carb 84.2g 73.6%Cal
Nutrients Target Cals... 397 88% Sodium. 254 mg Fiber.. 5.0* g Prot 10.4*g 10.5%Cal Carb 78.0g 78.7%Cal	Nutrients Target Cals... 447 99% Sodium. 484 mg Fiber.. 7.0* g Prot 16.4*g 14.7%Cal Carb 79.0g 70.8%Cal	Nutrients Target Cals... 442 98% Sodium. 290 mg Fiber.. 5.0* g Prot 21.1*g 19.1%Cal Carb 83.7g 75.8%Cal	Nutrients Target Cals... 486 100% Sodium. 372 mg Fiber.. 3.0* g Prot 13.2*g 10.9%Cal Carb 91.1g 75.0%Cal	Nutrients Target Cals... 517 103% Sodium. 364 mg Fiber.. 4.0* g Prot 13.4*g 10.4%Cal Carb 89.0g 68.9%Cal	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jun - 7 HAMBURGER MEAL 9-12	Jun - 8 GRILLED CHEESE MEA 9-12	Jun - 9 CHICKEN BREAST MEA 9-12	Jun - 10 TONY'S PIZZA MEAL 9-12	Jun - 11 CHICKEN FRIED RICE 9-12	Avg Nutrients Target Cals... 749 100% Sodium. 1205 mg Fiber.. 10.4* g Prot 37.9*g 20.3%Cal Carb 109.0g 58.3%Cal
Nutrients Target Cals... 690 92% Sodium. 1630 mg Fiber.. 9.7* g Prot 38.9g 22.6%Cal Carb 90.3g 52.4%Cal	Nutrients Target Cals... 822 100% Sodium. 2530 mg Fiber.. 14.0* g Prot 39.6g 19.3%Cal Carb 105.3g 51.2%Cal	Nutrients Target Cals... 751 100% Sodium. 599 mg Fiber.. 10.0* g Prot 45.2g 24.1%Cal Carb 113.2g 60.3%Cal	Nutrients Target Cals... 754 100% Sodium. 337 mg Fiber.. 7.9* g Prot 23.3*g 12.4%Cal Carb 116.2g 61.7%Cal	Nutrients Target Cals... 726 97% Sodium. 930 mg Fiber.. 10.4* g Prot 42.6*g 23.4%Cal Carb 120.2g 66.2%Cal	
Jun - 14 BEEF & NOODLES MEA 9-12	Jun - 15 PROTEIN BOWL MEAL 9-12	Jun - 16 CHEESEBURGER MEAL 9-12	Jun - 17 SPAGHETTI MEAL 9-12	Jun - 18 PIZZA MEAL 9-12	Avg Nutrients Target Cals... 769 100% Sodium. 1022* mg Fiber.. 15.1* g Prot 41.4*g 21.5%Cal Carb 120.4g 62.6%Cal
Nutrients Target Cals... 773 100% Sodium. 991 mg Fiber.. 15.4* g Prot 44.9*g 23.2%Cal Carb 117.1g 60.6%Cal	Nutrients Target Cals... 787 100% Sodium. 770 mg Fiber.. 15.5* g Prot 55.5*g 28.2%Cal Carb 105.8g 53.8%Cal	Nutrients Target Cals... 830 100% Sodium. 2113 mg Fiber.. 19.7* g Prot 46.1*g 22.2%Cal Carb 143.6g 69.2%Cal	Nutrients Target Cals... 743 99% Sodium. 771* mg Fiber.. 16.4* g Prot 37.4*g 20.1%Cal Carb 119.6g 64.4%Cal	Nutrients Target Cals... 711 95% Sodium. 465* mg Fiber.. 8.5* g Prot 23.3*g 13.1%Cal Carb 115.8g 65.2%Cal	
Jun - 21 GR. CHICKEN PATTY 9-12	Jun - 22 BBQ PULLED PORK ME 9-12	Jun - 23 CHICKEN & ROTINI ME 9-12	Jun - 24 DEFELICE PIZZA MEAL 9-12	Jun - 25 LOADED NACHOS MEA 9-12	Avg Nutrients Target Cals... 763 100% Sodium. 805* mg Fiber.. 12.2* g Prot 39.3*g 20.6%Cal Carb 113.9*g 59.8%Cal
Nutrients Target Cals... 808 100% Sodium. 987* mg Fiber.. 11.7* g Prot 43.5*g 21.6%Cal Carb 110.8g 54.8%Cal	Nutrients Target Cals... 771 100% Sodium. 1077* mg Fiber.. 11.0* g Prot 42.1*g 21.9%Cal Carb 124.2*g 64.4%Cal	Nutrients Target Cals... 696 93% Sodium. 803* mg Fiber.. 10.1* g Prot 47.7*g 27.4%Cal Carb 98.8*g 56.8%Cal	Nutrients Target Cals... 717 96% Sodium. 240* mg Fiber.. 7.8* g Prot 25.1*g 14.0%Cal Carb 115.5*g 64.4%Cal	Nutrients Target Cals... 820 100% Sodium. 918* mg Fiber.. 20.2* g Prot 37.7*g 18.4%Cal Carb 120.5*g 58.8%Cal	

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jun - 7  <b>HAMBURGER MEAL</b> K-8	Jun - 8  <b>GRILLED CHEESE MEA</b> K-8	Jun - 9  <b>CHICKEN BREAST MEA</b> K-8	Jun - 10  <b>TONY'S PIZZA MEAL</b> K-8	Jun - 11  <b>CHICKEN FRIED RICE</b> K-8	Avg Nutrients Target Cals... 594 99% Sodium. 1015 mg Fiber.. 9.9* g Prot 33.4*g 22.5%Cal Carb 89.9g 60.5%Cal
Nutrients Target Cals... 579 96% Sodium. 1330 mg Fiber.. 9.3* g Prot 32.2g 22.2%Cal Carb 78.6g 54.3%Cal	Nutrients Target Cals... 625 100% Sodium. 1719 mg Fiber.. 11.8* g Prot 29.2g 18.7%Cal Carb 97.9g 62.6%Cal	Nutrients Target Cals... 567 94% Sodium. 436 mg Fiber.. 8.0* g Prot 41.1g 29.0%Cal Carb 90.7g 64.0%Cal	Nutrients Target Cals... 588 98% Sodium. 841 mg Fiber.. 10.8* g Prot 24.7*g 16.8%Cal Carb 87.0g 59.2%Cal	Nutrients Target Cals... 610 100% Sodium. 751 mg Fiber.. 9.4* g Prot 39.9*g 26.2%Cal Carb 95.1g 62.4%Cal	
Jun - 14  <b>BEEF &amp; NOODLES MEA</b> K-8	Jun - 15  <b>PROTEIN BOWL MEAL</b> K-8	Jun - 16  <b>CHEESEBURGER MEAL</b> K-8	Jun - 17  <b>SPAGHETTI MEAL</b> K-8	Jun - 18  <b>PIZZA MEAL</b> K-8	Avg Nutrients Target Cals... 611 100% Sodium. 773* mg Fiber.. 12.3* g Prot 35.2*g 23.0%Cal Carb 92.4g 60.5%Cal
Nutrients Target Cals... 587 98% Sodium. 713 mg Fiber.. 12.4* g Prot 34.4*g 23.4%Cal Carb 89.6g 61.1%Cal	Nutrients Target Cals... 635 100% Sodium. 560 mg Fiber.. 15.5* g Prot 52.2*g 32.9%Cal Carb 81.3g 51.2%Cal	Nutrients Target Cals... 615 100% Sodium. 1566 mg Fiber.. 12.3* g Prot 36.3*g 23.6%Cal Carb 101.1g 65.8%Cal	Nutrients Target Cals... 550 92% Sodium. 631* mg Fiber.. 11.9* g Prot 30.9*g 22.5%Cal Carb 83.6g 60.9%Cal	Nutrients Target Cals... 668 103% Sodium. 395* mg Fiber.. 9.5* g Prot 22.2*g 13.3%Cal Carb 106.2g 63.6%Cal	
Jun - 21  <b>CHICKEN SANDWICH M</b> K-8	Jun - 22  <b>BBQ PULLED PORK ME</b> K-8	Jun - 23  <b>CHICKEN &amp; ROTINI ME</b> K-8	Jun - 24  <b>DEFELICE PIZZA MEAL</b> K-8	Jun - 25  <b>LOADED NACHOS MEA</b> K-8	Avg Nutrients Target Cals... 653 101% Sodium. 677* mg Fiber.. 11.0* g Prot 33.7*g 20.7%Cal Carb 99.1*g 60.6%Cal
Nutrients Target Cals... 670 103% Sodium. 834* mg Fiber.. 10.7* g Prot 40.2*g 24.0%Cal Carb 91.2g 54.4%Cal	Nutrients Target Cals... 643 100% Sodium. 884* mg Fiber.. 11.0* g Prot 33.7*g 20.9%Cal Carb 109.7*g 68.2%Cal	Nutrients Target Cals... 627 100% Sodium. 687* mg Fiber.. 8.9* g Prot 41.8*g 26.6%Cal Carb 92.0*g 58.6%Cal	Nutrients Target Cals... 662 102% Sodium. 224* mg Fiber.. 9.0* g Prot 23.6*g 14.2%Cal Carb 103.9*g 62.8%Cal	Nutrients Target Cals... 665 102% Sodium. 759* mg Fiber.. 15.6* g Prot 29.6*g 17.8%Cal Carb 98.6*g 59.3%Cal	

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