

prophecy comes true, we totally should use it to cruise to parties.”



2009
NSBW Menus

Monday: Eggstreme Eggs & Toast

Item	Elementary Serving Size	Elementary Meal Pattern	Secondary Serving Size	Secondary Meal Pattern	How it Got Healthy
Hard-cooked Egg	1 each	1 oz. meat/ meat/alternate	2 each	2 ozs. meat/ meat/alternate	Pre-cooked
Whole-wheat Toast	1 slice	1 grain/bread	2 slices	2 grains/breads	Whole-wheat
Jelly	1 each 1/2-oz. pack		2 each 1/2-oz. packs		Fat-free
Chunky Applesauce	1/2 cup	1/2 cup fruit/ vegetable	1/2 cup	1/2 cup fruit/ vegetable	Fat-free
Milk, 1%	8 fl. ozs.	1 milk	8 fl. ozs.	1 milk	Lowfat

- Elementary Per Serving: 388.7 cal., 16.8 g pro., 63.4 g carb., 3 g fiber, 8.2 g fat, 3.5 g sat. fat, 199.9 mg chol., 330.3 mg sod., 786.3 IU vit. A, 11.9 mg vit. C, 343 mg ca., 3.1 mg iron
- Secondary Per Serving: 578.2 cal., 25.6 g pro., 91 g carb., 4.2 g fiber, 13.8 g fat, 5.4 g sat. fat, 390.1 mg chol., 532.6 mg sod., 1,072.3 IU vit. A, 12 mg vit. C, 380.5 mg ca., 4.7 mg iron
- Total Meal Pattern: 1 oz. meat/meat alternate (elementary) **or** 2 ozs. meat/meat alternate (secondary), 1/2 cup fruit/vegetable, 1 grain/bread (elementary) **or** 2 grains/breads (secondary), 1 milk

All menus and recipes are suggestions for your consideration. School nutrition professionals are encouraged to choose menus that fit best with the needs of your staff and students, as well as your HACCP-based food-safety plan. SNA has not tested any of its recipes or menus in a kitchen.