

2009
NSBW Menus

Wednesday: Super Cereal

Item	Elementary Serving Size	Elementary Meal Pattern	Secondary Serving Size	Secondary Meal Pattern	How it Got Healthy
O-shaped Cereal	1 oz.	1 grain/bread	1 oz.	1 grain/bread	Multigrain
Cinnamon Grahams	1 oz.	1 grain/bread	2 ozs.	2 grains/breads	Multigrain
Banana	1 banana	1/2 cup fruit/ vegetable	1 banana	1/2 cup fruit/ vegetable	Slice for easy eating
Milk, 1%	8 fl. ozs.	1 milk	8 fl. ozs.	1 milk	Lowfat

- Elementary Per Serving: 432.8 cal., 13.6 g pro., 80.5 g carb., 5 g fiber, 8.2 g fat, 3.1 g sat. fat, 9.8 mg chol., 454.5 mg sod., 1,301.4 IU vit. A, 26.9 mg vit. C, 364.8 mg ca., 8.7 mg iron
- Secondary Per Serving: 552.8 cal., 15.6 g pro., 99.5 g carb., 5.5 g fiber, 12.2 g fat, 4.1 g sat. fat, 9.8 mg chol., 544.5 mg sod., 1,301.5 IU vit. A, 26.9 mg vit. C, 368.8 mg ca., 9.3 mg iron
- Total Meal Pattern: 1/2 cup fruit/vegetable, 2 grains/breads (elementary) or 3 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.

