







Welcome Back!



August 2008 Breakfast

Visit our Website at www.volusia.k12.fl.us/swcafe/

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Slices of Cinnamon and/or buttered toast available daily as an additional entrée choice offered with assorted juices and/or fruit and milk.</p> <p>*Flavored Milk: Chocolate, Strawberry, and/or Vanilla</p>	<p>There are 4 items available for breakfast, and students must choose at least 3 of the 4.</p> <p>Menus Subject to Change.</p>	<p>Choices 1 & 2 with any combination of the fruit choices, & Milk, contain 30% or less of calories from fat averaged over the week. These meals meet the Heart Healthy Guidelines.</p>	<p>Note: The new meal prices are listed below.</p>	<p> = This symbol indicates that the product is made w/ Pork.</p> <p> = This symbol indicates that the product is made w/ Turkey.</p>
<p>18 Entrées: (Choose 1) 1. Honey Bun 2. Cereal w/ 1 Slice of Toast</p> <p>Sides: Assorted Juices and/or ½ c Canned Peaches Lowfat Milk: 1%, 2% or Flavored</p>	<p>19 Entrées: (Choose 1) 1. Mini Pancakes w/ Syrup 2. Cereal w/ 1 Slice of Toast</p> <p>Sides: Assorted Juices and/or ½ c Fruit Lowfat Milk: 1%, 2% or Flavored*</p>	<p>20 *Entrées: (Choose 1) 1. Breakfast Pizza Bagel Cheese or Pepperoni  2. Cereal w/ 1 Slice of Toast</p> <p>Sides: Assorted Juices and/or ½ c Canned Peaches Lowfat Milk: 1%, 2% or Flavored*</p>	<p>21 Entrées: (Choose 1) 1. Chicken Biscuit 2. Cereal w/ 1 Slice of Toast</p> <p>Sides: Assorted Juices and/or ½ c Fruit Lowfat Milk: 1%, 2% or Flavored*</p>	<p>22 Entrées: (Choose 1) 1. 4 French Toast Sticks 2. Cereal w/ 1 Slice of Toast</p> <p>Sides: Assorted Juices and/or ½ c Canned Peaches Lowfat Milk: 1%, 2% or Flavored*</p>
<p>25 Entrées: (Choose 1) 1. Pancake Sausage Wrap w/ Syrup  2. Cereal w/ 1 Slice of Toast</p> <p>Sides: Assorted Juices and/or ½ c Canned Peaches Lowfat Milk: 1%, 2% or Flavored*</p>	<p>26 Entrées: (Choose 1) 1. Toasted Bagel w/ Cream Cheese 2. Cereal w/ 1 Slice of Toast</p> <p>Sides: Assorted Juices and/or ½ c Fruit Lowfat Milk: 1%, 2% or Flavored*</p>	<p>27 Entrées: (Choose 1) 1. Sausage Biscuit  or  2. Cereal w/ 1 Slice of Toast</p> <p>Sides: Assorted Juices and/or ½ c Canned Peaches Lowfat Milk: 1%, 2% or Flavored*</p>	<p>28 Entrées: (Choose 1) 1. 4 French Toast Sticks 2. Cereal w/ 1 Slice of Toast</p> <p>Sides: Assorted Juices and/or ½ c Fruit Lowfat Milk: 1%, 2% or Flavored*</p>	<p>29 Entrées: (Choose 1) 1. Hot Egg & Cheese Bagel 2. Cereal w/ 1 Slice of Toast</p> <p>Sides: Assorted Juices and/or ½ c Canned Peaches Lowfat Milk: 1%, 2% or Flavored*</p>

Nutrition Note: *School Way Café* strictly adheres to USDA nutrient requirements for reimbursed meals. The menus are analyzed to meet those requirements. Food items are grouped into certain food groups or 'components'. The components are: meat/meat alternate which includes all meat products, eggs, cheese, nuts & beans, and peanut butter. Bread/bread alternate which includes breads, rice and pastas. The fruit component includes all fruits and the vegetable component all vegetables. The milk component is milk only. Cheeses, yogurt and cottage cheese are listed in the meat/meat alternate component. Students must choose 3 of the 4 at breakfast for it to be counted as a meal and 3 of the 5 at lunch. Many items count as 2 items, for example, pizza counts as 2. The cheese on the pizza is counted in the meat/meat alternate component and the crust is counted in the bread/bread alternate component.

The minimum requirements are as follows:

Breakfast minimum nutrient levels grades **K-12**: Calories 554, Total Fat (% of Total Calories) 30% or >, Total Saturated Fat 10% or >, Protein 10 gm, Calcium 257 mg, Iron 3.4 mg, Vitamin A 197 RE, Vitamin C 13mg.

Lunch minimum nutrient levels grades **K-6th**: Calories 664, Total Fat (% of Total Calories) 30% or >, Total Saturated Fat 10% or >, Protein 10 gm, Calcium 286 mg, Iron 3.5 mg, Vitamin A 224 RE, Vitamin C 15 mg.

Lunch minimum nutrient levels grades **7th-12th**: Calories 825, Total Fat (% of Total Calories) 30% or >, Total Saturated Fat 10% or >, Protein 16 gm, Calcium 400 mg, Iron 4.5 mg, Vitamin A 300 RE, Vitamin C 18 mg.

"In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA and Volusia County School District are equal opportunity providers and employers."

New Meal Prices: Breakfast: Students \$1.00 Adults & Students not enrolled in Volusia County Schools -\$1.50

Lunch: **Elementary-\$1.75**, Middle & High-\$2.00, Adults & Students not enrolled in Volusia County Schools - \$3.25, (Those Meals are not Reimbursable Meals)