


Durham Public Schools HS Breakfast Cycle Menu - Carbohydrates Fall 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Monday	Week 1 Tuesday	Week 1 Wednesday	Week 1 Thursday	Week 1 Friday
Turkey Ham & Cheese on Croissant - 19	Waffle - 12 w/Scrambled Eggs - 2 w/Turkey Sausage Links - 0	Sausage Biscuit - 23 Chicken Biscuit - 29	Breakfast Pizza - 18	Sausage Biscuit - 23 Chicken Biscuit - 29
Chilled Peaches - 13	Applesauce - 14	Hash Brown Rounds - 15	Mandarin Oranges - 21	Hash Brown Rounds - 15
Monday Alt. Entrees	Tuesday Alt. Entrees	Wednesday Alt. Entrees	Thursday Alt. Entrees	Friday Alt. Entrees
Oatmeal Round – 44 Honey Cheerios Cereal – 44 Cinnamon Toasters Cereal – 43 Lucky Charms Cereal – 46 Blueberry Shred. Wheat Cereal - 46 Mini Powdered Donuts - 41 Strawberry PopTarts – 73 Cinnamon PopTarts – 73 Blueberry PopTarts - 73 Blueberry Bread Slice - 45 Lemon Bread Slice - 44 Banana Bread Slice - 45 Pumpkin Bread Slice - 44	Oatmeal Round – 44 Honey Cheerios Cereal – 44 Cinnamon Toasters Cereal – 43 Lucky Charms Cereal – 46 Blueberry Shred. Wheat Cereal - 46 Mini Powdered Donuts - 41 Strawberry PopTarts – 73 Cinnamon PopTarts – 73 Blueberry PopTarts - 73 Blueberry Bread Slice - 45 Lemon Bread Slice - 44 Banana Bread Slice - 45 Pumpkin Bread Slice - 44 Peach & Yogurt Parfait – 13 Blueberry & Yogurt Parfait - 16 w/Grahams - 17	Oatmeal Round – 44 Honey Cheerios Cereal – 44 Cinnamon Toasters Cereal – 43 Lucky Charms Cereal – 46 Blueberry Shred. Wheat Cereal - 46 Mini Powdered Donuts - 41 Strawberry PopTarts – 73 Cinnamon PopTarts – 73 Blueberry PopTarts - 73 Blueberry Bread Slice - 45 Lemon Bread Slice - 44 Banana Bread Slice - 45 Pumpkin Bread Slice - 44 Peach & Yogurt Parfait – 13 Blueberry & Yogurt Parfait - 16 w/Grahams - 17	Oatmeal Round – 44 Honey Cheerios Cereal – 44 Cinnamon Toasters Cereal – 43 Lucky Charms Cereal – 46 Blueberry Shred. Wheat Cereal - 46 Mini Powdered Donuts - 41 Strawberry PopTarts – 73 Cinnamon PopTarts – 73 Blueberry PopTarts - 73 Blueberry Bread Slice - 45 Lemon Bread Slice - 44 Banana Bread Slice - 45 Pumpkin Bread Slice - 44 Peach & Yogurt Parfait – 13 Blueberry & Yogurt Parfait - 16 w/Grahams - 17	Oatmeal Round – 44 Honey Cheerios Cereal – 44 Cinnamon Toasters Cereal – 43 Lucky Charms Cereal – 46 Blueberry Shred. Wheat Cereal - 46 Mini Powdered Donuts - 41 Strawberry PopTarts – 73 Cinnamon PopTarts – 73 Blueberry PopTarts - 73 Blueberry Bread Slice - 45 Lemon Bread Slice - 44 Banana Bread Slice - 45 Pumpkin Bread Slice - 44
Milks Unflavored 1% - 12 Unflavored Skim – 12 Chocolate Skim – 19 Strawberry Skim - 23	Fruits Fresh Apple - 25 Fresh Orange - 11 Fresh Banana - 29 Fresh Pear – 25 Applesauce Cup – 14 Mandarin Orange Cup – 17 Mixed Fruit Cup – 15 Pears Cup – 13 Pineapple Cup - 18	Fruit Juices 100% Apple Juice – 14 100% Fruit Punch – 15 100% Orange Tang. Juice - 17	Daily Alt. Entrees Oatmeal Round – 44 Honey Cheerios Cereal – 44 Cinnamon Toasters Cereal – 43 Lucky Charms Cereal – 46 Blueberry Shred. Wheat Cereal - 46	
<p>NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.</p>				