

Millinocket School Department  
002 - STEARNS JR/SR HIGH  
STEARNS HIGH SCHOOL  
BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																																																																																																																																																																								
Jan - 3 STEARNS BREAKFAST CART	Jan - 4 STEARNS BREAKFAST CART MINUTEMAN MUFFIN w/SA FRUIT JUICE,ASSORTED FRUIT CUP CINNAMON ROLLS	Jan - 5 STEARNS BREAKFAST CART	Jan - 6 STEARNS BREAKFAST CART FRENCH TOAST STICKS FRUIT JUICE,ASSORTED FRUIT CUP	Jan - 7 STEARNS BREAKFAST CART DbI C. CHIP MUFFIN orBrC FRUIT JUICE,ASSORTED FRUIT CUP																																																																																																																																																																																																																																																																																								
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\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

**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.

Millinocket School Department  
002 - STEARNS JR/SR HIGH  
STEARNS HIGH SCHOOL  
BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																																																												
Jan - 17	Jan - 18 STEARNS BREAKFAST CART MINUTEMAN MUFFIN w/SA FRUIT JUICE,ASSORTED FRUIT CUP CINNAMON ROLLS	Jan - 19 STEARNS BREAKFAST CART	Jan - 20 STEARNS BREAKFAST CART FRENCH TOAST STICKS FRUIT JUICE,ASSORTED FRUIT CUP	Jan - 21 STEARNS BREAKFAST CART DBI C. CHIP MUFFIN orBrc FRUIT JUICE,ASSORTED FRUIT CUP																																																																																																																																												
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T.Fat	9.8g 20.8%Cal																																																																																																																																															
S.Fat	3.2g 6.8%Cal																																																																																																																																															
Nutrients	Target																																																																																																																																															
Cals...	333 74%																																																																																																																																															
Chol...	20 mg																																																																																																																																															
Sodium.	320 mg																																																																																																																																															
Fiber..	3.2 g																																																																																																																																															
Iron...	2.7 mg 80%																																																																																																																																															
Calcium	258.7 mg 86%																																																																																																																																															
Vit A	617* IU 55%																																																																																																																																															
Vit C	11.7* mg 84%																																																																																																																																															
Sugar	30.0*g 36.0%Cal																																																																																																																																															
Prot	10.0g 12.0%Cal																																																																																																																																															
Carb	56.4g 67.8%Cal																																																																																																																																															
T.Fat	8.0g 21.6%Cal																																																																																																																																															
S.Fat	2.7g 7.2%Cal																																																																																																																																															
Nutrients	Target																																																																																																																																															
Cals...	370 82%																																																																																																																																															
Chol...	20 mg																																																																																																																																															
Sodium.	352 mg																																																																																																																																															
Fiber..	3.2 g																																																																																																																																															
Iron...	2.5 mg 73%																																																																																																																																															
Calcium	278.9 mg 93%																																																																																																																																															
Vit A	643* IU 57%																																																																																																																																															
Vit C	13.4* mg 95%																																																																																																																																															
Sugar	35.2*g 38.0%Cal																																																																																																																																															
Prot	10.9g 11.8%Cal																																																																																																																																															
Carb	63.6g 68.7%Cal																																																																																																																																															
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S.Fat	2.6g 6.3%Cal																																																																																																																																															
Nutrients	Target																																																																																																																																															
Cals...	371 82%																																																																																																																																															
Chol...	21 mg																																																																																																																																															
Sodium.	341 mg																																																																																																																																															
Fiber..	3.3 g																																																																																																																																															
Iron...	2.6 mg 75%																																																																																																																																															
Calcium	279.8 mg 93%																																																																																																																																															
Vit A	671* IU 60%																																																																																																																																															
Vit C	13.5* mg 96%																																																																																																																																															
Sugar	38.1*g 41.2%Cal																																																																																																																																															
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S.Fat	2.8g 6.7%Cal																																																																																																																																															

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

**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.