


Durham Public Schools K-8 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
Glazed Cinnamon Bun - 34 Chilled Peaches - 13	Turkey Ham & Cheese on Croissant - 19 Applesauce - 14	Peach & Yogurt Parfait – 13 Blueberry & Yogurt Parfait - 16 w/Grahams - 17 Fruit Cup	Super Donut - 38 Mandarin Oranges - 21	Sausage Biscuit - 23 Hash Brown Rounds - 15
Week 2 Monday	Week 2 Tuesday	Week 2 Wednesday	Week 2 Thursday	Week 2 Friday
Blueberry Bread Slice - 45 Lemon Bread Slice - 44 Banana Bread Slice - 45 Pumpkin Bread Slice - 44 Chilled Peaches - 13	Waffle - 12 w/Scrambled Eggs - 2 Applesauce - 14	Mini Powdered Donuts - 41 Fruit Cup	Cinnamon French Toast - 37 w/Turkey Sausage Links - 0 Mandarin Oranges - 21	Chicken Pancake Sandwich - 23 Hash Brown Rounds - 15
Week 3 Monday	Week 3 Tuesday	Week 3 Wednesday	Week 3 Thursday	Week 3 Friday
Apple Muffin - 42 Blueberry Muffin - 39 Chocolate Chip Muffin - 41 Chilled Peaches - 13	Dunkin Sticks - 48 Applesauce - 14	Peach & Yogurt Parfait – 13 Blueberry & Yogurt Parfait - 16 w/Grahams - 17 Fruit Cup	Maple Pancakes - 35 Blueberry Pancakes - 38 w/Scrambled Eggs - 2 Mandarin Oranges - 21	Sausage Biscuit - 23 Hash Brown Rounds - 15
Week 4 Monday	Week 4 Tuesday	Week 4 Wednesday	Week 4 Thursday	Week 4 Friday
Blueberry Bread Slice - 45 Lemon Bread Slice - 44 Banana Bread Slice - 45 Pumpkin Bread Slice - 44 Chilled Peaches - 13	Waffle - 12 w/Scrambled Eggs - 2 Applesauce - 14	Mini Powdered Donuts - 41 Fruit Cup	Strawberry Cream Cheese Bagel - 42 Mandarin Oranges - 21	Chicken Biscuit - 29 Hash Brown Rounds - 15
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	 FEEDING DURHAM'S CHAMPS SCHOOL NUTRITION SERVICES
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.				