

February - 2017: Elementary/Middle School Breakfast Menu Analysis

	Week 1	Week 2	Week 3	Week 4	Week 5
Nutrients	Menu Averages (Weekly)	Menu Averages (Weekly)	Menu Averages (Weekly)	Menu Averages (Weekly)	Menu Averages (Weekly)
Calories (kcal)	400	451	401	411	-
Sodium (mg)	382	525	354	396	-
Saturated Fat (gm)	2.5	3.5	2	2	-

February - 2017: High School Breakfast Menu Analysis

	Week 1	Week 2	Week 3	Week 4	Week 5
Nutrients	Menu Averages (Weekly)	Menu Averages (Weekly)	Menu Averages (Weekly)	Menu Averages (Weekly)	Menu Averages (Weekly)
Calories (kcal)	465	475	452	453	-
Sodium (mg)	515	451	423	499	-
Saturated Fat (gm)	4	3	3	3.5	-