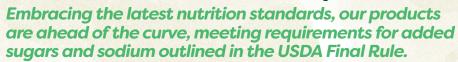
Buena Vista Foods Leads the Way with USDA Final Rule Compliance!





Monday	Tuesday	Wednesday	Thursday	Friday
Cinnatwin #66034	Ham and Swiss Croissant #32541	Blueberry Muffin #60326 w/ Freshly Prepared Apple Compote	Breakfast Empanada #53551	Double Chocolate Muffin Top #63186 w/ Fresh Berries
Fresh Kiwi Raisins	Fresh Apple Slices 100% Fruit Juice	Fresh Mandarin Orange	Fresh Grapes 100% Fruit Juice	Applesauce
		Nutritional Analysis		
Monday	Tuesday	Wednesday	Thursday	Friday
Cinnatwin (72 calories from added sugar)	Ham and Swiss Croissant (16 calories from added sugar)	Blueberry Muffin (52 calories from added sugar)	Breakfast Empanada (4 calories from added sugar)	Double Chocolate Muffin Top (48 calories from added sugar)
170 mg sodium	580 mg sodium	240 mg sodium	230 mg sodium	250 mg sodium
Fresh Kiwi (1/2 cup)	Fresh Apple Slices (1/2 cup)	Apple Compote (1/2 cup)	Fresh Grapes (1/2 cup)	Fresh Berries (1/2 cup)
54 calories	29 calories	50 calories	51 calories	37 calories
Raisins (1.33 oz Box = 1/2 cup*)	100% Fruit Juice (1/2 cup)	Mandarin Orange (1/2 cup)	100% Fruit Juice (1/2 cup)	Applesauce
120 calories	53 calories	47 calories	53 calories	60 calories
Milk (Nonfat and 1% avg.)	Milk (Nonfat and 1% avg.)	Milk (Nonfat and 1% avg.)	Milk (Nonfat and 1% avg.)	Milk (Nonfat and 1% avg.)
110 calories 105 mg sodium	110 calories 105 mg sodium	110 calories 105 mg sodium	110 calories 105 mg sodium	110 calories 105 mg sodium
Total Calories = 554	Total Calories = 492	Total Calories = 437	Total Calories = 444	Total Calories = 467
Total Sodium: 275 mg	Total Sodium: 685 mg	Total Sodium: 345 mg	Total Sodium: 335 mg	Total Sodium: 355 mg
		Added Sugars Analysis:	•	

Total calories for the week = 2394 **Daily** average calories = 479

Total calories from added sugar = 192

Total percentage of added sugar calories is 8.02%

Sodium Analysis:

Total mg sodium for the week = 1995 mg

Daily average mg sodium= 399 mg

Breakfast Notes:

- 1. The breakfast menu meets the Food Based Menu Planning requirements for all of the grade groupings: K-12, K-5, K-8, 6-8, 6-12 and 9-12
- 2. The weekly menu has 9.25 Grains, 5 cups of fruit and 5 cups of milk
- 3. For the week, the daily calories average is 475 which falls into the min-max calorie range for all of the grade groupings: K-12, K-5, K-8, 6-8, 6-12 and 9-12
- 4. Proposed Rule: Overall Weekly Limit for Added Sugars

This menu meets the proposed rule to limit school breakfasts to an average of <10% of calories per meal from added sugars..

- 5. Sodium: This menu is compliant with the School Nutrition Standards for Sodium limiting overall sodium offered in school meals averaged over a week. Sodium limits do not apply per day, per meal or per menu item.
 - * 1/4 dried fruit = 1/2 cup fruit