

Carteret County Schools

Monday	Tuesday	Wednesday	Thursday	Friday
Jun - 13 Cheese Biscuit Apple Juice Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jun - 14 Egg Biscuit Cheese Slice Chilled Diced Peaches Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jun - 15 Country Style Biscuit Sliced Ham Chilled Pears Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jun - 16 Breakfast Pizza Apple Juice Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jun - 17 Assorted Dry Cereals Whole Wheat Toast Fruit Cocktail Margarine Assorted Jelly Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk
Jun - 20 Cheese Biscuit Apple Juice Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jun - 21 Egg Biscuit Cheese Slice Chilled Diced Peaches Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jun - 22 Country Style Biscuit Sliced Ham Chilled Pears Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jun - 23 Breakfast Pizza Apple Juice Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jun - 24 Assorted Dry Cereals Whole Wheat Toast Fruit Cocktail Margarine Assorted Jelly Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk
Jun - 27 Cheese Biscuit Apple Juice Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jun - 28 Egg Biscuit Cheese Slice Chilled Diced Peaches Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jun - 29 Country Style Biscuit Sliced Ham Chilled Pears Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jun - 30 Breakfast Pizza Apple Juice Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 1 Assorted Dry Cereals Whole Wheat Toast Fruit Cocktail Margarine Assorted Jelly Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk
Jul - 4 HOLIDAY	Jul - 5 Egg Biscuit Cheese Slice Chilled Diced Peaches Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 6 Country Style Biscuit Sliced Ham Chilled Pears Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 7 Breakfast Pizza Apple Juice Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 8 Assorted Dry Cereals Whole Wheat Toast Fruit Cocktail Margarine Assorted Jelly Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk
Jul - 11 Cheese Biscuit Apple Juice Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 12 Egg Biscuit Cheese Slice Chilled Diced Peaches Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 13 Country Style Biscuit Sliced Ham Chilled Pears Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 14 Breakfast Pizza Apple Juice Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 15 Assorted Dry Cereals Whole Wheat Toast Fruit Cocktail Margarine Assorted Jelly Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk

**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.*

Carteret County Schools

K-8 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Jul - 18 Cheese Biscuit Apple Juice Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 19 Egg Biscuit Cheese Slice Chilled Diced Peaches Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 20 Country Style Biscuit Sliced Ham Chilled Pears Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 21 Breakfast Pizza Apple Juice Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 22 Assorted Dry Cereals Whole Wheat Toast Fruit Cocktail Margarine Assorted Jelly Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk
Jul - 25 Cheese Biscuit Apple Juice Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 26 Egg Biscuit Cheese Slice Chilled Diced Peaches Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 27 Country Style Biscuit Sliced Ham Chilled Pears Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 28 Breakfast Pizza Apple Juice Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Jul - 29 Assorted Dry Cereals Whole Wheat Toast Fruit Cocktail Margarine Assorted Jelly Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk
Aug - 1 Cheese Biscuit Apple Juice Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Aug - 2 Egg Biscuit Cheese Slice Chilled Diced Peaches Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Aug - 3 Country Style Biscuit Sliced Ham Chilled Pears Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Aug - 4 Breakfast Pizza Apple Juice Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Aug - 5 Assorted Dry Cereals Whole Wheat Toast Fruit Cocktail Margarine Assorted Jelly Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk
Aug - 8 Cheese Biscuit Apple Juice Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Aug - 9 Egg Biscuit Cheese Slice Chilled Diced Peaches Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Aug - 10 Country Style Biscuit Sliced Ham Chilled Pears Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Aug - 11 Breakfast Pizza Apple Juice Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk	Aug - 12 Assorted Dry Cereals Whole Wheat Toast Fruit Cocktail Margarine Assorted Jelly Lowfat 1% Milk Chocolate Skim Milk Strawberry Skim Milk Skim Milk
Aug - 15	Aug - 16	Aug - 17	Aug - 18	Aug - 19

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

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