

# Kohl Wholesale - School Breakfast Menu, 2013

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<p>Choice of:</p> <p><b>Mini Waffles</b> Choose Kellogg's or Pillsbury varieties, no syrup required! Kohl # 01952, 01954, 01966, 01968</p> <p><b>OR</b></p> <p><b>Cereal with Kellogg's Scooby Doo Grahams</b> Cereal variety with WG graham bites Kohl #34129, cereal choice</p>	<p>Choice of:</p> <p><b>Tyson Power Upz Chicken Biscuit</b> WG Biscuit with sausage &amp; cheese, I/W. Great grab &amp; go!  Kohl #01238</p> <p><b>OR</b></p> <p><b>WG Bagel &amp; Cream Cheese</b> Lender's WG bagel with flavored or unflavored cream cheese Kohl #09028, 09062, 09173, 39173, 39174, 39175</p>	<p>Choice of:</p> <p><b>Yogurt Parfait</b> Yoplait Parfait Pro in Vanilla or Strawberry, add fruit &amp; granola Kohl #38722, 38724, 34438</p> <p><b>OR</b></p> <p><b>Cereal with Super Bakery WG Mini Orange Loaf</b>  Kohl #09522, cereal choice</p>	<p>Choice of:</p> <p><b>Breakfast Sausage Pizza</b> Tony's WG breakfast sized square with turkey sausage Kohl #05374</p> <p><b>OR</b></p> <p><b>WG French Toast Sticks with Syrup</b> Aunt Jemima Sticks with warm syrup Kohl #08931, 23250</p>	<p>Choice of:</p> <p><b>Toasted Ham &amp; Cheese</b> Commodity ham and cheese on Whole Grain bread Kohl # 08803</p> <p><b>OR</b></p> <p><b>Cereal with Nutrigrain Bar</b> Kellogg's larger Nutrigrain bar, now counts for 1 G/B Kohl #34182, 34184, cereal choice</p>	<p>Menu AVG</p> <p>Calories: 463 Sodium (mg): 629 Total Fat (g): 8.7 16.8% Saturated Fat (g): 3.0 5.9%</p>
Cost: \$0.91	Cost: \$1.02	Cost: \$1.00	Cost: \$.83	Cost: \$1.08	Avg Cost: \$.97
<p>Choice of:</p> <p><b>Oatmeal with Toppings</b> Offer dried or fresh fruit, brown sugar, and chocolate chips</p> <p><b>OR</b></p> <p><b>Cereal with WG English Muffin</b> Kohl #09143, cereal choice</p>	<p>Choice of:</p> <p><b>Breakfast Burrito</b> Cabos or Butcher Boy premade burrito or make your own Kohl #05733, 05734, 05735</p> <p><b>OR</b></p> <p><b>WG Banana Bread Slice</b> Great I/W product from Super Bakery! Kohl #08833</p>	<p>Choice of:</p> <p><b>Biscuits &amp; Sausage Gravy</b> WG Freezer to Oven biscuits from Pillsbury Kohl #09152, 17126</p> <p><b>OR</b></p> <p><b>Cereal w/ Yogurt</b> General Mills kid friendly yogurt in 3 different flavors  Kohl #38962, 38964, 38966, cereal choice</p>	<p>Choice of:</p> <p><b>Sausage, Egg &amp; Cheese Taco</b> Sunny Fresh I/W product, don't forget the salsa! Kohl #05732, 19268</p> <p><b>OR</b></p> <p><b>WG Cinnamon Roll</b> Bake your own from Bridgford or choose an already baked one from Bakecrafter's Kohl #09758, 09167</p>	<p>Choice of:</p> <p><b>UBR's!</b> Rich's Ultimate Breakfast Round, choose a prebaked or a bake able frozen puck Kohl #09377, 09382</p> <p><b>Cereal with Berry Muffin</b> WG Bakecrafter's Blueberry Muffin with choice of cereal Kohl #09525, cereal choice</p>	<p>Menu AVG</p> <p>Calories: 443 Sodium (mg): 542 Total Fat (g): 8.7 17.6% Saturated Fat (g): 2.9 5.8%</p>
Cost: \$.91	Cost: \$.93	Cost: \$.92	Cost: \$1.01	Cost: \$.79	Avg Cost: \$.91

\*\*\*\*All breakfast nutrient analysis includes an assortment of fresh & canned fruit or juice plus 1 carton of lowfat or fat free flavored or unflavored milk each day. \*\*\*\*The menus were nutritionally analyzed to ensure that USDA nutrient standards for Food Based Menu Planning were being satisfied. The above analysis satisfies the calorie requirements for K-12.

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<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Nutrient Analysis</b>
<b>Sweet Thai Chile Chicken Bites</b> <i>NEW Tyson WG reduced sodium popcorn chicken dressed with sweet Thai Chile Sauce</i> <b>03010, 19453</b> Brown Rice <b>35019</b> Oriental Vegetables <b>06068</b> Chilled Pineapple <b>10560</b> Lowfat Milk	<b>"CRAZY" Walking Taco</b> <i>Taco meat, beans &amp; cheese in a bag of RF Nacho Cheese Doritos</i> <b>33130</b>  Lettuce, Tomato & Salsa Carrot & Celery Sticks with Ranch <b>55720, 55710, 20532</b> Chilled Pears <b>10455</b> Lowfat Milk	<b>Hot Dog on WG Bun</b> <i>Perdue Turkey Dog on Bakecrafter's WG Bun</i> <b>02952, 08818</b>  Creamy Cole Slaw <b>55762, 20562</b> Baked Beans <b>12550</b> Fresh Apple Slices <b>55511</b> Lowfat Milk	<b>Spaghetti &amp; Meat Sauce</b> <i>Homemade Sauce with UltraGrain Spaghetti Noodles</i> <b>35381</b>  Golden Corn <b>06007</b> Garlic Bread <b>09001</b> Chilled Fruit Cocktail <b>10560</b> Lowfat Milk	<b>Big Daddy WG Pizza</b> <i>Pizzeria style pizza. Consider adding extra toppings before baking!</i> <b>05418</b> Caesar Salad <b>20578, 55774</b>  Fresh Banana <b>55550</b> Lowfat Milk	Calories: 665  Sodium (mg): 1103  Total Fat (g): 17.6    23.8%  Saturated Fat (g): 5.2    7.1%
Meal Pattern: 2 oz M/MA, 2 G/B, .125 C. Green Veg., .625 C. Other Veg., .5 C. Fruit Cost: \$1.31	Meal Pattern: 2 oz M/MA, 1.5 G/B, .125 C. Green Veg., .625 C. Red Orange Veg., .125 C. Legumes, .25 C. Other Veg., .5 C. Fruit Cost: \$ 1.44	Meal Pattern: 2 oz M/MA, 1.75 G/B, .5 C Legume, .25 C. Other Veg., .5 C. Fruit Cost: \$ 1.25	Meal Pattern: 2 oz M/MA, 2 G/B, .375 C. Red Orange Veg., .5 C Starchy Veg., .5 C Fruit Cost: \$ 1.24	Meal Pattern: 2 oz M/MA, 2 G/B, .75 c. Green Veg., .125 C. Red Orange, .5 C Fruit Cost: \$ 1.12	Total: 10 oz M/MA, 9.25 G/B, 1 C. Green Veg., 1.125 C. Red Orange, .625 C. Legumes, .5 C. Starchy Veg., 1.125 C. Other Veg., 2.75 C. F/V Avg Cost: \$ 1.27
<b>Ham &amp; Cheese on Pretzel Bun</b> <i>Use your commodity Ham &amp; Cheese on a J &amp; J WG Pretzel Bun</i> <b>09086</b> Lettuce & Tomato Carrot Sticks with Hummus <b>55710, 39972</b> Fresh Apple <b>55511</b> Lowfat Milk	<b>Chicken Nuggets</b> <i>Newly formulated WG Goldkist nuggets.</i> <b>02672</b> Macaroni & Cheese <b>35377, 17120</b> Steamed Green Beans <b>12325</b> Chilled Fruit Cocktail <b>10170</b> Lowfat Milk	<b>Honey Mustard Chicken Wrap</b> <i>Mission WG tortilla with New Tyson unbreaded chicken chunks, honey mustard sauce, lettuce &amp; tomato</i> <b>02765, 19092, 20632</b>  Hash Browns or Tater Puffs <b>06954, 06890</b> Orange Smiles <b>55641</b> Lowfat Milk	<b>Ground Beef Stroganoff</b> <i>USDA recipe with WG noodles</i> <b>35393</b>  Steamed Carrots <b>05952</b> Homemade WG Roll Fresh Banana <b>55550</b>  Lowfat Milk	<b>Cheese Max Stix</b> <i>Con Agra "The Max" product, WG and delicious!</i> <b>05321</b> Marinara Dipping Sauce <b>14762</b> Garden Salad <b>55774</b> Chilled Pears & Blueberries <b>10455, 07245</b> Lowfat Milk	Calories: 679  Sodium (mg): 1324  Total Fat (g): 19.8 g    26.3%  Saturated Fat (g): 6.1    8.0%
Meal Pattern: 2.5 oz M/MA, 2 G/B, .125 Green Veg., .5 C. Legume, .625 C. Other Veg., .5 C. Fruit Cost: \$ 1.71	Meal Pattern: 2 oz M/MA, 2 G/B, .75 C. Other Veg., .5 C. Fruit Cost: 1.04	Meal Pattern: 2.5 oz M/MA, 1.5 G/B, .125 C. Green Veg., .25 C. Red Orange Veg., .5 C. Other Veg., .5 C. Fruit Cost: \$1.19	Meal Pattern: 2 oz M/MA, 2 G/B, .75 C. Red Orange Veg., .5 C. Fruit Cost: \$ 1.03	Meal Pattern: 2 oz M/MA, 2 G/B, .75 C. Green Veg., .25 Red Orange Veg., .5 C. Fruit Cost: \$ 1.48	Total: 11 oz. M/MA, 9.5 G/B, 1 C. Green Veg., 1.875 Red Orange Veg., .5 C. Legume, .5 C. Starchy Veg., 1.125 C. Other Veg., 2.5 C. Fruit    Avg. Cost \$1.22

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<p><b>Cheeseburger on WG Bun</b>  <i>Pierre charbroiled patty on Bakecrafter's bun</i>  <b>01560, 08982</b>  Lettuce &amp; Tomato  McCain Curly Fries <b>07124</b>  Fresh Fruit  Lowfat Milk</p>	<p><b>Homemade Chicken &amp; Noodles</b>  <i>USDA recipe with UltraGrain WG noodles</i>  <b>35393</b>  Whipped Potatoes <b>31760</b>  Green Beans <b>12325</b>  Otis WG Carnival Cookie <b>09211</b>  Fresh Orange Smiles <b>55641</b>    Lowfat Milk</p>	<p><b>Chicken Nachos Grande</b>  <i>USDA recipe with WG tortilla chips</i>  <b>33056</b>    Salsa <b>19268</b>  Refried Beans <b>19132</b>  Chilled Pineapple <b>10560</b>  Low fat Milk</p>	<p><b>Mini Corn Dogs</b>  <i>Foster Farms WG product, great kid pleaser!</i>  <b>06500</b>  Cauliflower Florets with Ranch <b>55768, 20532</b>  Chilled Peaches <b>10350</b>  Lowfat Milk</p>	<p><b>Toasted Ravioli</b>  <i>Locally made bake able product from Louisa!</i>  <b>04798</b>  Meat Sauce for Dipping  Garden Salad <b>55774</b>  J &amp; J Frozen Juice Cup  <b>08481, 08483, 08485, 07637, 07675, 07702, 07703</b>    Lowfat Milk</p>	<p>Calories: 641    Sodium (mg): 1472    Total Fat (g): 17.1      23.9%    Saturated Fat (g): 5.3      7.9%</p>
<p>Meal Pattern: 2.5 M/MA, 2 G/B, .125 C. Green Veg., .125 C. Red Orange Veg., .75 C. Starchy Veg., .5 c. Fruit  Cost \$1.43</p>	<p>Meal Pattern: 2 M/MA, 1.75 G/B, .5 c. Starchy Veg., .5 c. Other Veg., .5 c. Fruit  Cost: \$1.68</p>	<p>Meal Pattern: 2 M/MA, 1.5 G/B, .125 C. Green Veg., .5 C. Red Orange Veg., .5 C. Legume, .5 c Fruit  Cost: \$1.16</p>	<p>Meal Pattern: 2 M/MA, 2 G/B, .75 C. Other Veg., .5 c. Fruit,  Cost: \$1.17</p>	<p>Meal Pattern: 2 M/MA, 27.5 G/B, .75 C. Green Veg., .375 C. Red Orange Veg., .5 c. Fruit  Cost: \$1.48</p>	<p>Total: 10.5 M/MA, 10 G/B, .1 C. Green Veg., 1 C. Red Orange Veg., .5 C. Legumes, .5 C. Starchy Veg., 1.25 C. Other Veg., 2.5 c. Fruit  Avg. Cost \$1.29</p>

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<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Nutrients Analysis</b>
<b>Chicken Patty on WG Bun</b> <i>Chicken Patty Day with a newly formulated WG Tyson product!</i> <b>02693, 08982</b> Lettuce & Tomato Carrot Sticks <b>55710</b> Creamy Cole Slaw <b>55762, 20562</b> Fresh Fruit Lowfat Milk <b>38914, 38945, 38946</b>	<b>Beef Taco Pie</b> <i>Easy &amp; delicious school recipe!</i> Salsa <b>19268</b> Golden Corn <b>06007</b> Fresh Apple <b>55511</b> Lowfat Milk	<b>Pork Stir Fry</b> <i>Commodity pork roast with veggies in a simple Precision sauce mix.</i> <b>03070, 19342, 19344, 19346</b> Brown Rice <b>35019</b> Celery Sticks with Ranch <b>55720, 20532</b>  Chilled Pineapple <b>10560</b>  Lowfat Milk	<b>BBQ Rib on WG Bun</b> <i>Advance Pierre precooked patty with Cookie's BBQ sauce</i> <b>01173, 08982, 15008</b>  Spicy Pinto Beans <b>12690, 19268, 19017</b> Fresh Grapes <b>55576, 55578</b>  Lowfat Milk	<b>Tony's Pizza Day!</b> <b>05341, 05343, 05357, 05358, 05359, 05557, 05559, 05569</b>  Steamed Green Beans <b>12325</b>  Fresh Banana <b>55550</b> Lowfat Milk	Calories: 670  Sodium (mg): 1204  Total Fat (g): 16.2      21.8%  Saturated Fat (g): 4.5      6.0%
Meal Pattern: 2M/MA, 3 G/B, .125 C. Green Veg., .625 C. Red Orange Veg., .25 C. Other Veg., .5 C. Fruit Cost: \$1.55	Meal Pattern: 2 M/MA, 1.25 G/B, .125 C. Green Veg., .375 C. Red Orange Veg., .5 C Starchy Veg., .5 C. Fruit Cost: \$1.18	Meal Pattern: 2 M/MA, 1 G/B, .25 C. Green Veg., .25 C. Red Orange Veg., .25 C. Other Veg., .5 c. Fruit Cost: \$.97	Meal Pattern: 2 M/MA, 2 G/B, .75 C. Legume, .5 c. fruit Cost: \$1.32	Meal Pattern: 2 M/MA, 2 G/B, .75 C. Other Veg., .5 fruit Cost: \$1.13	Total: 10 M/MA, 9.25 G/B, .5 C. Green Veg., 1.25 C. Red Orange Veg., .75 C. Legume, .5 C. Starchy Veg., 1.25C. Other Veg., 2.5 C. Fruit Avg. Cost: \$1.29
<b>Chili Cheese Max Wrap</b> <i>Con Agra Mexican entrée, vegetarian too!</i> <b>05717</b> Refried Beans <b>19132</b> Salsa <b>19268</b> Chilled Pears <b>10455</b>  Lowfat Milk	<b>Chicken Broccoli Alfredo</b> <i>Commodity diced chicken, broccoli &amp; Trio Alfredo sauce with WG noodles</i> <b>17100, 05834, 35393</b> Homemade WG Roll Garden Salad <b>55774</b> Rosy Applesauce <b>18540</b> Lowfat Milk	<b>Sloppy Joe on WG Bun</b> <i>Classic student favorite on a Bakecrafter's WG bun</i> <b>08982</b> Baked French Fries <b>07074</b> Fresh Apple <b>55511</b>  Low fat Milk	<b>Turkey Pinwheels</b> <i>Turkey &amp; veggies wrapped in a WG tortilla, served sliced</i> <b>19092, 02430</b>  Broccoli Salad <b>55420</b> Fresh Banana <b>55550</b> Lowfat Milk	<b>Cheese Pizza Crunchers</b> <i>Richs WG pizza pillows, bake able, served with Marinara sauce</i> <b>05598, 14762</b> Ardmore Vegetable Juice (Wango Mango or Dragon Punch) <b>07493, 07494</b> Fresh Fruit Salad Lowfat Milk	Calories: 644  Sodium (mg): 1188  Total Fat (g): 15.0      21.0%  Saturated Fat (g): 4.4      6.1%
Meal Pattern: 2 M/MA, 2 G/B, .25 C Red Orange Veg., .5 C. Legume, .5 c. Fruit Cost: \$1.27	Meal Pattern: 2 M/MA, 2.5 G/B, .75 C. Green Veg., .5 c. Fruit Cost: \$.92	Meal Pattern: 2 M/MA, 2 G/B, .25 C. Red Orange Veg., .5 C. Starchy Veg., .5 c. Fruit Cost: \$1.17	Meal Pattern: 1 M/MA, 1.5 G/B, .375 Green Veg., .125 Red Orange Veg., .125 C. Other Veg., .5 c. Fruit Cost: \$1.60	Meal Pattern: 2 M/MA, 2 G/B, .25 C. Red Orange Veg., .5 c. Other Veg., .5 c. Fruit Cost: \$1.54	Total: 9 M/MA, 10 G/B, .1.125 Green Veg., .875 Red Orange Veg., .5 C. Legume, .5 C. Starchy Veg., .625 C. Other Veg., 2.5 C. Fruit Avg. Cost: \$1.41

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<p><b>Sweet Potato Encrusted Fish Nuggets</b></p> <p><i>Try offering a dipping sauce of Ranch dressing mixed with hot sauce!</i></p> <p>03345, 20532, 15226</p> <p>McCain Smiley Potatoes 06903 Cherry Tomatoes 55470 Chewy Maple Granola Bar 34624 Fresh Apple 55511 Lowfat Milk</p>	<p><b>Three Cheese Toasted Cheese &amp; Homemade Chicken Noodle Soup</b></p> <p>08859, <i>Mozzarella, American &amp; Parmesan on WG Bread with a simple soup recipe using your commodity diced chicken</i></p> <p>Spinach Salad 55420 Chilled Peaches 10350</p> <p>Lowfat Milk</p>	<p><b>Turkey Bacon Flatbread Sandwich</b></p> <p><i>Father's Table Ultra Loco WG bread with turkey, bacon, cheese, lettuce &amp; tomato</i></p> <p>02406, 02430, 01074 Baked Beans 12550 Carrot Sticks 55710 Chilled Applesauce 18540</p> <p>Low fat Milk</p>	<p><b>Homemade Meatloaf</b></p> <p><i>USDA recipe with Trio brown gravy</i></p> <p>17138</p> <p>Au Gratin Potatoes 31768 Rich's Ripstick 09199 Green Beans 12325 Chilled Fruit Cocktail 10170 Lowfat Milk</p>	<p><b>Bosco Sticks</b></p> <p><i>Serve 2 WG reduced fat sticks with dipping sauce!</i></p> <p>05312</p> <p>Marinara Sauce 14762 California Blend Veggies 06143 Fresh Orange Smiles 55641 Lowfat Milk</p>	<p>Calories: 673</p> <p>Sodium (mg): 1201</p> <p>Total Fat (g): 17.5      23.4%</p> <p>Saturated Fat (g): 6.1      8.2%</p>
<p>Meal Pattern: 2 M/MA, 1.75 G/B, .25 C. Red Orange Veg., .5 C Starchy Veg., .5 C. Fruit Cost: \$1.78</p>	<p>Meal Pattern: 2.5 M/MA, 2.5 G/B, .75 C. Green Veg., .5 c. Fruit Cost: \$.90</p>	<p>Meal Pattern: 2.5 M/MA, 2 G/B, .125 C. Green Veg., .5 C. Red Orange Veg., .5 C. Legume, .5 C. Fruit Cost: \$1.33</p>	<p>Meal Pattern: 2 M/MA, 1.5 G/B, .5 C. Starchy Veg., .5 C. Other Veg., .5 C. Fruit Cost: \$1.34</p>	<p>Meal Pattern: 2 M/MA, 2 G/B, .25 C. Red Orange Veg., .5 C. Other Veg., .5 c. Fruit Cost: \$1.54</p>	<p>Meal Pattern: 11 M/MA, 9.75 G/B, .875 C. Green Veg., 1 C. Red Orange Veg., .5 C. Legume, 1 C. Starchy Veg., 1 C. Other Veg., 2.5 c. Fruit Avg. Cost: \$1.38</p>