



Iowa Gold Star Breakfast Menu



Includes flexibilities issued for the 2013-14 school year, addressed in USDA Memo SP28-2013.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WEEK 1</p> <p>WG Breakfast Pizza</p> <p>Juice Choice and Banana Milk</p> <p>Or</p> <p>WG Cereal, WG Toast, Juice and Banana, Milk</p>	<p>WG Pancakes</p> <p>Juice Choice and Hot Cinnamon Apples Milk</p> <p>Or</p> <p>WG Cereal, WG Toast, Juice and Hot Cinnamon Apples, Milk</p>	<p>Cheese Omelet WG Toast</p> <p>Juice Choice and Orange Smiles Milk</p> <p>Or</p> <p>WG Cereal, WG Toast, Juice and Orange Smiles, Milk</p>	<p>Oatmeal w/Blueberries WG Toast</p> <p>and Juice Choice Milk</p> <p>Or</p> <p>WG Cereal, WG Toast, Juice and Blueberries, Milk</p>	<p>Yogurt w/WG Pumpkin Chocolate Chip Muffin</p> <p>Juice Choice and Pears Milk</p> <p>Or</p> <p>WG Cereal, WG Toast, Juice and Pears, Milk</p>
<p>WEEK 2</p> <p>WG French Toast Stick</p> <p>Juice Choice and Applesauce Milk</p> <p>Or</p> <p>WG Cereal, WG Toast, Juice and Applesauce, Milk</p>	<p>Breakfast Egg & Cheese Sandwich on WG English Muffin</p> <p>Juice Choice and Strawberries Milk</p> <p>Or</p> <p>WG Cereal, WG Toast, Juice and Strawberries, Milk</p>	<p>WG Waffles</p> <p>Juice Choice and Cantaloupe Chunks Milk</p> <p>Or</p> <p>WG Cereal, WG Toast, Juice and Cantaloupe Chunks, Milk</p>	<p>WG Sausage on a Stick</p> <p>Juice Choice and Mandarin Oranges Milk</p> <p>Or</p> <p>WG Cereal, WG Toast, Juice and Mandarin Oranges, Milk</p>	<p>WG Breakfast Egg & Cheese Burrito w/Salsa Hash Brown Potatoes</p> <p>Juice Choice and Banana</p> <p>Or</p> <p>WG Cereal, WG Toast, Juice and Banana, Milk</p>

WEEK 3 Grab 'n Go				
WG Cereal WG Pumpkin Chocolate Chip Muffin Orange Smiles	String Cheese WG Graham Crackers Apple Juice	WG Mini Bagel Yogurt Fresh Melon Cup	Ham and Cheese Sandwich on WG Bun Apple Slices	Hard Boiled Egg WG Granola Bar Banana

Pumpkin Chocolate Chip Muffin recipe and other supporting resources are available at <http://tinyurl.com/iowagoldstarmenu>

Notes:

- Two-week Breakfast Cycle Menu and one week Grab 'n Go Breakfast Menu that meet the 2013-2014 breakfast meal pattern with flexibilities.
- Menus meet the K-8 grade group requirements of 8-10 grains oz. eq. and 400-500 calories/week; schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.
- The Iowa Gold Star Breakfast Menu meets the Gold criteria for HealthierUS School Challenge and offers healthy USDA Foods.
- All menus include a choice of non-fat milk, 1% milk, or non-fat chocolate milk.
- All menus include 1 cup fruit or juice, or a combination of the two, to meet the 1 cup fruit requirement for 2014-2015.
- Nutrition analysis using NutriKids and menu component contribution are available.
- A whole grain product is indicated by WG in the menu.

Pumpkin Chocolate Chip Muffin (Healthier Kansas Recipe B-104, Modified by Iowa Department of Education June 2013)

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