

Martins Ferry City Schools

BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																																																																																																																																											
Jul - 3 POP TART MEAL K-12	Jul - 4 FRENCH TOAST MEAL K-12	Jul - 5 WAFFLE MEAL K-12	Jul - 6 CIN. PANCAKE MEAL K-12	Jul - 7 DONUT HOLES MEAL K-12	Avg Nutrients Target Cals... 476 100% Chol... 8* mg Sodium. 357 mg Fiber.. 5.0* g Iron... 1.5* mg Calcium517.2* mg Vit A 1316* IU Vit C 48.8* mg Sugar 51.5g 43.2%Cal Prot 12.8*g 10.7%Cal Carb 89.2g 74.9%Cal T.Fat 7.1*g 13.4%Cal S.Fat 2.2*g 4.1%Cal																																																																																																																																											
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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.

Martins Ferry City Schools

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Aug 15, 2023

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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.

Martins Ferry City Schools

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																																																																																																																																											
Jul - 3 HAMBURGER MEAL K-8	Jul - 4 DRUMSTICK MEAL K-8	Jul - 5 GR. CHEESE MEAL K-8	Jul - 6 GR. CHICKEN MEAL K-8	Jul - 7 PIZZA MEAL K-8	Avg Nutrients Target Cals... 585 98% Chol... 49* mg Sodium. 1112 mg Fiber.. 10.5* g Iron... 4.4* mg 97% Calcium621.9* mg 155% Vit A 4017* IU 268% Vit C 25.7* mg 154% Sugar 26.1*g 17.8%Cal Prot 32.5*g 22.2%Cal Carb 86.1g 58.8%Cal T.Fat 14.3g 22.0%Cal S.Fat 4.4*g 6.7%Cal																																																																																																																																											
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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.

Martins Ferry City Schools

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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.

Martins Ferry City Schools

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																																																																																																																																											
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* - 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.

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Page 2

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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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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.