

Ashwaubenon School District Continental Breakfast Meal

- A continental breakfast is simple, offers variety, and delicious
- The food choices include an assortment of fruit / juices, proteins, and grains
- Students must choose at least 3 varied components for a reimbursable meal

Choose 3 or 4
of the food
items

Food Components	Serving Size
Milk	8 ounce carton
Fruit	½ cup
Protein	1 serving
Grain	1 serving

Milk	Fruit	Protein	Grain
Skim white	Fresh fruit	Yogurt	Cold cereal
Low fat white	Canned fruit	Cheese stick	Hot cereal
	Dried fruit	Boiled egg	Breakfast bar
	Fruit juice, 100%	Peanut butter	Graham crackers

Average Weekly Nutrient Standards

Calories 554; Protein 10 gm; Calcium 257 mg; Iron 3.9 mg; Vitamin A 197 RE; Vitamin C 13 mg; Total fat no more than 30% of total calories; Saturated fat is less than 10% of total calories.

