

Martins Ferry City Schools

K-12 BREAKFAST

HHFKA - K-12

BREAKFAST MENU

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Sep 24, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 2	Feb - 3	Feb - 4	Feb - 5	Feb - 6	Avg Nutrients Target
POP TART MEAL K-12	FRENCH TOAST MEAL K-12	WAFFLE MEAL K-12	CINNAMON ROLLS MEAL K-12	DONUT HOLES MEAL K-12	Cals... 481 100%
					Chol... 6*mg
					Sodium... 446mg
					Fiber... 7.2*g
					Iron... 2.1*mg
					Calcium571.4*mg
					Vit A 40*mcg RAE
					Vit C 69.0*mg
					Tot Sug 48.2g 40.1%Cal
					Add Sug 0.0*g 0.0%Cal
					Protein 14.1*g 11.8%Cal
					Carb... 88.8g 73.8%Cal
					T.Fat.. 7.9*g 14.7%Cal
					S.Fat.. 2.2*g 4.2%Cal
Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target	
Cals... 467 100%	Cals... 447 99%	Cals... 450 100%	Cals... 487 100%	Cals... 557 111%	
Chol... 5mg	Chol... 5*mg	Chol... 10*mg	Chol... 5*mg	Chol... 5*mg	
Sodium... 324mg	Sodium... 394mg	Sodium... 620mg	Sodium... 419mg	Sodium... 474mg	
Fiber... 8.0g	Fiber... 5.0*g	Fiber... 4.9*g	Fiber... 5.0*g	Fiber... 13.0*g	
Iron... 1.9mg	Iron... 2.8*mg	Iron... 1.9*mg	Iron... 1.7*mg	Iron... 2.3*mg	
Calcium 604.3mg	Calcium604.3*mg	Calcium569.8*mg	Calcium534.3*mg	Calcium544.3*mg	
Vit A *N/A*mcg RAE	Vit A *N/A*mcg RAE	Vit A *N/A*mcg RAE	Vit A *N/A*mcg RAE	Vit A 200*mcg RAE	
Vit C 62.5mg	Vit C 116.5*mg	Vit C 101.3*mg	Vit C 62.5*mg	Vit C 2.5*mg	
Tot Sug 51.0g 43.7%Cal	Tot Sug 50.0g 44.8%Cal	Tot Sug 51.2g 45.5%Cal	Tot Sug 38.0g 31.2%Cal	Tot Sug 51.0g 36.6%Cal	
Add Sug *N/A*g *N/A*%Cal	Add Sug *N/A*g *N/A*%Cal	Add Sug *N/A*g *N/A*%Cal	Add Sug *N/A*g *N/A*%Cal	Add Sug 0.0*g 0.0%Cal	
Protein 10.4g 8.9%Cal	Protein 14.4*g 12.9%Cal	Protein 15.1*g 13.4%Cal	Protein 12.4*g 10.2%Cal	Protein 18.4*g 13.2%Cal	
Carb... 100.0g 85.7%Cal	Carb... 80.0g 71.7%Cal	Carb... 86.0g 76.5%Cal	Carb... 88.0g 72.3%Cal	Carb... 90.0g 64.7%Cal	
T.Fat.. 2.9g 5.7%Cal	T.Fat.. 6.4*g 13.0%Cal	T.Fat.. 7.0*g 14.0%Cal	T.Fat.. 7.4*g 13.8%Cal	T.Fat.. 15.4*g 25.0%Cal	
S.Fat.. 1.3g 2.5%Cal	S.Fat.. 1.8*g 3.6%Cal	S.Fat.. 1.4*g 2.9%Cal	S.Fat.. 1.8*g 3.3%Cal	S.Fat.. 4.8*g 7.7%Cal	

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	481	450-500	100%	Total Sugars	48.22 g	40.09%	
Cholesterol	6* mg			Added Sugars	0.00* g	0.00%	
Sodium	446 mg	540		Protein	14.14* g	11.76%	
Fiber	7.18* g			Carbohyd	88.80 g	73.82%	
Iron	2.11* mg			Tot. Fat	7.86* g	14.70%	<=30.0%
Calcium	571.38* mg			Sat. Fat	2.22* g	4.16%	<10.00%
Vitamin A	40* mcg RAE						
Vitamin C	69.04* mg						

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.

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K-12 BREAKFAST
HHFKA - K-12
BREAKFAST MENU

Sep 24, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 9	Feb - 10	Feb - 11	Feb - 12	Feb - 13	Avg Nutrients Target
BANANA BAR MEAL K-12	PANCAKE MEAL K-12	TEXAS TOAST MEAL K-12	CONFETTI PANCAKE ME K-12	S. DONUT MEAL K-12	Cals... 477 100%
					Chol... 12*mg
					Sodium. 475mg
					Fiber... 6.6*g
					Iron... 3.3*mg
					Calcium575.4*mg
					Vit A 40*mcg RAE
					Vit C 52.5*mg
					Tot Sug 47.0g 39.5%Cal
					Add Sug 0.0*g 0.0%Cal
					Protein 15.1*g 12.7%Cal
					Carb... 85.2g 71.5%Cal
					T.Fat... 7.8*g 14.7%Cal
					S.Fat... 1.9*g 3.6%Cal
Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target	
Cals... 527 105%	Cals... 457 100%	Cals... 507 101%	Cals... 497 100%	Cals... 397 88%	
Chol... 20*mg	Chol... 15*mg	Chol... 5*mg	Chol... 15*mg	Chol... 5*mg	
Sodium. 369mg	Sodium. 696mg	Sodium. 429mg	Sodium. 554mg	Sodium. 329mg	
Fiber... 5.0*g	Fiber... 5.9*g	Fiber... 4.0*g	Fiber... 15.0*g	Fiber... 3.0*g	
Iron... 1.9*mg	Iron... 0.6*mg	Iron... 2.8*mg	Iron... 4.8*mg	Iron... 6.4*mg	
Calcium524.3*mg	Calcium529.8*mg	Calcium544.3*mg	Calcium574.3*mg	Calcium704.3*mg	
Vit A *N/A*mcg RAE	Vit A *N/A*mcg RAE	Vit A *N/A*mcg RAE	Vit A 200*mcg RAE	Vit A *N/A*mcg RAE	
Vit C 62.5*mg	Vit C 101.3*mg	Vit C 3.7*mg	Vit C 62.5*mg	Vit C 32.5*mg	
Tot Sug 47.0g 35.7%Cal	Tot Sug 52.2g 45.7%Cal	Tot Sug 59.0g 46.6%Cal	Tot Sug 23.0g 18.5%Cal	Tot Sug 54.0g 54.5%Cal	
Add Sug *N/A*g *N/A*%Cal	Add Sug *N/A*g *N/A*%Cal	Add Sug *N/A*g *N/A*%Cal	Add Sug 0.0*g 0.0%Cal	Add Sug *N/A*g *N/A*%Cal	
Protein 13.4*g 10.2%Cal	Protein 14.1*g 12.4%Cal	Protein 17.4*g 13.7%Cal	Protein 17.4*g 14.0%Cal	Protein 13.4*g 13.5%Cal	
Carb... 96.0g 72.9%Cal	Carb... 82.0g 71.9%Cal	Carb... 93.0g 73.4%Cal	Carb... 84.0g 67.7%Cal	Carb... 71.0g 71.6%Cal	
T.Fat... 8.4*g 14.4%Cal	T.Fat... 8.0*g 15.8%Cal	T.Fat... 6.4*g 11.5%Cal	T.Fat... 10.4*g 18.9%Cal	T.Fat... 5.4*g 12.4%Cal	
S.Fat... 3.3*g 5.6%Cal	S.Fat... 1.9*g 3.8%Cal	S.Fat... 1.3*g 2.3%Cal	S.Fat... 1.3*g 2.3%Cal	S.Fat... 1.8*g 4.1%Cal	

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	477	450-500	100%	Total Sugars	47.02 g	39.47%	
Cholesterol	12* mg			Added Sugars	0.00* g	0.00%	
Sodium	475 mg	540		Protein	15.14* g	12.71%	
Fiber	6.58* g			Carbohyd	85.20 g	71.52%	
Iron	3.30* mg			Tot. Fat	7.76* g	14.65%	<=30.0%
Calcium	575.38* mg			Sat. Fat	1.92* g	3.63%	<10.00%
Vitamin A	40* mcg RAE						
Vitamin C	52.48* mg						

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 16	Feb - 17	Feb - 18	Feb - 19	Feb - 20	Avg Nutrients Target
CEREAL/ZEE ZEE BAR M K-12	SAUSAGE PANCAKE ME K-12	FL WAFFLE MEAL K-12	CINN TOAST MEAL K-12	DONUT HOLES MEAL K-12	Cals... 453 100%
					Chol... 11*mg
					Sodium. 435mg
					Fiber... 5.7*g
					Iron... 2.4*mg
					Calcium613.0*mg
					Vit A 0*mcg RAE
					Vit C 58.8*mg
					Tot Sug 42.0g 37.0%Cal
					Add Sug 1.0*g 0.9%Cal
					Protein 13.6*g 12.0%Cal
					Carb... 81.1g 71.6%Cal
					T.Fat.. 7.0*g 13.8%Cal
					S.Fat.. 2.6*g 5.2%Cal
Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target	
Cals... 440 98%	Cals... 376 84%	Cals... 427 95%	Cals... 527 105%	Cals... 497 100%	
Chol... 5*mg	Chol... 30*mg	Chol... 5*mg	Chol... 10*mg	Chol... 5*mg	
Sodium. 253mg	Sodium. 458mg	Sodium. 359mg	Sodium. 424mg	Sodium. 681mg	
Fiber... 6.0g	Fiber... 6.6g	Fiber... 5.0*g	Fiber... 6.0*g	Fiber... 4.9*g	
Iron... 2.4mg	Iron... 2.4mg	Iron... 3.7*mg	Iron... 1.7*mg	Iron... 1.7*mg	
Calcium 724.3mg	Calcium 542.4mg	Calcium704.3*mg	Calcium534.3*mg	Calcium559.8*mg	
Vit A *N/A*mcg RAE	Vit A *N/A*mcg RAE	Vit A 0*mcg RAE	Vit A *N/A*mcg RAE	Vit A *N/A*mcg RAE	
Vit C 63.7mg	Vit C 3.9mg	Vit C 62.5*mg	Vit C 2.5*mg	Vit C 161.3*mg	
Tot Sug 43.0g 39.1%Cal	Tot Sug 36.7g 39.0%Cal	Tot Sug 29.0g 27.2%Cal	Tot Sug 63.0g 47.9%Cal	Tot Sug 38.2g 30.7%Cal	
Add Sug *N/A*g *N/A*%Cal	Add Sug *N/A*g *N/A*%Cal	Add Sug 5.0*g 4.7%Cal	Add Sug *N/A*g *N/A*%Cal	Add Sug *N/A*g *N/A*%Cal	
Protein 11.4g 10.4%Cal	Protein 15.8g 16.8%Cal	Protein 12.4*g 11.6%Cal	Protein 14.4*g 10.9%Cal	Protein 14.1*g 11.4%Cal	
Carb... 94.0g 85.5%Cal	Carb... 53.7g 57.0%Cal	Carb... 80.0g 75.0%Cal	Carb... 95.0g 72.2%Cal	Carb... 83.0g 66.9%Cal	
T.Fat.. 3.4g 7.1%Cal	T.Fat.. 9.5g 22.8%Cal	T.Fat.. 0.4*g 0.9%Cal	T.Fat.. 8.4*g 14.4%Cal	T.Fat.. 13.0*g 23.6%Cal	
S.Fat.. 0.8g 1.6%Cal	S.Fat.. 2.8g 6.7%Cal	S.Fat.. 1.8*g 3.8%Cal	S.Fat.. 2.8*g 4.8%Cal	S.Fat.. 4.9*g 9.0%Cal	

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	453	450-500	100%	Total Sugars	41.96 g	37.04%	
Cholesterol	11* mg			Added Sugars	1.00* g	0.88%	
Sodium	435 mg	540		Protein	13.62* g	12.02%	
Fiber	5.71* g			Carbohyd	81.13 g	71.62%	
Iron	2.39* mg			Tot. Fat	6.97* g	13.85%	<=30.0%
Calcium	613.01* mg			Sat. Fat	2.62* g	5.21%	<10.00%
Vitamin A	0* mcg RAE						
Vitamin C	58.77* mg						

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Sep 24, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 23	Feb - 24	Feb - 25	Feb - 26	Feb - 27	Avg Nutrients Target
MUFFIN MEAL K-12	CINNAMON WAFFLE K-12	CONFETTI PANCAKE ME K-12	CIN. PANCAKE MEAL K-12	DONUT MEAL K-12	Cals... 482 100%
					Chol... 17*mg
					Sodium. 462mg
					Fiber... 5.7*g
					Iron... 1.8*mg
					Calcium 499.9*mg
					Vit A *N/A*mcg RAE
					Vit C 58.0*mg
					Tot Sug 46.9g 38.8%Cal
					Add Sug *N/A*g *N/A*%Cal
					Protein 13.6*g 11.3%Cal
					Carb... 86.2g 71.4%Cal
					T.Fat.. 9.1*g 17.0%Cal
					S.Fat.. 3.2*g 6.0%Cal
Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target	Nutrients Target	
Cals... 477 100%	Cals... 467 100%	Cals... 510 102%	Cals... 413 92%	Cals... 547 109%	
Chol... 15mg	Chol... 35mg	Chol... 15mg	Chol... 15mg	Chol... 5*mg	
Sodium. 279mg	Sodium. 731mg	Sodium. 448mg	Sodium. 412mg	Sodium. 439mg	
Fiber.. 6.0g	Fiber.. 4.9g	Fiber.. 7.0g	Fiber.. 5.6g	Fiber.. 5.0*g	
Iron... 0.8mg	Iron... 2.0mg	Iron... 4.2mg	Iron... 0.6*mg	Iron... 1.2*mg	
Calcium 504.3mg	Calcium 569.8mg	Calcium 584.3mg	Calcium 316.8*mg	Calcium 524.3*mg	
Vit A *N/A*mcg RAE	Vit A *N/A*mcg RAE	Vit A *N/A*mcg RAE	Vit A *N/A*mcg RAE	Vit A *N/A*mcg RAE	
Vit C 62.5mg	Vit C 101.3*mg	Vit C 62.5*mg	Vit C 1.5*mg	Vit C 62.5*mg	
Tot Sug 51.0g 42.8%Cal	Tot Sug 50.2g 43.0%Cal	Tot Sug 45.0g 35.3%Cal	Tot Sug 44.2g 42.8%Cal	Tot Sug 44.0g 32.2%Cal	
Add Sug *N/A*g *N/A*%Cal	Add Sug *N/A*g *N/A*%Cal	Add Sug *N/A*g *N/A*%Cal	Add Sug *N/A*g *N/A*%Cal	Add Sug *N/A*g *N/A*%Cal	
Protein 10.4g 8.7%Cal	Protein 17.1g 14.7%Cal	Protein 13.4g 10.5%Cal	Protein 13.6g 13.2%Cal	Protein 13.4*g 9.8%Cal	
Carb... 92.0g 77.2%Cal	Carb... 78.0g 66.9%Cal	Carb... 100.0g 78.5%Cal	Carb... 73.8g 71.5%Cal	Carb... 87.0g 63.7%Cal	
T.Fat.. 7.4g 14.1%Cal	T.Fat.. 10.0g 19.3%Cal	T.Fat.. 7.4g 13.2%Cal	T.Fat.. 7.3g 15.8%Cal	T.Fat.. 13.4*g 22.1%Cal	
S.Fat.. 1.3g 2.4%Cal	S.Fat.. 3.4g 6.7%Cal	S.Fat.. 1.3g 2.3%Cal	S.Fat.. 1.7g 3.6%Cal	S.Fat.. 8.3*g 13.7%Cal	

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	482	450-500	100%	Total Sugars	46.86 g	38.85%	
Cholesterol	17* mg			Added Sugars	*N/A* g	*N/A*%	
Sodium	462 mg	540		Protein	13.58* g	11.26%	
Fiber	5.71* g			Carbohyd	86.16 g	71.44%	
Iron	1.77* mg			Tot. Fat	9.12* g	17.02%	<=30.0%
Calcium	499.89* mg			Sat. Fat	3.19* g	5.96%	<10.00%
Vitamin A	*N/A* mcg RAE						
Vitamin C	58.04* mg						

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