



# AUGUST BREAKFAST



<b>Tuesday – 8/3</b> Grape Juice String Cheese Turkey Sausage Pancake Minis (3) Tropical Fruit Pancake Syrup	<b>Wednesday – 8/4</b> Orange Juice Turkey Sausage Biscuit Swiss Cheese Raisin Bran Cereal	<b>Thursday – 8/5</b> Apple Juice Oatmeal Hard Boiled Egg Fresh Fruit Whole Wheat Bagel & Peanut Butter
<b>Tuesday – 8/10</b> Cranberry Juice Cinnamon Squares Cereal String Cheese Whole Wheat Cinnamon Roll	<b>Wednesday – 8/11</b> Grape Juice Oatmeal Turkey Sausage/Egg/Cheese Wrap Strawberry Waffle Graham Crackers	<b>Thursday – 8/12</b> Orange Juice Bran Flakes Cereal Pancakes & Pancake Syrup Turkey Sausage Link Fresh Fruit
<b>Tuesday – 8/17</b> Grape Juice Cinnamon Squares Cereal Whole Wheat Bagel & Cream Cheese Fruit Cocktail Assorted Jelly	<b>Wednesday – 8/18</b> Orange Juice Bran Flakes Cereal Whole Wheat Cinnamon Roll Hard Boiled Egg	<b>Thursday – 8/19</b> Apple Juice String Cheese Turkey Sausage Pancake Minis (3) Tropical Fruit Pancake Syrup
<b>Tuesday – 8/24</b> Grape Juice Cheerios Pumpkin Muffin Cherry Craisins Hard Boiled Egg	<b>Wednesday – 8/25</b> Cranberry Juice Oatmeal Wheat English Muffin Egg Patty & Cheddar Cheese Fresh Fruit	<b>Thursday – 8/26</b> Apple Juice Turkey Sausage Biscuit Bran Flakes Cereal Raisins
<b>Tuesday – 8/31</b> Orange Juice Cheese Omelet Strawberry Waffle Graham Crackers Honey Nut Cheerios		

AUGUST	Calories Weekly Average	Carbohydrates Weekly Average	Sodium Weekly Average
Week 1	706	95.5	895
Week 2	723	96.5	936
Week 3	689	92.8	900
Week 4	662	83.8	908
Daily Standard		100 grams	800-1000 mg
Targeted Daily	650-750		



## Check for the Heart-Check Mark



The Heart-Check is a simple tool to help you Eat Smart. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern.

This is what it takes to be Heart-Check certified:

**Source of Nutrients-** Beneficial Nutrients (naturally occurring): 10% or more of the Daily Value of 1 of 6 nutrients (vitamin A, vitamin C, calcium, protein or dietary fiber)

**Limiting Bad Fats-** Saturated Fat: 1g or less per standard serving and 15% or less calories from saturated fat; Trans Fat: Less than 0.5g per label serving size and per standard serving size. Products containing partially hydrogenated oils are not eligible for certification.

**Limited in Sodium-** Sodium: One of the four sodium limits apply depending on the particular food category: up to 140 mg, 240 mg or 360 mg per label serving, or 480mg per label serving and per standard serving size.

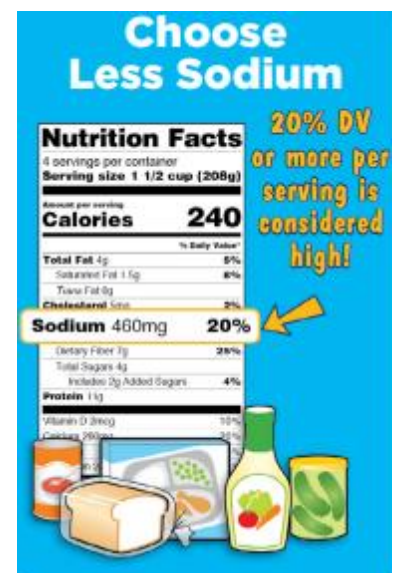
To learn more, visit [heartcheck.org](http://heartcheck.org)

## Sodium: Look at the Label

Over 70% of dietary sodium comes from eating packaged and prepared foods.

### Use the Nutrition Facts label!

Packaged and prepared foods can contain high levels of sodium, whether or not they taste salty. The FDA is working with the food industry to make reasonable reductions in sodium across a wide variety of foods so Americans have an easier time consuming less sodium. Even though sodium may already be in these foods, you can follow these steps to lower your daily sodium intake.



- **Limit sodium to less than 2,300 mg\* per day-** that's equal to about 1 teaspoon of salt!
- **Use % of Daily Value (%DV)** to see if a serving of food is high or low in sodium and to compare food products. As a general guide: 5% DV or less per serving of sodium is considered low, and 20% DV or more per serving of sodium is high.
- **Pay attention to the serving size** and the number of servings you eat or drink to determine how much sodium you are consuming.

### Sodium and Health

According to the *Dietary Guidelines for Americans*, diets higher in sodium are associated with an increased risk of developing high blood pressure. Uncontrolled high blood pressure can raise the risk of heart attacks, heart failure, stroke, kidney disease, and blindness. Consuming less sodium can help reduce your risk of developing these health conditions.

\*The Daily Value (100% DV) for sodium-reference amount not to exceed each day.

<https://www.fda.gov/food/nutrition-education-resources-materials/sodium-nutrition-facts-label>

A P R I C O T A O L V T R B N  
 Y R R E B W A R T S V G C L O  
 H L T K F V M I D P F H A U L  
 M C E C T O H G K R E V N E E  
 C J A M K X J H A R Q F A B M  
 G Z H E O Q F S R U J K N E R  
 U Y P O P N P Y J V Y V A R E  
 L I Y X D B P I G N F X B R T  
 N J K Z E H Q Q U V J O M Y A  
 T N G R V W P C V M W V M P W  
 A K R M F L S X S F O H C J E  
 V Y U P G T G Y T M G G H T P  
 V L E P U O L A T N A C N H K  
 P N Y C K E O C D Z C E K A W  
 S A D C H E L J V V D X T O M



APRICOT  
 CANTALOUPE  
 MANGO  
 RASPBERRY  
 BANANA  
 CHERRY  
 PEACH  
 STRAWBERRY  
 BLUEBERRY  
 LEMON  
 PLUM  
 WATERMELON