

Questions:

Menu Know How

Energize Me

Daily Dose

Idaho IQ

Breakfast Bites

<p>This is the range of calories a breakfast needs to provide, depending on the menu planning system and age grade ranges used.</p>	<p>Menus need to provide 30% or less of this nutrient over the week to meet the Dietary Guidelines.</p>	<p>Apricots, milk and cantaloupe are common sources of this nutrient.</p>	<p>The Dietary Guidelines encourage limiting sodium. This is the average amount of sodium for the breakfast calorie range (500-625 kcal) for the SDE CNP standard</p>	<p>This is the literal meaning of the word Breakfast.</p>
<p>This is one way to meet the 500 calorie level meal and meet the Dietary Guidelines.</p>	<p>A week's menus are limited to 10% total calories from this source to meet the Dietary Guidelines.</p>	<p>This water soluble vitamin is needed daily and is found in two food groups to encourage.</p>	<p>These are foods to include on the menu to help keep sodium levels within the Dietary Guidance.</p>	<p>School breakfast is required to supply this amount of nutrients for growing students.</p>
<p>The Dietary Guidelines recommend 300 milligrams cholesterol each or less day; the SDE CNP standard for average amount per breakfast in Idaho is...</p>	<p>Encourage students to choose foods with this nutrient for growth and a meal that provides satiety (a sense of fullness).</p>	<p>This nutrient is connected to learning, in addition to feeling energized.</p>	<p>The Dietary Guidelines encourage fiber rich foods. This is the average amount of fiber for the breakfast calorie range (500-625 kcal) for the SDE CNP standard.</p>	<p>This finding is common of school breakfasts planned using either menu planning option, food based or nutrient standard menu planning.</p>
<p>This low fat, high protein traditional breakfast food can be offered this many times per week and have menus remain in the guidelines.</p>	<p>This energy source digests more slowly than it's 'simple' cousin for sustain energy release.</p>	<p>This nutrient, found in a food group to encourage, is involved in muscle contractions and nerve transmissions, in addition to teeth and bones.</p>	<p>This is the non-digestible portion of food that helps with feeling full in addition to reducing risk for heart disease and some types of cancer.</p>	<p>A breakfast purchased at a C-store (convenience store) or vending machine will provide a large amount of this energy source and this additive.</p>
<p>These are foods to include on menus to provide protein needs and meet the Dietary Guideline to vary protein sources.</p>	<p>This energy source is quickly digested and, when not balanced with other energy sources in a meal, can cause a person to feel hungry soon after eating.</p>	<p>DAILY DOUBLE The Dietary Guidelines recommend limiting this mineral. There are at least two ways to reduce the amount of it in school breakfast. Hint – daily double means two answers!</p>	<p>These are foods to include on menus to meet fiber requirements.</p>	<p>This is a frequently under utilized strategy in a school district to help meet the demands of No Child Left Behind.</p>

Answers

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<p>What is 500 to 625 calories?</p>	<p>What is Calories from total fat?</p>	<p>What is Vitamin A?</p>	<p>What is 1000 to 1250 milligrams sodium (2 milligrams of sodium per 100 calories of the meal) ?</p>	<p>What is Break the Fast?</p>
<p>What is Offer 1 cup lowfat milk (100 kcals), ½ cup of fresh fruit (50), 2 ounces of whole grains (200) and two ounce of lean meat(150)?</p>	<p>What is Calories from saturated fat?</p>	<p>What is Vitamin C, found in fruits and vegetables?</p>	<p>What is Lower sodium versions of ham, sausage, and potato products and freshly prepared recipes with little added salt?</p>	<p>What is 25% of the RDAs (recommended dietary allowances) for calories, protein, vitamins A and C, and minerals iron and calcium.</p>
<p>What is 75 milligrams?</p>	<p>What is protein?</p>	<p>What is iron?</p>	<p>What is 5 to 6 grams of fiber (1 gram of fiber per 100 calories of the meal)?</p>	<p>What is breakfasts are often low in calories for the age grade grouping (food based or NSMP analyzed separately).</p>
<p>What is 1¾ whole egg(with yolk) and unlimited amounts of egg whites or egg beaters (low cholesterol egg product)?</p>	<p>What is Complex carbohydrate?</p>	<p>What is Calcium, found in milk, cheese and yogurt?</p>	<p>What is Dietary fiber, both soluble and insoluble?</p>	<p>What is Sugar and caffeine?</p>
<p>What is Fat free or lowfat milk, cheese and yogurt, Lean meat choices, and Whole grains.</p>	<p>What is Simple sugar?</p>	<p>What is Prepare foods with little added salt or sodium? or Purchase lower sodium convenience (pre-prepared) foods when possible?</p>	<p>What is Fresh fruits and vegetables, whole grains, legumes, and nuts/seeds?</p>	<p>What is.... School Breakfast?!</p>