



Breakfast Menu A

| Date | Meal Type | Meal | Portion | Cals (kcal) | Sodm (mg) | Fiber (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat (g) |
|----------------|---------------------------------------|--------------------------------|---------|-------------|-----------|-----------|-----------|----------|-----------|-----------|------------|
| Tue 11-01-2022 | Yogurt Parfait w/ Blueberries & Honey | YOGURT PARFAIT W BLUEBERRIES | EACH | 138.11 | 54.21 | 2.66 | 5.38 | 27.94 | 1.27 | 0.50 | 0.00 |
| | | CRACKERS HONEY GRAHAM KELLOGGS | EACH | 90.00 | 95.00 | 1.00 | 2.00 | 17.00 | 2.50 | 0.00 | 0.00 |
| | Frosted Flakes w/ Honey Grahams | CEREAL FROSTED FLAKES | EACH | 100.00 | 160.00 | 2.00 | 2.00 | 24.00 | 0.00 | 0.00 | 0.00 |
| | | CRACKERS HONEY GRAHAM J&J | EACH | 130.00 | 100.00 | 1.00 | 2.00 | 20.00 | 4.00 | 0.00 | 0.00 |
| | Banana | BANANA 150 COUNT 1/2 C | EACH | 105.02 | 1.18 | 3.07 | 1.29 | 26.95 | 0.39 | 0.13 | 0.00 |
| | 1% White Milk | MILK 1% LOW FAT UNFLAVORED | EACH | 120.00 | 160.00 | 0.00 | 11.00 | 16.00 | 2.50 | 1.50 | 0.00 |
| | Fat Free White Milk | MILK FAT FREE UNFLAVORED | EACH | 90.00 | 135.00 | 0.00 | 9.00 | 13.00 | 0.00 | 0.00 | 0.00 |
| Wed 11-02-2022 | Cinnamon Delight | CINNAMON DELIGHT WG BTS | EACH | 300.00 | 300.00 | 2.00 | 4.00 | 43.00 | 13.00 | 3.00 | 0.00 |
| | Cinnamon Chex w/ Cinnamon Crackers | CEREAL CINNAMON CHEX BOWL | EACH | 110.00 | 170.00 | 1.00 | 1.00 | 23.00 | 2.50 | 0.00 | 0.00 |
| | | CRACKERS GRAHAM CINNAMON J&J | EACH | 130.00 | 120.00 | 1.00 | 2.00 | 21.00 | 4.00 | 0.00 | 0.00 |
| | 100% Fruit Juice | JUICE TOTALLY BERRY 4 OZ | EACH | 60.00 | 10.00 | 0.00 | 0.00 | 17.00 | 0.00 | 0.00 | 0.00 |
| | Whole Fruit | APPLE FRESH 163 COUNT 3/4 C | EACH | 57.79 | 1.11 | 2.67 | 0.29 | 15.35 | 0.19 | 0.03 | 0.00 |
| | 1% White Milk | MILK 1% LOW FAT UNFLAVORED | EACH | 120.00 | 160.00 | 0.00 | 11.00 | 16.00 | 2.50 | 1.50 | 0.00 |
| | Fat Free White Milk | MILK FAT FREE UNFLAVORED | EACH | 90.00 | 135.00 | 0.00 | 9.00 | 13.00 | 0.00 | 0.00 | 0.00 |
| Thu 11-03-2022 | French Toast Slice | FRENCH TOAST SLICE WG | EACH | 160.09 | 260.15 | 3.00 | 7.00 | 27.02 | 3.50 | 1.00 | 0.00 |
| | Apple Jacks w/ Cinnamon | CEREAL APPLE JACKS | EACH | 110.00 | 160.00 | 3.00 | 2.00 | 24.00 | 1.00 | 0.50 | 0.00 |
| | | CRACKERS TIGER CINN KELLOGGS | EACH | 120.00 | 105.00 | 1.00 | 2.00 | 21.00 | 4.00 | 1.00 | 0.00 |
| | Orange | ORANGES (1/2 C) | EACH | 61.57 | 0.00 | 3.14 | 1.23 | 15.39 | 0.16 | 0.02 | 0.00 |
| | Whole Fruit (Pear) | PEAR FRESH 150 COUNT 1/2 C | EACH | 68.84 | 1.21 | 3.74 | 0.43 | 18.39 | 0.17 | 0.03 | 0.00 |
| | 1% White Milk | MILK 1% LOW FAT UNFLAVORED | EACH | 120.00 | 160.00 | 0.00 | 11.00 | 16.00 | 2.50 | 1.50 | 0.00 |
| | Fat Free White Milk | MILK FAT FREE UNFLAVORED | EACH | 90.00 | 135.00 | 0.00 | 9.00 | 13.00 | 0.00 | 0.00 | 0.00 |
| Fri 11-04-2022 | Coffee Cake | COFFEE CAKE 3.6 OZ | EACH | 340.00 | 270.00 | 2.00 | 4.00 | 39.00 | 19.00 | 2.00 | 0.00 |
| | Froot Loops w/ Honey | CEREAL FROOT LOOPS | EACH | 110.00 | 160.00 | 2.00 | 2.00 | 24.00 | 0.50 | 0.00 | 0.00 |
| | | CRACKERS HONEY GRAHAM KELLOGGS | EACH | 90.00 | 95.00 | 1.00 | 2.00 | 17.00 | 2.50 | 0.00 | 0.00 |
| | Whole Fruit | APPLE FRESH 163 COUNT 3/4 C | EACH | 57.79 | 1.11 | 2.67 | 0.29 | 15.35 | 0.19 | 0.03 | 0.00 |
| | Pear | PEAR FRESH 150 COUNT 1/2 C | EACH | 68.84 | 1.21 | 3.74 | 0.43 | 18.39 | 0.17 | 0.03 | 0.00 |
| | 1% White Milk | MILK 1% LOW FAT UNFLAVORED | EACH | 120.00 | 160.00 | 0.00 | 11.00 | 16.00 | 2.50 | 1.50 | 0.00 |
| | Fat Free White Milk | MILK FAT FREE UNFLAVORED | EACH | 90.00 | 135.00 | 0.00 | 9.00 | 13.00 | 0.00 | 0.00 | 0.00 |

| | | | | | | | | | | | |
|---------------------|----------------------------------|--------------------------------|-------|--------|--------|------|-------|-------|-------|------|------|
| Mon 11-07-2022 | Fruit Loops w/ Cinnamon | CEREAL FROOT LOOPS | EACH | 110.00 | 160.00 | 2.00 | 2.00 | 24.00 | 0.50 | 0.00 | 0.00 |
| | | CRACKERS GRAHAM CINNAMON J&J | EACH | 130.00 | 120.00 | 1.00 | 2.00 | 21.00 | 4.00 | 0.00 | 0.00 |
| | Pan Dulce | PAN DULCE WHITE CONCHA ARTIMEX | EACH | 199.00 | 90.00 | 2.00 | 5.00 | 34.00 | 6.00 | 1.50 | 0.00 |
| | Apple Sauce | APPLESAUCE CUP 4.5 OZ | EACH | 53.33 | 2.08 | 1.03 | 0.00 | 14.63 | 0.00 | 0.00 | 0.00 |
| | 2nd Fruit-Orange | ORANGES (1/2 C) | EACH | 61.57 | 0.00 | 3.14 | 1.23 | 15.39 | 0.16 | 0.02 | 0.00 |
| | 1% White Milk | MILK 1% LOW FAT UNFLAVORED | EACH | 120.00 | 160.00 | 0.00 | 11.00 | 16.00 | 2.50 | 1.50 | 0.00 |
| | Fat Free White Milk | MILK FAT FREE UNFLAVORED | EACH | 90.00 | 135.00 | 0.00 | 9.00 | 13.00 | 0.00 | 0.00 | 0.00 |
| Tue 11-08-2022 | WG Cinnamon Pancakes | PANCAKE CINNAMON GLOBAL FOOD | EACH | 180.47 | 85.22 | 2.01 | 4.01 | 35.09 | 2.51 | 0.00 | 0.00 |
| | | SYRUP | EACH | 35.00 | 5.00 | 0.00 | 0.00 | 8.00 | 0.00 | 0.00 | 0.00 |
| | Apple Jacks w/ Honey | CEREAL APPLE JACKS | EACH | 110.00 | 160.00 | 3.00 | 2.00 | 24.00 | 1.00 | 0.50 | 0.00 |
| | | CRACKERS HONEY GRAHAM J&J | EACH | 130.00 | 100.00 | 1.00 | 2.00 | 20.00 | 4.00 | 0.00 | 0.00 |
| | Banana | BANANA 150 COUNT 1/2 C | EACH | 105.02 | 1.18 | 3.07 | 1.29 | 26.95 | 0.39 | 0.13 | 0.00 |
| | 2nd Fruit-Pear | PEAR FRESH 150 COUNT 1/2 C | EACH | 68.84 | 1.21 | 3.74 | 0.43 | 18.39 | 0.17 | 0.03 | 0.00 |
| | 1% White Milk | MILK 1% LOW FAT UNFLAVORED | EACH | 120.00 | 160.00 | 0.00 | 11.00 | 16.00 | 2.50 | 1.50 | 0.00 |
| Fat Free White Milk | MILK FAT FREE UNFLAVORED | EACH | 90.00 | 135.00 | 0.00 | 9.00 | 13.00 | 0.00 | 0.00 | 0.00 | |
| Wed 11-09-2022 | Fruit Loops w/ Cinnamon | CEREAL FROOT LOOPS | EACH | 110.00 | 160.00 | 2.00 | 2.00 | 24.00 | 0.50 | 0.00 | 0.00 |
| | | CRACKERS GRAHAM CINNAMON J&J | EACH | 130.00 | 120.00 | 1.00 | 2.00 | 21.00 | 4.00 | 0.00 | 0.00 |
| | Mantecada Muffin | MUFFIN, MANTECADA BTS 3G | EACH | 360.00 | 310.00 | 2.00 | 5.00 | 47.00 | 17.00 | 3.00 | 0.00 |
| | 100% Fruit Juice | JUICE TOTALLY BERRY 4 OZ | EACH | 60.00 | 10.00 | 0.00 | 0.00 | 17.00 | 0.00 | 0.00 | 0.00 |
| | 2nd Fruit-Apple | APPLE FRESH 163 COUNT 3/4 C | EACH | 57.79 | 1.11 | 2.67 | 0.29 | 15.35 | 0.19 | 0.03 | 0.00 |
| | 1% White Milk | MILK 1% LOW FAT UNFLAVORED | EACH | 120.00 | 160.00 | 0.00 | 11.00 | 16.00 | 2.50 | 1.50 | 0.00 |
| | Fat Free White Milk | MILK FAT FREE UNFLAVORED | EACH | 90.00 | 135.00 | 0.00 | 9.00 | 13.00 | 0.00 | 0.00 | 0.00 |
| Thu 11-10-2022 | Cinnamon Frosted Flakes w/ Honey | CRACKERS HONEY GRAHAM J&J | EACH | 130.00 | 100.00 | 1.00 | 2.00 | 20.00 | 4.00 | 0.00 | 0.00 |
| | | CEREAL CINNAMON FLAKES | EACH | 101.25 | 182.25 | 2.03 | 2.03 | 24.30 | 0.00 | 0.00 | 0.00 |
| | Chicken Sausage Breakfast | CHICKEN SAUSAGE BK SANDWICH | EACH | 352.80 | 538.00 | 6.67 | 19.67 | 32.78 | 17.98 | 3.99 | 0.00 |
| | | KETCHUP PACKET 9 GM | EACH | 10.00 | 85.00 | 0.00 | 0.00 | 3.00 | 0.00 | 0.00 | 0.00 |
| | Orange | ORANGES (1/2 C) | EACH | 61.57 | 0.00 | 3.14 | 1.23 | 15.39 | 0.16 | 0.02 | 0.00 |
| | 2nd Fruit-Pear | PEAR FRESH 150 COUNT 1/2 C | EACH | 68.84 | 1.21 | 3.74 | 0.43 | 18.39 | 0.17 | 0.03 | 0.00 |
| | 1% White Milk | MILK 1% LOW FAT UNFLAVORED | EACH | 120.00 | 160.00 | 0.00 | 11.00 | 16.00 | 2.50 | 1.50 | 0.00 |
| | Fat Free White Milk | MILK FAT FREE UNFLAVORED | EACH | 90.00 | 135.00 | 0.00 | 9.00 | 13.00 | 0.00 | 0.00 | 0.00 |

| | | | | | | | | | | | |
|---------------------|-----------------------------------|-------------------------------|-------|--------|--------|------|-------|-------|-------|-------|------|
| Fri 11-11-2022 | Cranberry Oatmeal Round | CRANBERRY OATMEAL ROUND 2G | EACH | 320.00 | 95.00 | 4.00 | 5.00 | 53.00 | 10.00 | 4.00 | 0.00 |
| | Apple Jacks w/ Cinnamon | CEREAL APPLE JACKS | EACH | 110.00 | 160.00 | 3.00 | 2.00 | 24.00 | 1.00 | 0.50 | 0.00 |
| | | CRACKERS GRAHAM CINNAMON J&J | EACH | 130.00 | 120.00 | 1.00 | 2.00 | 21.00 | 4.00 | 0.00 | 0.00 |
| | Pear | PEAR FRESH 150 COUNT 1/2 C | EACH | 68.84 | 1.21 | 3.74 | 0.43 | 18.39 | 0.17 | 0.03 | 0.00 |
| | 2nd Fruit-Apple | APPLE FRESH 163 COUNT 3/4 C | EACH | 57.79 | 1.11 | 2.67 | 0.29 | 15.35 | 0.19 | 0.03 | 0.00 |
| | 1% White Milk | MILK 1% LOW FAT UNFLAVORED | EACH | 120.00 | 160.00 | 0.00 | 11.00 | 16.00 | 2.50 | 1.50 | 0.00 |
| Fat Free White Milk | MILK FAT FREE UNFLAVORED | EACH | 90.00 | 135.00 | 0.00 | 9.00 | 13.00 | 0.00 | 0.00 | 0.00 | |
| Mon 11-14-2022 | Fruit Loops w/ Cinnamon | CEREAL FROOT LOOPS | EACH | 110.00 | 160.00 | 2.00 | 2.00 | 24.00 | 0.50 | 0.00 | 0.00 |
| | | CRACKERS GRAHAM CINNAMON J&J | EACH | 130.00 | 120.00 | 1.00 | 2.00 | 21.00 | 4.00 | 0.00 | 0.00 |
| | Whole Grain Bagel w/ Cream Cheese | BAGEL W/ CREAM CHEESE | EACH | 370.00 | 470.00 | 0.00 | 9.00 | 43.00 | 17.00 | 10.00 | 0.00 |
| | Craisins | CRANBERRIES, DRIED, IW | EACH | 110.00 | 0.00 | 3.00 | 0.00 | 28.00 | 0.00 | 0.00 | 0.00 |
| | 2nd Fruit-Apple | APPLE FRESH 163 COUNT 3/4 C | EACH | 57.79 | 1.11 | 2.67 | 0.29 | 15.35 | 0.19 | 0.03 | 0.00 |
| | 1% White Milk | MILK 1% LOW FAT UNFLAVORED | EACH | 120.00 | 160.00 | 0.00 | 11.00 | 16.00 | 2.50 | 1.50 | 0.00 |
| | Fat Free White Milk | MILK FAT FREE UNFLAVORED | EACH | 90.00 | 135.00 | 0.00 | 9.00 | 13.00 | 0.00 | 0.00 | 0.00 |
| Tue 11-15-2022 | Breakfast Cheese Tamale | TAMALE JACK CHEDDAR CHEESE BK | EACH | 221.00 | 317.00 | 2.00 | 5.00 | 19.00 | 14.00 | 6.00 | 0.00 |
| | Apple Jacks w/ Honey | CEREAL APPLE JACKS | EACH | 110.00 | 160.00 | 3.00 | 2.00 | 24.00 | 1.00 | 0.50 | 0.00 |
| | | CRACKERS HONEY GRAHAM J&J | EACH | 130.00 | 100.00 | 1.00 | 2.00 | 20.00 | 4.00 | 0.00 | 0.00 |
| | Banana | BANANA 150 COUNT 1/2 C | EACH | 105.02 | 1.18 | 3.07 | 1.29 | 26.95 | 0.39 | 0.13 | 0.00 |
| | 2nd Fruit-Pear | PEAR FRESH 150 COUNT 1/2 C | EACH | 68.84 | 1.21 | 3.74 | 0.43 | 18.39 | 0.17 | 0.03 | 0.00 |
| | 1% White Milk | MILK 1% LOW FAT UNFLAVORED | EACH | 120.00 | 160.00 | 0.00 | 11.00 | 16.00 | 2.50 | 1.50 | 0.00 |
| Fat Free White Milk | MILK FAT FREE UNFLAVORED | EACH | 90.00 | 135.00 | 0.00 | 9.00 | 13.00 | 0.00 | 0.00 | 0.00 | |
| Wed 11-16-2022 | Fruit Loops w/ Cinnamon | CEREAL FROOT LOOPS | EACH | 110.00 | 160.00 | 2.00 | 2.00 | 24.00 | 0.50 | 0.00 | 0.00 |
| | | CRACKERS GRAHAM CINNAMON J&J | EACH | 130.00 | 120.00 | 1.00 | 2.00 | 21.00 | 4.00 | 0.00 | 0.00 |
| | Cinnamon Roll | WG CINNAMON ROLL BBC | EACH | 210.00 | 220.00 | 2.00 | 4.00 | 33.00 | 8.00 | 1.50 | 0.00 |
| | 100% Fruit Juice | JUICE TOTALLY BERRY 4 OZ | EACH | 60.00 | 10.00 | 0.00 | 0.00 | 17.00 | 0.00 | 0.00 | 0.00 |
| | 2nd Fruit-Apple | APPLE FRESH 163 COUNT 3/4 C | EACH | 57.79 | 1.11 | 2.67 | 0.29 | 15.35 | 0.19 | 0.03 | 0.00 |
| | 1% White Milk | MILK 1% LOW FAT UNFLAVORED | EACH | 120.00 | 160.00 | 0.00 | 11.00 | 16.00 | 2.50 | 1.50 | 0.00 |
| | Fat Free White Milk | MILK FAT FREE UNFLAVORED | EACH | 90.00 | 135.00 | 0.00 | 9.00 | 13.00 | 0.00 | 0.00 | 0.00 |

| | | | | | | | | | | | |
|----------------|----------------------------------|------------------------------|------|--------|--------|------|-------|-------|-------|------|------|
| Thu 11-17-2022 | Chicken & Waffle w/ Syrup | CHICKEN STRIP AND WAFFLE RS | EACH | 171.42 | 306.37 | 2.67 | 7.32 | 19.98 | 7.99 | 1.25 | 0.00 |
| | | SYRUP | EACH | 35.00 | 5.00 | 0.00 | 0.00 | 8.00 | 0.00 | 0.00 | 0.00 |
| | Cinnamon Frosted Flakes w/ Honey | CRACKERS HONEY GRAHAM J&J | EACH | 130.00 | 100.00 | 1.00 | 2.00 | 20.00 | 4.00 | 0.00 | 0.00 |
| | | CEREAL CINNAMON FLAKES | EACH | 101.25 | 182.25 | 2.03 | 2.03 | 24.30 | 0.00 | 0.00 | 0.00 |
| | Orange | ORANGES (1/2 C) | EACH | 61.57 | 0.00 | 3.14 | 1.23 | 15.39 | 0.16 | 0.02 | 0.00 |
| | 2nd Fruit-Pear | PEAR FRESH 150 COUNT 1/2 C | EACH | 68.84 | 1.21 | 3.74 | 0.43 | 18.39 | 0.17 | 0.03 | 0.00 |
| | 1% White Milk | MILK 1% LOW FAT UNFLAVORED | EACH | 120.00 | 160.00 | 0.00 | 11.00 | 16.00 | 2.50 | 1.50 | 0.00 |
| | Fat Free White Milk | MILK FAT FREE UNFLAVORED | EACH | 90.00 | 135.00 | 0.00 | 9.00 | 13.00 | 0.00 | 0.00 | 0.00 |
| Fri 11-18-2022 | Apple Jacks w/ Cinnamon | CEREAL APPLE JACKS | EACH | 110.00 | 160.00 | 3.00 | 2.00 | 24.00 | 1.00 | 0.50 | 0.00 |
| | | CRACKERS TIGER CINN KELLOGGS | EACH | 120.00 | 105.00 | 1.00 | 2.00 | 21.00 | 4.00 | 1.00 | 0.00 |
| | Mini Vanilla Loaf & String | WG LOAF MINI VANILLA 1 G | EACH | 180.00 | 150.00 | 1.00 | 2.00 | 23.00 | 9.00 | 1.50 | 0.00 |
| | | STRING CHEESE UPSTATE FARMS | EACH | 81.00 | 192.37 | 0.00 | 7.09 | 0.00 | 6.08 | 3.54 | 0.00 |
| | Pear | PEAR FRESH 150 COUNT 1/2 C | EACH | 68.84 | 1.21 | 3.74 | 0.43 | 18.39 | 0.17 | 0.03 | 0.00 |
| | 2nd Fruit-Apple | APPLE FRESH 163 COUNT 3/4 C | EACH | 57.79 | 1.11 | 2.67 | 0.29 | 15.35 | 0.19 | 0.03 | 0.00 |
| | 1% White Milk | MILK 1% LOW FAT UNFLAVORED | EACH | 120.00 | 160.00 | 0.00 | 11.00 | 16.00 | 2.50 | 1.50 | 0.00 |
| | Fat Free White Milk | MILK FAT FREE UNFLAVORED | EACH | 90.00 | 135.00 | 0.00 | 9.00 | 13.00 | 0.00 | 0.00 | 0.00 |
| Mon 11-21-2022 | Mango Muffin | MUFFIN MANGO 2G BTS | EACH | 350.00 | 20.00 | 5.00 | 9.00 | 43.00 | 18.00 | 3.00 | 0.00 |
| | Apple Sauce | APPLESAUCE CUP 4.5 OZ | EACH | 53.33 | 2.08 | 1.03 | 0.00 | 14.63 | 0.00 | 0.00 | 0.00 |
| | 2nd Fruit-Orange | ORANGES (1/2 C) | EACH | 61.57 | 0.00 | 3.14 | 1.23 | 15.39 | 0.16 | 0.02 | 0.00 |
| | 1% White Milk | MILK 1% LOW FAT UNFLAVORED | EACH | 120.00 | 160.00 | 0.00 | 11.00 | 16.00 | 2.50 | 1.50 | 0.00 |
| | Fat Free White Milk | MILK FAT FREE UNFLAVORED | EACH | 90.00 | 135.00 | 0.00 | 9.00 | 13.00 | 0.00 | 0.00 | 0.00 |
| Tue 11-22-2022 | Pancake Stack w/ Syrup | PANCAKE STACK | EACH | 150.00 | 90.00 | 4.00 | 2.00 | 32.00 | 2.00 | 0.00 | 0.00 |
| | | SYRUP | EACH | 35.00 | 5.00 | 0.00 | 0.00 | 8.00 | 0.00 | 0.00 | 0.00 |
| | Orange | ORANGES (1/2 C) | EACH | 61.57 | 0.00 | 3.14 | 1.23 | 15.39 | 0.16 | 0.02 | 0.00 |
| | 2nd Fruit-Pear | PEAR FRESH 150 COUNT 1/2 C | EACH | 68.84 | 1.21 | 3.74 | 0.43 | 18.39 | 0.17 | 0.03 | 0.00 |
| | 1% White Milk | MILK 1% LOW FAT UNFLAVORED | EACH | 120.00 | 160.00 | 0.00 | 11.00 | 16.00 | 2.50 | 1.50 | 0.00 |
| | Fat Free White Milk | MILK FAT FREE UNFLAVORED | EACH | 90.00 | 135.00 | 0.00 | 9.00 | 13.00 | 0.00 | 0.00 | 0.00 |
| Wed 11-23-2022 | Fruit Loops w/ Cinnamon | CEREAL FROOT LOOPS | EACH | 110.00 | 160.00 | 2.00 | 2.00 | 24.00 | 0.50 | 0.00 | 0.00 |
| | | CRACKERS GRAHAM CINNAMON J&J | EACH | 130.00 | 120.00 | 1.00 | 2.00 | 21.00 | 4.00 | 0.00 | 0.00 |
| | 100% Fruit Juice | JUICE TOTALLY BERRY 4 OZ | EACH | 60.00 | 10.00 | 0.00 | 0.00 | 17.00 | 0.00 | 0.00 | 0.00 |
| | 2nd Fruit-Apple | APPLE FRESH 163 COUNT 3/4 C | EACH | 57.79 | 1.11 | 2.67 | 0.29 | 15.35 | 0.19 | 0.03 | 0.00 |
| | 1% White Milk | MILK 1% LOW FAT UNFLAVORED | EACH | 120.00 | 160.00 | 0.00 | 11.00 | 16.00 | 2.50 | 1.50 | 0.00 |
| | Fat Free White Milk | MILK FAT FREE UNFLAVORED | EACH | 90.00 | 135.00 | 0.00 | 9.00 | 13.00 | 0.00 | 0.00 | 0.00 |

| | | | | | | | | | | | |
|--|----------------------------|------------------------------|--------------------------|--------|--------|--------|-------|-------|-------|------|------|
| Mon 11-28-2022 | Chocolate Chip Muffin Flat | MUFFIN FLAT, CHOC CHIP | EACH | 280.00 | 290.00 | 2.00 | 6.00 | 46.00 | 9.00 | 2.00 | 0.00 |
| | Fruit Loops w/ Cinnamon | CEREAL FROOT LOOPS | EACH | 110.00 | 160.00 | 2.00 | 2.00 | 24.00 | 0.50 | 0.00 | 0.00 |
| | | CRACKERS GRAHAM CINNAMON J&J | EACH | 130.00 | 120.00 | 1.00 | 2.00 | 21.00 | 4.00 | 0.00 | 0.00 |
| | Craisins | CRANBERRIES, DRIED, IW | EACH | 110.00 | 0.00 | 3.00 | 0.00 | 28.00 | 0.00 | 0.00 | 0.00 |
| | 2nd Fruit-Apple | APPLE FRESH 163 COUNT 3/4 C | EACH | 57.79 | 1.11 | 2.67 | 0.29 | 15.35 | 0.19 | 0.03 | 0.00 |
| | 1% White Milk | MILK 1% LOW FAT UNFLAVORED | EACH | 120.00 | 160.00 | 0.00 | 11.00 | 16.00 | 2.50 | 1.50 | 0.00 |
| | Fat Free White Milk | MILK FAT FREE UNFLAVORED | EACH | 90.00 | 135.00 | 0.00 | 9.00 | 13.00 | 0.00 | 0.00 | 0.00 |
| Tue 11-29-2022 | Bean & Cheese Burrito w/ | HOT SAUCE CHOLULA | EACH | 0.00 | 110.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| | | BURRITO BEAN & CHEESE BK | EACH | 177.07 | 263.85 | 3.90 | 9.92 | 18.12 | 7.30 | 3.54 | 0.00 |
| | Apple Jacks w/ Honey | CEREAL APPLE JACKS | EACH | 110.00 | 160.00 | 3.00 | 2.00 | 24.00 | 1.00 | 0.50 | 0.00 |
| | | CRACKERS HONEY GRAHAM J&J | EACH | 130.00 | 100.00 | 1.00 | 2.00 | 20.00 | 4.00 | 0.00 | 0.00 |
| | Banana | BANANA 150 COUNT 1/2 C | EACH | 105.02 | 1.18 | 3.07 | 1.29 | 26.95 | 0.39 | 0.13 | 0.00 |
| | 2nd Fruit-Pear | PEAR FRESH 150 COUNT 1/2 C | EACH | 68.84 | 1.21 | 3.74 | 0.43 | 18.39 | 0.17 | 0.03 | 0.00 |
| | 1% White Milk | MILK 1% LOW FAT UNFLAVORED | EACH | 120.00 | 160.00 | 0.00 | 11.00 | 16.00 | 2.50 | 1.50 | 0.00 |
| | | Fat Free White Milk | MILK FAT FREE UNFLAVORED | EACH | 90.00 | 135.00 | 0.00 | 9.00 | 13.00 | 0.00 | 0.00 |
| Wed 11-30-2022 | Fruit Loops w/ Cinnamon | CEREAL FROOT LOOPS | EACH | 110.00 | 160.00 | 2.00 | 2.00 | 24.00 | 0.50 | 0.00 | 0.00 |
| | | CRACKERS GRAHAM CINNAMON J&J | EACH | 130.00 | 120.00 | 1.00 | 2.00 | 21.00 | 4.00 | 0.00 | 0.00 |
| | Apple Empanada | EMPANADA APPLE BTS | EACH | 360.21 | 310.18 | 2.00 | 5.00 | 47.03 | 17.01 | 3.00 | 0.00 |
| | 100% Fruit Juice | JUICE TOTALLY BERRY 4 OZ | EACH | 60.00 | 10.00 | 0.00 | 0.00 | 17.00 | 0.00 | 0.00 | 0.00 |
| | 2nd Fruit-Apple | APPLE FRESH 163 COUNT 3/4 C | EACH | 57.79 | 1.11 | 2.67 | 0.29 | 15.35 | 0.19 | 0.03 | 0.00 |
| | 1% White Milk | MILK 1% LOW FAT UNFLAVORED | EACH | 120.00 | 160.00 | 0.00 | 11.00 | 16.00 | 2.50 | 1.50 | 0.00 |
| | | Fat Free White Milk | MILK FAT FREE UNFLAVORED | EACH | 90.00 | 135.00 | 0.00 | 9.00 | 13.00 | 0.00 | 0.00 |
| <p>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</p> | | | | | | | | | | | |
| <p>Ingredients and menu items are subject to change or substitution without notice.</p> | | | | | | | | | | | |