



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)
Wed 02-01-2023	Frosted Flakes w/ Cinnamon Grahams	CEREAL FROSTED FLAKES	EACH	100.00	160.00	2.00	2.00	24.00	0.00	0.00	0.00
		CRACKERS TIGER CINN KELLOGGS	EACH	120.00	105.00	1.00	2.00	21.00	4.00	1.00	0.00
	Cinnamon Delight	CINNAMON DELIGHT WG BTS	EACH	300.00	300.00	2.00	4.00	43.00	13.00	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	135.00	0.00	10.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	130.00	0.00	9.00	12.00	0.00	0.00	0.00
Thu 02-02-2023	Froot Loops w/ Honey Grahams	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
	Scrambled Egg Breakfast Sandwich	EGG SCRAMBLED BK SANDWICH	EACH	230.00	380.00	5.26	9.00	30.00	9.50	2.00	0.00
	Main Fruit 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	135.00	0.00	10.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	130.00	0.00	9.00	12.00	0.00	0.00	0.00
Fri 02-03-2023	Blueberry Mini Muffin & String Cheese	MUFFIN, BLUEBERRY 1G BTS	EACH	180.00	90.00	1.00	4.00	21.00	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
	Apple Jacks w/ Cinnamon Grahams	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
	Main 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
	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	135.00	0.00	10.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	130.00	0.00	9.00	12.00	0.00	0.00	0.00

Mon 02-06-2023	Frosted Flakes w/ Cinnamon Grahams	CEREAL FROSTED FLAKES	EACH	100.00	160.00	2.00	2.00	24.00	0.00	0.00	0.00
		CRACKERS TIGER CINN KELLOGGS	EACH	120.00	105.00	1.00	2.00	21.00	4.00	1.00	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
	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
	Raisins	RAISINS PACK B2B	EACH	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	135.00	0.00	10.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	130.00	0.00	9.00	12.00	0.00	0.00	0.00
Tue 02-07-2023	Apple Jacks w/ Honey Grahams	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
	Bean & Cheese Burrito w/ Hot Sauce	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
	Main Fruit 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	135.00	0.00	10.00	16.00	2.50	1.50	0.00
Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	130.00	0.00	9.00	12.00	0.00	0.00	0.00	
Wed 02-08-2023	Pan Dulce	PAN DULCE WHITE CONCHA ARTIMEX	EACH	199.33	89.70	1.99	4.98	33.89	5.98	1.50	0.00
	Cheerios w/ Cinnamon Grahams	CEREAL CHEERIOS WG	EACH	100.00	140.00	3.00	3.00	20.00	2.00	0.00	0.00
		CRACKERS TIGER CINN KELLOGGS	EACH	120.00	105.00	1.00	2.00	21.00	4.00	1.00	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	135.00	0.00	10.00	16.00	2.50	1.50	0.00
Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	130.00	0.00	9.00	12.00	0.00	0.00	0.00	
Thu 02-09-2023	Froot Loops w/ Honey Grahams	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
	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
	Main Fruit 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	135.00	0.00	10.00	16.00	2.50	1.50	0.00
Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	130.00	0.00	9.00	12.00	0.00	0.00	0.00	

Fri 02-10-2023	Apple Jacks w/ Honey Grahams	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
	Whole Grain Bagel w/ Cream Cheese	BAGEL W/ CREAM CHEESE	EACH	180.00	250.00	4.00	6.00	31.00	4.50	2.50	0.00
	Main 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
	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	135.00	0.00	10.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	130.00	0.00	9.00	12.00	0.00	0.00	0.00
Mon 02-13-2023	Frosted Flakes w/ Cinnamon Grahams	CEREAL FROSTED FLAKES	EACH	100.00	160.00	2.00	2.00	24.00	0.00	0.00	0.00
		CRACKERS TIGER CINN KELLOGGS	EACH	120.00	105.00	1.00	2.00	21.00	4.00	1.00	0.00
	Banana Bread	BANANA BREAD 3.6 OZ	EACH	360.00	350.00	2.00	5.00	47.00	17.00	3.00	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
	Raisins	RAISINS PACK B2B	EACH	110.00	0.00	1.00	1.00	30.00	0.00	0.00	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	135.00	0.00	10.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	130.00	0.00	9.00	12.00	0.00	0.00	0.00
Tue 02-14-2023	Apple Jacks w/ Honey Grahams	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
	WG Mini Maple Eggo Waffles	MINI MAPLE WAFFLES	EACH	190.00	210.00	4.00	4.00	36.00	5.00	1.50	0.00
	Main Fruit 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	135.00	0.00	10.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	130.00	0.00	9.00	12.00	0.00	0.00	0.00
Wed 02-15-2023	Cinnamon Roll	WG CINNAMON ROLL BBC	EACH	210.00	220.00	2.00	4.00	33.00	8.00	1.50	0.00
	Cheerios w/ Cinnamon Grahams	CEREAL CHEERIOS WG	EACH	100.00	140.00	3.00	3.00	20.00	2.00	0.00	0.00
		CRACKERS TIGER CINN KELLOGGS	EACH	120.00	105.00	1.00	2.00	21.00	4.00	1.00	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	135.00	0.00	10.00	16.00	2.50	1.50	0.00
Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	130.00	0.00	9.00	12.00	0.00	0.00	0.00	

Thu 02-16-2023	Froot Loops w/ Honey Grahams	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
	Chicken Sausage Breakfast Biscuit Sandwich	CHICKEN SAUSAGE BISCUIT SAND	EACH	260.98	380.96	2.59	10.16	28.59	11.66	2.47	0.00
	Main Fruit 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	135.00	0.00	10.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	130.00	0.00	9.00	12.00	0.00	0.00	0.00
Fri 02-17-2023	Apple Jacks w/ Honey Grahams	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
	Mini Vanilla Loaf & String Cheese	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
	Main 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
	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	135.00	0.00	10.00	16.00	2.50	1.50	0.00
Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	130.00	0.00	9.00	12.00	0.00	0.00	0.00	
Mon 02-20-2023	Frosted Flakes w/ Cinnamon Grahams	CEREAL FROSTED FLAKES	EACH	100.00	160.00	2.00	2.00	24.00	0.00	0.00	0.00
		CRACKERS TIGER CINN KELLOGGS	EACH	120.00	105.00	1.00	2.00	21.00	4.00	1.00	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
	Raisins	RAISINS PACK B2B	EACH	110.00	0.00	1.00	1.00	30.00	0.00	0.00	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	135.00	0.00	10.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	130.00	0.00	9.00	12.00	0.00	0.00	0.00
Tue 02-21-2023	Apple Jacks w/ Honey Grahams	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
	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
	Main Fruit 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	135.00	0.00	10.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	130.00	0.00	9.00	12.00	0.00	0.00	0.00

Wed 02-22-2023	Coffee Cake	COFFEE CAKE 3.6 OZ	EACH	340.00	270.00	2.00	4.00	39.00	19.00	2.00	0.00
	Cheerios w/ Cinnamon Grahams	CEREAL CHEERIOS WG	EACH	100.00	140.00	3.00	3.00	20.00	2.00	0.00	0.00
		CRACKERS TIGER CINN KELLOGGS	EACH	120.00	105.00	1.00	2.00	21.00	4.00	1.00	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	135.00	0.00	10.00	16.00	2.50	1.50	0.00
Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	130.00	0.00	9.00	12.00	0.00	0.00	0.00	
Thu 02-23-2023	Froot Loops w/ Honey Grahams	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
	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
	Main Fruit 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	135.00	0.00	10.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	130.00	0.00	9.00	12.00	0.00	0.00	0.00
Fri 02-24-2023	Apple Jacks w/ Honey Grahams	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
	Pan Dulce	PAN DULCE WHITE CONCHA ARTIMEX	EACH	199.33	89.70	1.99	4.98	33.89	5.98	1.50	0.00
	Main 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
	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	135.00	0.00	10.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	130.00	0.00	9.00	12.00	0.00	0.00	0.00
Mon 02-27-2023	Frosted Flakes w/ Cinnamon Grahams	CEREAL FROSTED FLAKES	EACH	100.00	160.00	2.00	2.00	24.00	0.00	0.00	0.00
		CRACKERS TIGER CINN KELLOGGS	EACH	120.00	105.00	1.00	2.00	21.00	4.00	1.00	0.00
	Whole Grain Bagel w/ Cream Cheese	BAGEL W/ CREAM CHEESE	EACH	180.00	250.00	4.00	6.00	31.00	4.50	2.50	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
	Raisins	RAISINS PACK B2B	EACH	110.00	0.00	1.00	1.00	30.00	0.00	0.00	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	135.00	0.00	10.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	130.00	0.00	9.00	12.00	0.00	0.00	0.00

Tue 02-28-2023	Yogurt Parfait w/ Strawberries & Honey Grahams	YOGURT PARFAIT STRAWBERRIES	EACH	137.91	53.20	3.66	5.06	29.61	0.76	0.46	0.00
		CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
	Apple Jacks w/ Honey Grahams & Whole Fruit	CEREAL APPLE JACKS	EACH	110.00	160.00	3.00	2.00	24.00	1.00	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
		BANANA 150 COUNT 1/2 C	EACH	105.02	1.18	3.07	1.29	26.95	0.39	0.13	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	135.00	0.00	10.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	130.00	0.00	9.00	12.00	0.00	0.00	0.00

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

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