



## Breakfast Menu A

Date	Meal Type	Meal	Portion	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	T-Fat (%)
Mon 04-03-2023	Banana Muffin	MUFFIN, BANANA BTS 2G	EACH	270.00	20.00	3.00	6.00	32.00	13.00	2.50	0.00
	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
	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-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
Tue 04-04-2023	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 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 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 FRESH 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 04-05-2023	Pan Dulce	PAN DULCE WHITE CONCHA ARTIMEX	EACH	199.33	89.70	1.99	4.98	33.89	5.98	1.50	0.00
	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
	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 FRESH 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 04-06-2023	Chicken Sausage Breakfast Sandwich	CHICKEN SAUSAGE BK SANDWICH	EACH	177.97	221.28	1.79	10.22	16.12	8.55	1.95	0.00
		KETCHUP PACKET 9 GM	EACH	10.00	85.00	0.00	0.00	3.00	0.00	0.00	0.00
	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
	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 04-07-2023	Cinnamon Delight	BAR CINNAMON 2.5oz BBC	EACH	280.00	150.00	2.00	4.00	34.00	15.00	3.00	0.00
	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
	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 04-10-2023	Mantecada	MUFFIN MANTECADA BTS 2.8oz	EACH	270.00	70.00	2.00	5.00	33.00	13.00	2.50	0.00
	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
	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-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
Tue 04-11-2023	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 KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	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 04-12-2023	Apple Berry ZeeZee Bar	BAR APPLE-BERRY ZEEZEE	EACH	250.00	80.00	3.00	4.00	41.00	8.00	2.00	0.00
	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
	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 04-13-2023	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
	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 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 04-14-2023	Cranberry Oatmeal Round	CRANBERRY OATMEAL ROUND 2G	EACH	320.00	95.00	4.00	5.00	53.00	10.00	4.00	0.00
	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
	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 04-17-2023	Pan Dulce	PAN DULCE WHITE CONCHA ARTIMEX	EACH	199.33	89.70	1.99	4.98	33.89	5.98	1.50	0.00
	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
	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-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
Tue 04-18-2023	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 KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	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 04-19-2023	Blueberry Muffin	MUFFIN, BLUEBERRY BTS 2G	EACH	240.00	70.00	2.00	5.00	33.00	10.00	2.00	0.00
	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
	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 04-20-2023	Mini French Toast Bites	FRENCH TOAST BITES ORIGINAL	EACH	190.00	210.00	3.00	4.00	37.00	4.50	1.50	0.00
	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
	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 04-21-2023	Banana Bread	BANANA BREAD 3.6 OZ	EACH	360.00	350.00	2.00	5.00	47.00	17.00	3.00	0.00
	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
	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 04-24-2023	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
	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
	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-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

Tue 04-25-2023	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
		PEAR FRESH 150 COUNT 1/2 C	EACH	68.84	1.21	3.74	0.43	18.39	0.17	0.03	0.00
	Yogurt Parfait w/ Strawberries & Honey	YOGURT PARFAIT STRAWB WHOLE	EACH	124.20	54.73	2.03	5.39	25.26	0.84	0.47	0.00
		CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	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
	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 04-26-2023	Cinnamon Roll	WG CINNAMON ROLL BBC	EACH	210.00	220.00	2.00	4.00	33.00	8.00	1.50	0.00
	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
	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 04-27-2023	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	SANDWICH BK SCRAMBLED EGG	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 04-28-2023	Blueberry Mini Muffin & String Cheese	MUFFIN, BLUEBERRY 1G BTS	EACH	180.00	95.00	1.00	4.00	21.00	9.00	1.50
STRING CHEESE UPSTATE FARMS			EACH	81.00	192.37	0.00	7.09	0.00	6.08	3.54	0.00
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
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

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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