

Breakfast Nutritionals
2011-2012

Menu Item	Calories	Prot gr	Calc mg	Iron mg	Vit A gr/IU	Vit C mg	T Fat gr	S Fat gr	Carb gr	Sod mg	Fiber gr	Chol mg	Protein Source
1-Sep													
Tac-Go	190.00	9.00	98.00	1.40	360.00	0.00	10.00	3.50	15.00	490.00	0.00	42.20	Egg
Apple Juice	80.00	0.00	0.00	0.02	0.00	0.02	0.00	0.00	20.00	5.00	2.00		
1/2 Pint Milk 1% White	110.00	9.00	0.03	0.00	0.10	0.02	2.50	1.50	13.00	130.00	0.00	15.00	
	380.00	18.00	98.03	1.42	360.10	0.04	12.50	5.00	48.00	625.00	2.00	57.00	
Cereal													
Cereal	130.00	1.00	0.00	4.50	0.00	0.00	3.50	0.50	24.00	140.00	1.00	0.00	
Graham Cracker	120.00	2.00	2.00	6.00	0.00	0.00	4.00	1.00	7.00	130.00	4.00	0.00	
Apple Juice	80.00	0.00	0.00	0.02	0.00	0.02	0.00	0.00	20.00	5.00	2.00		
1/2 Pint Milk 1% White	110.00	9.00	0.03	0.00	0.10	0.02	2.50	1.50	13.00	130.00	0.00	15.00	
	440.00	12.00	2.03	10.52	0.10	0.04	10.00	3.00	64.00	405.00	7.00	15.00	
2-Sep													
Cinnamon Glazed Toast	239.90	8.99	57.99	1.99	204.90	0.00	7.99	1.49	33.99	3.49	0.00	134.90	
100% Orange Juice	104.00	1.50	20.00	1.10	45.00	95.60	0.40	0.00	24.50	5.00	0.00		
1/2 Pint Milk 1% White	110.00	9.00	0.03	0.00	0.10	0.02	2.50	1.50	13.00	130.00	0.00	15.00	
	453.90	19.49	78.02	3.09	250.00	95.62	10.89	2.99	71.49	138.49	0.00	149.90	
Cereal													
Cereal	130.00	1.00	0.00	4.50	0.00	0.00	3.50	0.50	24.00	140.00	1.00	0.00	
Graham Cracker	120.00	2.00	2.00	6.00	0.00	0.00	4.00	1.00	7.00	130.00	4.00	0.00	
100% Orange Juice	104.00	1.50	20.00	1.10	45.00	95.60	0.40	0.00	24.50	5.00	0.00		
1/2 Pint Milk 1% White	110.00	9.00	0.03	0.00	0.10	0.02	2.50	1.50	13.00	130.00	0.00	15.00	
	464.00	13.50	22.03	11.60	45.10	95.62	10.40	3.00	68.50	405.00	5.00	15.00	
6-Sep													
Cereal	130.00	1.00	0.00	4.50	0.00	0.00	3.50	0.50	24.00	140.00	1.00	0.00	
Muffin, Assorted	306.00	5.00	167.00	1.00	12.00	0.40	14.00	2.00	40.00	233.00			
Apple Juice	80.00	0.00	0.00	0.02	0.00	0.02	0.00	0.00	20.00	5.00	2.00		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	626.00	15.00	417.00	5.52	512.00	1.62	20.00	4.00	97.00	508.00	3.00	15.00	
7-Sep													
Pizza, Breakfast	220.00	9.80	164.00	104.00	370.00	0.40	10.50	2.90	21.80	459.00	0.70		Egg/Cheese
100% Orange Juice	104.00	1.50	20.00	1.10	45.00	95.60	0.40	0.00	24.50	5.00	0.00		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	434.00	20.30	434.00	105.10	915.00	97.20	13.40	4.40	59.30	594.00	0.70	15.00	

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7-Sep													
Cereal	130.00	1.00	0.00	4.50	0.00	0.00	3.50	0.50	24.00	140.00	1.00	0.00	
Graham Cracker	120.00	2.00	2.00	6.00	0.00	0.00	4.00	1.00	7.00	130.00	4.00	0.00	
100% Orange Juice	104.00	1.50	20.00	1.10	45.00	95.60	0.40	0.00	24.50	5.00	0.00		
1/2 Pint Milk 1% White	110.00	9.00	0.03	0.00	0.10	0.02	2.50	1.50	13.00	130.00	0.00	15.00	
	464.00	13.50	22.03	11.60	45.10	95.62	10.40	3.00	68.50	405.00	5.00	15.00	
8-Sep													
Pancakes in a Bag	202.21	4.79	63.81	1.97	194.12	0.27	4.65	0.73	35.31	453.84	2.16	16.18	
Applesauce Cup	110.00	0.00	0.00	0.00	0.00	0.90	0.00	0.00	27.00	0.00			
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	422.21	13.79	313.81	1.97	694.12	2.37	7.15	2.23	75.31	583.84	2.16	31.18	
9-Sep													
Cereal	130.00	1.00	0.00	4.50	0.00	0.00	3.50	0.50	24.00	140.00	1.00	0.00	
Graham Cracker	120.00	2.00	2.00	6.00	0.00	0.00	4.00	1.00	7.00	130.00	4.00	0.00	
Applesauce Cup	110.00	0.00	0.00	0.00	0.00	0.90	0.00	0.00	27.00	0.00			
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	470.00	12.00	252.00	10.50	500.00	2.10	10.00	3.00	71.00	300.00	5.00	15.00	
9-Sep													
Quesadilla, Brekafast	197.50	8.50	190.50	2.10	575.70	2.80	8.50	4.90	21.20	472.70	2.80	21.20	Cheese
100% Orange Juice	104.00	1.50	20.00	1.10	45.00	95.60	0.40	0.00	24.50	5.00	0.00		
1/2 Pint Milk 1% White	110.00	9.00	0.03	0.00	0.10	0.02	2.50	1.50	13.00	130.00	0.00	15.00	
	411.50	19.00	210.53	3.20	650.80	98.42	11.40	6.40	58.70	607.70	2.80	36.20	
10-Sep													
Cereal	130.00	1.00	0.00	4.50	0.00	0.00	3.50	0.50	24.00	140.00	1.00	0.00	
Graham Cracker	120.00	2.00	2.00	6.00	0.00	0.00	4.00	1.00	7.00	130.00	4.00	0.00	
100% Orange Juice	104.00	1.50	20.00	1.10	45.00	95.60	0.40	0.00	24.50	5.00	0.00		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	464.00	12.00	272.00	10.50	545.00	96.80	10.00	3.00	71.00	300.00	5.00	15.00	
10-Sep													
Quesadilla, Brekafast	197.50	8.50	190.50	2.10	575.70	2.80	8.50	4.90	21.20	472.70	2.80	21.20	Cheese
100% Orange Juice	104.00	1.50	20.00	1.10	45.00	95.60	0.40	0.00	24.50	5.00	0.00		
1/2 Pint Milk 1% White	110.00	9.00	0.03	0.00	0.10	0.02	2.50	1.50	13.00	130.00	0.00	15.00	
	411.50	19.00	210.53	3.20	650.80	98.42	11.40	6.40	58.70	607.70	2.80	36.20	

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Menu Item	Calories	Prot gr	Calc mg	Iron mg	Vit A gr/IU	Vit C mg	T Fat gr	S Fat gr	Carb gr	Sod mg	Fiber gr	Chol mg	Protein Source
12-Sep													
Cereal	130.00	1.00	0.00	4.50	0.00	0.00	3.50	0.50	24.00	140.00	1.00	0.00	
Muffin, Assorted	306.00	5.00	167.00	1.00	12.00	0.40	14.00	2.00	40.00	233.00			
Apple Juice	80.00	0.00	0.00	0.02	0.00	0.02	0.00	0.00	20.00	5.00	2.00		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	626.00	15.00	417.00	5.52	512.00	1.62	20.00	4.00	97.00	508.00	3.00	15.00	
13-Sep													
Bread Cheese Sticks	230.00	14.00	251.00	0.80	2211.00	0.00	13.00	5.00	14.00	430.00	<1	15.00	Cheese
100% Orange Juice	104.00	1.50	20.00	1.10	45.00	95.60	0.40	0.00	24.50	5.00	0.00		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	444.00	24.50	521.00	1.90	2756.00	96.80	15.90	6.50	51.50	565.00	0.00	30.00	
Cereal	130.00	1.00	0.00	4.50	0.00	0.00	3.50	0.50	24.00	140.00	1.00	0.00	
Graham Cracker	120.00	2.00	2.00	6.00	0.00	0.00	4.00	1.00	7.00	130.00	4.00	0.00	
100% Orange Juice	104.00	1.50	20.00	1.10	45.00	95.60	0.40	0.00	24.50	5.00	0.00		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	464.00	12.00	272.00	10.50	545.00	96.80	10.00	3.00	71.00	300.00	5.00	15.00	
14-Sep													
French Toast	334.00	5.00	0.04	0.08	0.00	0.00	18.00	4.00	38.00	370.00	2.00		
Applesauce Cup	110.00	0.00	0.00	0.00	0.00	0.90	0.00	0.00	27.00	0.00			
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	554.00	17.00	250.04	0.08	500.00	2.10	20.50	78.00	78.00	500.00	2.00	15.00	
Cereal	130.00	1.00	0.00	4.50	0.00	0.00	3.50	0.50	24.00	140.00	1.00	0.00	
Graham Cracker	120.00	2.00	2.00	6.00	0.00	0.00	4.00	1.00	7.00	130.00	4.00	0.00	
Applesauce Cup	110.00	0.00	0.00	0.00	0.00	0.90	0.00	0.00	27.00	0.00			
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	470.00	12.00	252.00	10.50	500.00	2.10	10.00	3.00	71.00	300.00	5.00	15.00	
15-Sep													
Bageler, Mini	214.00	8.00	1.80	17.80	0.02	0.30	0.90	0.00	42.79	231.40	0.00		
Orange, Fresh	62.00	1.20	52.00	0.10	28.00	69.60	0.20	0.00	15.40	0.00	0.00		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	386.00	18.20	303.80	17.90	528.02	71.10	3.60	1.50	71.19	361.40	0.00	15.00	

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Cereal	130.00	1.00	0.00	4.50	0.00	0.00	3.50	0.50	24.00	140.00	1.00	0.00	
Graham Cracker	120.00	2.00	2.00	6.00	0.00	0.00	4.00	1.00	7.00	130.00	4.00	0.00	
Orange, Fresh	62.00	1.20	52.00	0.10	28.00	69.60	0.20	0.00	15.40	0.00	0.00		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	422.00	13.20	304.00	10.60	528.00	70.80	10.20	3.00	59.40	400.00	5.00	15.00	
16-Sep													
Banana Breakfasst Bar	280.00	5.00	20.00	1.80	-1.00	-1.00	6.00	3.00	48.00	220.00	3.00	20.00	
100% Orange Juice	104.00	1.50	20.00	1.10	45.00	95.60	0.40	0.00	24.50	5.00	0.00		
1/2 Pint Milk 1% White	110.00	9.00	0.03	0.00	0.10	0.02	2.50	1.50	13.00	130.00	0.00	15.00	
	504.00	15.50	40.03	2.90	44.10	94.62	11.90	4.00	85.50	385.00	3.00	35.00	
Cereal	130.00	1.00	0.00	4.50	0.00	0.00	3.50	0.50	24.00	140.00	1.00	0.00	
Graham Cracker	120.00	2.00	2.00	6.00	0.00	0.00	4.00	1.00	7.00	130.00	4.00	0.00	
100% Orange Juice	104.00	1.50	20.00	1.10	45.00	95.60	0.40	0.00	24.50	5.00	0.00		
1/2 Pint Milk 1% White	110.00	9.00	0.03	0.00	0.10	0.02	2.50	1.50	13.00	130.00	0.00	15.00	
	464.00	13.50	22.03	11.60	45.10	95.62	10.40	3.00	68.50	405.00	5.00	15.00	
19-Sep													
Cereal	130.00	1.00	0.00	4.50	0.00	0.00	3.50	0.50	24.00	140.00	1.00	0.00	
Muffin, Assorted	306.00	5.00	167.00	1.00	12.00	0.40	14.00	2.00	40.00	233.00			
Apple Juice	80.00	0.00	0.00	0.02	0.00	0.02	0.00	0.00	20.00	5.00	2.00		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	626.00	15.00	417.00	5.52	512.00	1.62	20.00	4.00	97.00	508.00	3.00	15.00	
20-Sep													
Bread Cheese Sticks	230.00	14.00	251.00	0.80	2211.00	0.00	13.00	5.00	14.00	430.00	<1	15.00	Cheese
Applesauce Cup	110.00	0.00	0.00	0.00	0.00	0.90	0.00	0.00	27.00	0.00			
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	450.00	23.00	501.00	0.80	2711.00	2.10	15.50	6.50	54.00	560.00	0.00	30.00	

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Cereal	130.00	1.00	0.00	4.50	0.00	0.00	3.50	0.50	24.00	140.00	1.00	0.00	
Graham Cracker	120.00	2.00	2.00	6.00	0.00	0.00	4.00	1.00	7.00	130.00	4.00	0.00	
Applesauce Cup	110.00	0.00	0.00	0.00	0.00	0.90	0.00	0.00	27.00	0.00			
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	470.00	12.00	252.00	10.50	500.00	2.10	10.00	3.00	71.00	300.00	5.00	15.00	
21-Sep													
Yogurt	118.60	5.49	0.79	0.08	67.80	0.79	1.59	1.01	21.01	73.40	0.00	6.70	Milk
Muffin (assorted)	92.20	1.43		2.81	0.69	0.00	4.29	1.05	12.62	105.26	0.37	0.00	
100% Orange Juice	104.00	1.50	20.00	1.10	45.00	95.60	0.40	0.00	24.50	5.00	0.00		
1/2 Pint Milk 1% White	110.00	9.00	0.03	0.00	0.10	0.02	2.50	1.50	13.00	130.00	0.00	15.00	
	424.80	17.40	20.83	4.00	52.56	95.70	8.80	3.60	71.10	313.70	0.37	21.70	
Cereal	130.00	1.00	0.00	4.50	0.00	0.00	3.50	0.50	24.00	140.00	1.00	0.00	
Graham Cracker	120.00	2.00	2.00	6.00	0.00	0.00	4.00	1.00	7.00	130.00	4.00	0.00	
100% Orange Juice	104.00	1.50	20.00	1.10	45.00	95.60	0.40	0.00	24.50	5.00	0.00		
1/2 Pint Milk 1% White	110.00	9.00	0.03	0.00	0.10	0.02	2.50	1.50	13.00	130.00	0.00	15.00	
	464.00	13.50	22.03	11.60	45.10	95.62	10.40	3.00	68.50	405.00	5.00	15.00	
22-Sep													
Tac-Go	190.00	9.00	98.00	1.40	360.00	0.00	10.00	3.50	15.00	490.00	0.00	42.20	Egg
Apple Juice	80.00	0.00	0.00	0.02	0.00	0.02	0.00	0.00	20.00	5.00	2.00		
1/2 Pint Milk 1% White	110.00	9.00	0.03	0.00	0.10	0.02	2.50	1.50	13.00	130.00	0.00	15.00	
	380.00	18.00	98.03	1.42	360.10	0.04	12.50	5.00	48.00	625.00	2.00	57.00	
Cereal	130.00	1.00	0.00	4.50	0.00	0.00	3.50	0.50	24.00	140.00	1.00	0.00	
Graham Cracker	120.00	2.00	2.00	6.00	0.00	0.00	4.00	1.00	7.00	130.00	4.00	0.00	
Apple Juice	80.00	0.00	0.00	0.02	0.00	0.02	0.00	0.00	20.00	5.00	2.00		
1/2 Pint Milk 1% White	110.00	9.00	0.03	0.00	0.10	0.02	2.50	1.50	13.00	130.00	0.00	15.00	
	440.00	12.00	2.03	10.52	0.10	0.04	10.00	3.00	64.00	405.00	7.00	15.00	
23-Sep													
Cinnamon Glazed Toast	239.90	8.99	57.99	1.99	204.90	0.00	7.99	1.49	33.99	3.49	0.00	134.90	
100% Orange Juice	104.00	1.50	20.00	1.10	45.00	95.60	0.40	0.00	24.50	5.00	0.00		
1/2 Pint Milk 1% White	110.00	9.00	0.03	0.00	0.10	0.02	2.50	1.50	13.00	130.00	0.00	15.00	
	453.90	19.49	78.02	3.09	250.00	95.62	10.89	2.99	71.49	138.49	0.00	149.90	

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Cereal	130.00	1.00	0.00	4.50	0.00	0.00	3.50	0.50	24.00	140.00	1.00	0.00	
Graham Cracker	120.00	2.00	2.00	6.00	0.00	0.00	4.00	1.00	7.00	130.00	4.00	0.00	
100% Orange Juice	104.00	1.50	20.00	1.10	45.00	95.60	0.40	0.00	24.50	5.00	0.00		
1/2 Pint Milk 1% White	110.00	9.00	0.03	0.00	0.10	0.02	2.50	1.50	13.00	130.00	0.00	15.00	
	464.00	13.50	22.03	11.60	45.10	95.62	10.40	3.00	68.50	405.00	5.00	15.00	
26-Sep													
Cereal	130.00	1.00	0.00	4.50	0.00	0.00	3.50	0.50	24.00	140.00	1.00	0.00	
Muffin, Assorted	306.00	5.00	167.00	1.00	12.00	0.40	14.00	2.00	40.00	233.00			
Apple Juice	80.00	0.00	0.00	0.02	0.00	0.02	0.00	0.00	20.00	5.00	2.00		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	626.00	15.00	417.00	5.52	512.00	1.62	20.00	4.00	97.00	508.00	3.00	15.00	
27-Sep													
Pizza, Breakfast	220.00	9.80	164.00	104.00	370.00	0.40	10.50	2.90	21.80	459.00	0.70		Egg/Cheese
100% Orange Juice	104.00	1.50	20.00	1.10	45.00	95.60	0.40	0.00	24.50	5.00	0.00		
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	434.00	20.30	434.00	105.10	915.00	97.20	13.40	4.40	59.30	594.00	0.70	15.00	
Cereal	130.00	1.00	0.00	4.50	0.00	0.00	3.50	0.50	24.00	140.00	1.00	0.00	
Graham Cracker	120.00	2.00	2.00	6.00	0.00	0.00	4.00	1.00	7.00	130.00	4.00	0.00	
100% Orange Juice	104.00	1.50	20.00	1.10	45.00	95.60	0.40	0.00	24.50	5.00	0.00		
1/2 Pint Milk 1% White	110.00	9.00	0.03	0.00	0.10	0.02	2.50	1.50	13.00	130.00	0.00	15.00	
	464.00	13.50	22.03	11.60	45.10	95.62	10.40	3.00	68.50	405.00	5.00	15.00	
28-Sep													
Waffle, Dutch	280.00	5.00	11.20	28.00	0.00	0.00	9.00	4.00	45.00	360.00	1.00	30.00	
Applesauce Cup	110.00	0.00	0.00	0.00	0.00	0.90	0.00	0.00	27.00	0.00			
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	500.00	14.00	261.20	28.00	500.00	2.10	11.50	5.50	85.00	490.00	1.00	45.00	
Cereal	130.00	1.00	0.00	4.50	0.00	0.00	3.50	0.50	24.00	140.00	1.00	0.00	
Graham Cracker	120.00	2.00	2.00	6.00	0.00	0.00	4.00	1.00	7.00	130.00	4.00	0.00	
Applesauce Cup	110.00	0.00	0.00	0.00	0.00	0.90	0.00	0.00	27.00	0.00			
1/2 Pint Milk 1% White	110.00	9.00	250.00	0.00	500.00	1.20	2.50	1.50	13.00	130.00	0.00	15.00	
	470.00	12.00	252.00	10.50	500.00	2.10	10.00	3.00	71.00	300.00	5.00	15.00	

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