

Breakfast NUTRIENT INFORMATION

Breakfast Week of 1/8, 1/22	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Breakfast Pizza	1 each	210	8	2	480	10	27
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Cereal, Trix less Sugar	1 each	110	1.5	0	140	1	24
Mini Donuts-Chocolate (grades 7-12)	1 pkg	300	13	8	290	5	39
Mini Donuts- Powdered (grades 7-12)	1 pkg	270	11	3	230	4	41
Yogurt	4 oz	80	0	0	65	4	16
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Tuesday							
Pancake Pups	3 each	180	9	2.5	280	6	15
Syrup	1 packet	78	0	0	29	0	20
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Cereal, Trix less Sugar	1 each	110	1.5	0	140	1	24
Goldfish Grahams	1 pkg	130	4.5	1	140	2	21

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Breakfast Week of 1/8, 1/22	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Graham Crackers	1 pkg	90	2.5	0	95	2	17
Breakfast Bun (grades 7-12)	1 each	230	7	2	340	6	39
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Pineapple Tidbits	1/2 cup	62	0	0	0	0	16
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Wednesday							
Mini Blueberry Pancakes	1 pkg	210	6	1	310	4	35
Sausage Link	1each	60	4	1	80	6	0
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Cereal, Trix less Sugar	1 each	110	1.5	0	140	1	24
Yogurt	4 oz	80	0	0	65	4	16
Mini Donuts-Chocolate (grades 7-12)	1 pkg	300	13	8	290	5	39
Mini Donuts- Powdered (grades 7-12)	1 pkg	270	11	3	230	4	41
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Mixed Fruit	1/2 cup	57	0	0	9.5	1	13.3

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Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Thursday							
Dutch Waffle, Whole Grain	1 each	300	13	3	359	4	43
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Cereal, Trix less Sugar	1 each	110	1.5	0	140	1	24
Goldfish Grahams	1 pkg	130	4.5	1	140	2	21
Graham Crackers	1 pkg	90	2.5	0	95	2	17
Breakfast Bun (grades 7-12)	1 each	230	7	2	340	6	39
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Friday							
Chicken Biscuit	1 each	300	14.5	7	590	11	32
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25

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Breakfast Week of 1/8, 1/22	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Cereal, Trix less Sugar	1 each	110	1.5	0	140	1	24
Yogurt	4 oz	80	0	0	65	4	16
Whole Grain Pop Tart (grades 7-12)	1 each	185	2.5	1	190	2.5	37
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Pineapple Tidbits	1/2 cup	62	0	0	0	0	16
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12

Breakfast NUTRIENT INFORMATION

Breakfast Week of 1/15, 1/29	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Pancake and Sausage Sandwich	1 each	130	3	1	320	9	17
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Cereal, Trix less Sugar	1 each	110	1.5	0	140	1	24
Goldfish Grahams	1 pkg	130	4.5	1	140	2	21
Graham Crackers	1 pkg	90	2.5	0	95	2	17
Mini Donuts-Chocolate (grades 7-12)	1 pkg	300	13	8	290	5	39
Mini Donuts- Powdered (grades 7-12)	1 pkg	270	11	3	230	4	41
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Mixed Fruit	1/2 cup	57	0	0	9.5	1	13.3
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Tuesday							
Bean and Cheese Breakfast Burrito	1 each	214	6.4	2.2	330	9	30
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Cereal, Trix less Sugar	1 each	110	1.5	0	140	1	24
Yogurt	4 oz	80	0	0	65	4	16

Breakfast NUTRIENT INFORMATION

Breakfast Week of 1/15, 1/29	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Breakfast Bun (grades 7-12)	1 each	230	7	2	340	6	39
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Wednesday							
French Toast Sticks	3 each	220	8	1.5	330	9	30
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Cereal, Trix less Sugar	1 each	110	1.5	0	140	1	24
Goldfish Grahams	1 pkg	130	4.5	1	140	2	21
Graham Crackers	1 pkg	90	2.5	0	95	2	17
Mini Donuts-Chocolate (grades 7-12)	1 pkg	300	13	8	290	5	39
Mini Donuts- Powdered (grades 7-12)	1 pkg	270	11	3	230	4	41
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Pineapple Tidbits	1/2 cup	62	0	0	0	0	16

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Breakfast Week of 1/15, 1/29	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Thursday							
Whole Grain Pancake on a Stick	1 each	160	6	1.5	310	8	17
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Cereal, Trix less Sugar	1 each	110	1.5	0	140	1	24
Yogurt	4 oz	80	0	0	65	4	16
Breakfast Bun (grades 7-12)	1 each	230	7	2	340	6	39
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12
Friday							
Filled Croissant, Grape	1 each	210	6	1	260	5	35
Filled Croissant, Chocolate	1 each	230	8	1.5	270	6	37
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25

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Breakfast Week of 1/15, 1/29	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Cereal, Trix less Sugar	1 each	110	1.5	0	140	1	24
Goldfish Grahams	1 pkg	130	4.5	1	140	2	21
Graham Crackers	1 pkg	90	2.5	0	95	2	17
Whole Grain Pop Tart (grades 7-12)	1 each	185	2.5	1	190	2.5	37
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Diced Pears	1/2 cup	50	0	0	5.9	0	13
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12