

**Breakfast NUTRIENT INFORMATION**

<b>Breakfast</b>	<b>Week of 10/2, 10/16, 10/30</b>	<b>Svg Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Sodium</b>	<b>Protein</b>	<b>Carbs</b>
<b>Monday</b>								
<b>Pancake and Sausage Sandwich</b>		1 each	130	3	1	320	9	17
<b>Cereal, Fruit Cheerios</b>		1 each	120	5	0	150	2	26
<b>Cereal, Reduced Sugar Cocoa Puffs</b>		1 each	110	1.5	0	160	2	25
<b>Cereal, Trix less Sugar</b>		1 each	110	1.5	0	140	1	24
<b>Graham Crackers</b>		1 pkg	90	2.5	0	95	2	17
<b>Mini Donuts-Chocolate (grades 7-12)</b>		1 pkg	300	13	8	290	5	39
<b>Mini Donuts- Powdered (grades 7-12)</b>		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
<b>Tuesday</b>								
<b>Breakfast Taco</b>		1 each	264	13	5	426	11	25
<b>Cereal, Fruit Cheerios</b>		1 each	120	5	0	150	2	26
<b>Cereal, Reduced Sugar Cocoa Puffs</b>		1 each	110	1.5	0	160	2	25
<b>Cereal, Trix less Sugar</b>		1 each	110	1.5	0	140	1	24
<b>Yogurt</b>		4 oz	80	0	0	65	4	16
<b>Breakfast Bun (grades 7-12)</b>		1 each	230	7	2	340	6	39

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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
<b>Wednesday</b>							
<b>French Toast Sticks</b>	3 each	220	8	1.5	330	9	30
<b>Cereal, Fruit Cheerios</b>	1 each	120	5	0	150	2	26
<b>Cereal, Reduced Sugar Cocoa Puffs</b>	1 each	110	1.5	0	160	2	25
<b>Cereal, Trix less Sugar</b>	1 each	110	1.5	0	140	1	24
<b>Graham Crackers</b>	1 pkg	90	2.5	0	95	2	17
<b>Mini Donuts-Chocolate (grades 7-12)</b>	1 pkg	300	13	8	290	5	39
<b>Mini Donuts- Powdered (grades 7-12)</b>	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
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim plain	8 oz	80	0	0	125	8	12

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<b>Breakfast Week of 10/2, 10/16, 10/30</b>	<b>Svg Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Sodium</b>	<b>Protein</b>	<b>Carbs</b>
<b>Thursday</b>							
<b>Whole Grain Pancake on a Stick</b>	1 each	160	6	1.5	310	8	17
<b>Cereal, Fruit Cheerios</b>	1 each	120	5	0	150	2	26
<b>Cereal, Reduced Sugar Cocoa Puffs</b>	1 each	110	1.5	0	160	2	25
<b>Cereal, Trix less Sugar</b>	1 each	110	1.5	0	140	1	24
<b>Yogurt</b>	4 oz	80	0	0	65	4	16
<b>Breakfast Bun (grades 7-12)</b>	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
<b>Friday</b>							
<b>Chicken Chips with Roll</b>	1 serving	317	12.8	2.5	351	9.5	37
<b>Cereal, Fruit Cheerios</b>	1 each	120	5	0	150	2	26
<b>Cereal, Reduced Sugar Cocoa Puffs</b>	1 each	110	1.5	0	160	2	25
<b>Cereal, Trix less Sugar</b>	1 each	110	1.5	0	140	1	24
<b>Graham Crackers</b>	1 pkg	90	2.5	0	95	2	17
<b>Whole Grain Pop Tart (grades 7-12)</b>	1 each	185	2.5	1	190	2.5	37

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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

**Breakfast NUTRIENT INFORMATION**

<b>Breakfast Week of 10/10, 10/23</b>	<b>Svg Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Sodium</b>	<b>Protein</b>	<b>Carbs</b>
<b>Monday</b>							
<b>Breakfast Pizza</b>	1 each	210	8	2	480	10	27
<b>Cereal, Fruit Cheerios</b>	1 each	120	5	0	150	2	26
<b>Cereal, Reduced Sugar Cocoa Puffs</b>	1 each	110	1.5	0	160	2	25
<b>Cereal, Trix less Sugar</b>	1 each	110	1.5	0	140	1	24
<b>Mini Donuts-Chocolate (grades 7-12)</b>	1 pkg	300	13	8	290	5	39
<b>Mini Donuts- Powdered (grades 7-12)</b>	1 pkg	270	11	3	230	4	41
<b>Yogurt</b>	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
<b>Tuesday</b>							
<b>Pancake Pups</b>	3 each	180	9	2.5	280	6	15
<b>Syrup</b>	1 packet	78	0	0	29	0	20
<b>Cereal, Fruit Cheerios</b>	1 each	120	5	0	150	2	26
<b>Cereal, Reduced Sugar Cocoa Puffs</b>	1 each	110	1.5	0	160	2	25
<b>Cereal, Trix less Sugar</b>	1 each	110	1.5	0	140	1	24
<b>Graham Crackers</b>	1 pkg	90	2.5	0	95	2	17

**Breakfast NUTRIENT INFORMATION**

<b>Breakfast Week of 10/10, 10/23</b>	<b>Svg Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Sodium</b>	<b>Protein</b>	<b>Carbs</b>
<b>Breakfast Bun (grades 7-12)</b>	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
<b>Wednesday</b>							
<b>Mini Blueberry Pancakes</b>	1 pkg	210	6	1	310	4	35
<b>Sausage Link</b>	1each	60	4	1	80	6	0
<b>Cereal, Fruit Cheerios</b>	1 each	120	5	0	150	2	26
<b>Cereal, Reduced Sugar Cocoa Puffs</b>	1 each	110	1.5	0	160	2	25
<b>Cereal, Trix less Sugar</b>	1 each	110	1.5	0	140	1	24
<b>Yogurt</b>	4 oz	80	0	0	65	4	16
<b>Mini Donuts-Chocolate (grades 7-12)</b>	1 pkg	300	13	8	290	5	39
<b>Mini Donuts- Powdered (grades 7-12)</b>	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

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<b>Breakfast Week of 10/10, 10/23</b>	<b>Svg Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Sat Fat</b>	<b>Sodium</b>	<b>Protein</b>	<b>Carbs</b>
Milk, Skim plain	8 oz	80	0	0	125	8	12
<b>Thursday</b>							
<b>Dutch Waffle, Whole Grain</b>	1 each	300	13	3	359	4	43
<b>Cereal, Fruit Cheerios</b>	1 each	120	5	0	150	2	26
<b>Cereal, Reduced Sugar Cocoa Puffs</b>	1 each	110	1.5	0	160	2	25
<b>Cereal, Trix less Sugar</b>	1 each	110	1.5	0	140	1	24
<b>Graham Crackers</b>	1 pkg	90	2.5	0	95	2	17
<b>Breakfast Bun (grades 7-12)</b>	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
<b>Friday</b>							
<b>Chicken Biscuit</b>	1 each	300	14.5	7	590	11	32
<b>Cereal, Fruit Cheerios</b>	1 each	120	5	0	150	2	26
<b>Cereal, Reduced Sugar Cocoa Puffs</b>	1 each	110	1.5	0	160	2	25
<b>Cereal, Trix less Sugar</b>	1 each	110	1.5	0	140	1	24
<b>Yogurt</b>	4 oz	80	0	0	65	4	16

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<b>Whole Grain Pop Tart (grades 7-12)</b>	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