

Breakfast NUTRIENT INFORMATION

Breakfast Week of 3/2, 3/23	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Breakfast Pizza	1 each	210	8	2	480	10	27
Cereal- Cinnamon Toast Crunch	1 bowl	230	5	1	320	3	44
Cereal- Cinnamon Chex	1 bowl	230	5	1	340	3	45
Cereal- Cocoa Puffs	1 bowl	210	3	0	220	3	47
Whole Grain Pop Tart (grades 7-12)	1 each	185	2.5	1	190	2.5	37
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Milk, Skim plain	8 oz	80	0	0	125	8	12
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Tuesday							
Dutch Waffle with Syrup	1 each	419	13	3	350	4	74
Turkey Sausage Patty	1 each	60	4	1	90	6	0
Cereal- Cinnamon Toast Crunch	1 bowl	230	5	1	320	3	44
Cereal- Cinnamon Chex	1 bowl	230	5	1	340	3	45
Cereal- Cocoa Puffs	1 bowl	210	3	0	220	3	47
Mini Donuts-Chocolate (grades 7-12)	1 pkg	300	13	8	290	5	39

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Breakfast Week of 3/2, 3/23	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
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, Skim plain	8 oz	80	0	0	125	8	12
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Wednesday							
Mini Pancakes	1 pkg	210	6	1	310	4	35
Turkey Sausage Patty	1each	60	4	1	90	6	0
Cereal- Cinnamon Toast Crunch	1 bowl	230	5	1	320	3	44
Cereal- Cinnamon Chex	1 bowl	230	5	1	340	3	45
Cereal- Cocoa Puffs	1 bowl	210	3	0	220	3	47
Banana Bread Square (Grades 7-12)	1 pkg	281	8.5	1.1	201	4.5	46.5
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Milk, Skim plain	8 oz	80	0	0	125	8	12
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Thursday							
Chicken Sticks	3 each	134	7	2	260	11	6.5
Biscuit Stick with Gravy	1 each	110	5	3	370	2	13
Gravy	1 ounce	17	0	0	190	0	4

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Cereal- Cinnamon Toast Crunch	1 bowl	230	5	1	320	3	44
Cereal- Cinnamon Chex	1 bowl	230	5	1	340	3	45
Cereal- Cocoa Puffs	1 bowl	210	3	0	220	3	47
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
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							
Cinnamon Toast Crunch Square	1 serving	250	8	3	280	6	40
Turkey Sausage Patty	1 each	60	4	1	90	6	0
Cereal- Cinnamon Toast Crunch	1 bowl	230	5	1	320	3	44
Cereal- Cinnamon Chex	1 bowl	230	5	1	340	3	45
Cereal- Cocoa Puffs	1 bowl	210	3	0	220	3	47
Breakfast Bun (grades 7-12)	1 each	230	7	2	340	6	39
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Milk, Skim plain	8 oz	80	0	0	125	8	12
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12

Breakfast NUTRIENT INFORMATION

Breakfast Week of 3/16, 3/30	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Breakfast Taquito	1 each	140	6	1.5	400	8	15
Cereal- Cinnamon Toast Crunch	1 bowl	230	5	1	320	3	44
Cereal- Cinnamon Chex	1 bowl	230	5	1	340	3	45
Cereal- Cocoa Puffs	1 bowl	210	3	0	220	3	47
Whole Grain Pop Tart (grades 7-12)	1 each	185	2.5	1	190	2.5	37
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Milk, Skim plain	8 oz	80	0	0	125	8	12
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Tuesday							
Chicken Patty	1 each	96	4	1	207	8	7
Waffle Sticks with Syrup	2 each	239	3.5	0.5	166	2.5	50
Cereal- Cinnamon Toast Crunch	1 bowl	230	5	1	320	3	44
Cereal- Cinnamon Chex	1 bowl	230	5	1	340	3	45
Cereal- Cocoa Puffs	1 bowl	210	3	0	220	3	47
Mini Donuts-Chocolate (grades 7-12)	1 pkg	300	13	8	290	5	39

Breakfast NUTRIENT INFORMATION

Breakfast Week of 3/16, 3/30	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Milk, Skim plain	8 oz	80	0	0	125	8	12
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Wednesday							
French Toast Sticks with syrup	3 each	328	9	2	289	8	57
Cereal- Cinnamon Toast Crunch	1 bowl	230	5	1	320	3	44
Cereal- Cinnamon Chex	1 bowl	230	5	1	340	3	45
Cereal- Cocoa Puffs	1 bowl	210	3	0	220	3	47
Banana Bread Square (Grades 7-12)	1 pkg	281	8.5	1.1	201	4.5	46.5
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Milk, Skim plain	8 oz	80	0	0	125	8	12
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Thursday							
Banana Bread Square	1 pkg	281	8.5	1.1	201	4.5	46.5
Cereal- Cinnamon Toast Crunch	1 bowl	230	5	1	320	3	44
Cereal- Cinnamon Chex	1 bowl	230	5	1	340	3	45

Breakfast NUTRIENT INFORMATION

Breakfast Week of 3/16, 3/30	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Cereal- Cocoa Puffs	1 bowl	210	3	0	220	3	47
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
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	306	14	7	577	12	33
Cereal- Cinnamon Toast Crunch	1 bowl	230	5	1	320	3	44
Cereal- Cinnamon Chex	1 bowl	230	5	1	340	3	45
Cereal- Cocoa Puffs	1 bowl	210	3	0	220	3	47
Breakfast Bun (grades 7-12)	1 each	230	7	2	340	6	39
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Milk, Skim plain	8 oz	80	0	0	125	8	12
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12