

Nutritional Information: BREAKFAST - February 2019		Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
	Item Name														
2/1/19	FROSTED CORN FLAKES, Animal Graham Crackers	220	5	0	0	0	235	44	3	14	3	150	5	263	7
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
2/4/19	CINNAMON CHEX, Animal Graham Crackers, Apple Juice	240	7	0	0	0	225	42	3	12	3	120	5	193	8
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
2/5/19	CHEERIOS, Graham Crackers, Grape Juice	270	4	0	0	0	250	56	4	24	5	110	6	110	9
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
2/6/19	CINNAMON TOAST CRUNCH, Strawberry Pancake Square, Blended Fruit Juice	280	8	2	0	0	205	53	4	25	3	120	65	300	4
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
2/7/19	GOLDEN GRAHAM CEREAL, Cherry Bar, Strawberry Kiwi Juice	330	7	2	0	0	290	65	3	29	4	120	5	90	4
	Pineapple Tidbits	50	0	0	0	0	7	11	1	9	2	13	6	10	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
2/8/19	FRUITY CHEERIOS, Maple Breakfast Square, Orange Tangerine Juice	290	6	1	0	0	190	57	3	27	4	150	12	100	5
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
2/11/19	APPLE CINNAMON CHEERIOS, Vanilla Breakfast Square, Blended Fruit Juice	280	6	1	0	0	155	53	3	29	4	150	66	200	4
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
2/12/19	CINNAMON TOAST CRUNCH, Strawberry Pancake Square, Blended Fruit Juice	280	8	2	0	0	205	53	4	25	3	120	65	300	4
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
2/13/19	RICE CHEX, Vanilla Square	210	5	1	0	0	290	41	2	7	4	100	6	100	9
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
2/14/19	FRUITY CHEERIOS, Maple Breakfast Square, Orange Juice	290	6	1	0	0	190	57	3	27	4	150	12	100	5
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
2/15/19	FROSTED CORN FLAKES, Animal Graham Crackers	220	5	0	0	0	235	44	3	14	3	150	5	263	7
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
2/18 - 2/22/2019 Winter Recess - School Closed															
2/25/19	APPLE CINNAMON CHEERIOS, Vanilla Breakfast Square, Blended Fruit Juice	280	6	1	0	0	155	53	3	29	4	150	66	200	4
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
2/26/19	CINNAMON TOAST CRUNCH, Strawberry Pancake Square, Blended Fruit Juice	280	8	2	0	0	205	53	4	25	3	120	65	300	4
	Pineapple Tidbits	50	0	0	0	0	7	11	1	9	2	13	6	10	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
2/27/19	RICE CHEX, Vanilla Square	210	5	1	0	0	290	41	2	7	4	100	6	100	9
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
2/28/19	FRUITY CHEERIOS, Maple Breakfast Square, Orange Juice	290	6	1	0	0	190	57	3	27	4	150	12	100	5
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0