

Preschool Breakfast

Monday, Oct 2, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Strawberry Yogurt Parfait WGR	393	7	208	5.47	2.08	180.16	869	70.16	44.15	9.63	81.90	4.80	1.25
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Juice	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Tuesday, Oct 3, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Sausage, Cheese Waffle Sandwich	200	30	480	1.00	0.70	130.00	0	0.00	5.00	12.00	15.00	11.00	3.50
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Apples	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Wednesday, Oct 4, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Breakfast Pizza Turkey Sausage & Cheese	210	12	422	3.00	2.00	177.00	0	0.00	2.00	11.00	23.00	9.00	2.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Banana	90	0	1	2.60	2.70	40.00	650	9.00	12.00	1.10	23.00	0.30	0.10
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Thursday, Oct 5, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
PARENT CONFERENCES	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Preschool Breakfast

Friday, Oct 6, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
PARENT CONFERENCES	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Preschool Breakfast

Monday, Oct 9, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pan Dulce Assorted	200	0	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Juice	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Tuesday, Oct 10, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Yogurt with Grahams Bk-4 oz.	227	4	155	2.12	2.22	339.20	681	1.67	23.99	4.31	41.56	4.55	0.60
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Apples	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Wednesday, Oct 11, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mini Maple Pancakes	210	10	320	4.00	2.70	59.93	499	0.00	10.99	4.00	34.96	5.99	1.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Banana	90	0	1	2.60	2.70	40.00	650	9.00	12.00	1.10	23.00	0.30	0.10
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Thursday, Oct 12, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mini Maple Pancakes	210	10	320	4.00	2.70	59.93	499	0.00	10.99	4.00	34.96	5.99	1.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Orange Smiles	43	0	0	1.62	0.00	32.34	54	42.04	7.55	0.54	10.24	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Friday, Oct 13, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Egg, Cheese and Bacon Burrito	240	63	373	3.35	2.08	131.52	265	0.77	1.04	11.99	24.53	10.29	4.09
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Juice	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Monday, Oct 16, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Strawberry Yogurt Parfait WGR	393	7	208	5.47	2.08	180.16	869	70.16	44.15	9.63	81.90	4.80	1.25
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Juice	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Tuesday, Oct 17, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Sausage, Cheese Waffle Sandwich	200	30	480	1.00	0.70	130.00	0	0.00	5.00	12.00	15.00	11.00	3.50
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Apples	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Wednesday, Oct 18, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Breakfast Pizza Turkey Sausage & Cheese	210	12	422	3.00	2.00	177.00	0	0.00	2.00	11.00	23.00	9.00	2.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Banana	90	0	1	2.60	2.70	40.00	650	9.00	12.00	1.10	23.00	0.30	0.10
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Thursday, Oct 19, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pan Dulce Assorted	200	0	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Orange Smiles	43	0	0	1.62	0.00	32.34	54	42.04	7.55	0.54	10.24	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Friday, Oct 20, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mini Maple Pancakes	210	10	320	4.00	2.70	59.93	499	0.00	10.99	4.00	34.96	5.99	1.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Juice	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Monday, Oct 23, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pan Dulce Assorted	200	0	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Juice	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Tuesday, Oct 24, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Yogurt with Grahams Bk-4 oz.	227	4	155	2.12	2.22	339.20	681	1.67	23.99	4.31	41.56	4.55	0.60
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Apples	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Wednesday, Oct 25, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mini Maple Pancakes	210	10	320	4.00	2.70	59.93	499	0.00	10.99	4.00	34.96	5.99	1.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Banana	90	0	1	2.60	2.70	40.00	650	9.00	12.00	1.10	23.00	0.30	0.10
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Thursday, Oct 26, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Veggie Frittata	141	192	194	0.67	1.45	177.43	1440	25.60	1.80	9.89	4.35	9.33	4.69
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Orange Smiles	43	0	0	1.62	0.00	32.34	54	42.04	7.55	0.54	10.24	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Friday, Oct 27, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Bacon Breakfast Burrito	445	262	829	3.95	2.70	126.67	300	0.00	0.99	22.40	26.68	25.99	12.25
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Juice	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Monday, Oct 30, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Strawberry Yogurt Parfait WGR	393	7	208	5.47	2.08	180.16	869	70.16	44.15	9.63	81.90	4.80	1.25
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Juice	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Preschool Breakfast

Tuesday, Oct 31, 2023

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Sausage, Cheese Waffle Sandwich	200	30	480	1.00	0.70	130.00	0	0.00	5.00	12.00	15.00	11.00	3.50
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Apples	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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