

Breakfast In The Classroom

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
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
Plums	58	0	0	1.74	2.09	57.99	387	11.60	12.37	0.97	14.50	0.39	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% White Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

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
Diced Peaches Cupped	51	0	4	4.00	0.00	20.00	0	0.00	7.20	0.40	12.00	0.00	0.00
1% White Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

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
Crumb Cake	280	32	213	2.97	1.19	15.85	0	0.10	23.78	3.37	46.57	8.92	1.19
.....	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
Applesauce Cup	53	0	2	1.05	0.00	0.00	0	0.00	11.50	0.00	14.64	0.00	0.00
1% White Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

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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Breakfast In The Classroom

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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Breakfast In The Classroom

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
Plums	58	0	0	1.74	2.09	57.99	387	11.60	12.37	0.97	14.50	0.39	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% White Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

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
Oatmeal Choc. Chip Bar	290	20	240	3.00	1.80	20.00	0	0.00	22.00	5.00	47.00	9.00	3.00
.....	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
Diced Peaches Cupped	51	0	4	4.00	0.00	20.00	0	0.00	7.20	0.40	12.00	0.00	0.00
1% White Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

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
Applesauce Cup	53	0	2	1.05	0.00	0.00	0	0.00	11.50	0.00	14.64	0.00	0.00
1% White Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

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
Cinnamon Toast Crunch Bar	260	51	200	5.00	2.70	399.93	0	0.00	14.00	4.00	50.99	6.00	0.50
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin Oranges Cupped	45	0	5	3.00	0.00	10.00	0	0.00	1.30	0.00	11.00	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% White Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

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
Cinnamon Roll	260	10	105	2.99	1.50	44.92	0	0.00	18.97	5.99	40.93	7.99	2.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Asian Pear	85	0	1	4.60	0.18	10.00	0	6.00	14.00	0.50	23.00	0.20	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% White Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

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
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
Plums	58	0	0	1.74	2.09	57.99	387	11.60	12.37	0.97	14.50	0.39	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% White Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

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
Diced Peaches Cupped	51	0	4	4.00	0.00	20.00	0	0.00	7.20	0.40	12.00	0.00	0.00
1% White Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

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
Crumb Cake	280	32	213	2.97	1.19	15.85	0	0.10	23.78	3.37	46.57	8.92	1.19
.....	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
Applesauce Cup	53	0	2	1.05	0.00	0.00	0	0.00	11.50	0.00	14.64	0.00	0.00
1% White Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

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
Maple Mini Waffles	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin Oranges Cupped	45	0	5	3.00	0.00	10.00	0	0.00	1.30	0.00	11.00	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% White Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

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
Poptart, Assorted	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Asian Pear	85	0	1	4.60	0.18	10.00	0	6.00	14.00	0.50	23.00	0.20	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% White Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

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
Plums	58	0	0	1.74	2.09	57.99	387	11.60	12.37	0.97	14.50	0.39	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% White Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

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
Oatmeal Choc. Chip Bar	290	20	240	3.00	1.80	20.00	0	0.00	22.00	5.00	47.00	9.00	3.00
.....	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
Diced Peaches Cupped	51	0	4	4.00	0.00	20.00	0	0.00	7.20	0.40	12.00	0.00	0.00
1% White Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

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
Applesauce Cup	53	0	2	1.05	0.00	0.00	0	0.00	11.50	0.00	14.64	0.00	0.00
1% White Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

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
Cinnamon Toast Crunch Bar	260	51	200	5.00	2.70	399.93	0	0.00	14.00	4.00	50.99	6.00	0.50
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin Oranges Cupped	45	0	5	3.00	0.00	10.00	0	0.00	1.30	0.00	11.00	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% White Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

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
Cinnamon Roll	260	10	105	2.99	1.50	44.92	0	0.00	18.97	5.99	40.93	7.99	2.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Asian Pear	85	0	1	4.60	0.18	10.00	0	6.00	14.00	0.50	23.00	0.20	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% White Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

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
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
Plums	58	0	0	1.74	2.09	57.99	387	11.60	12.37	0.97	14.50	0.39	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% White Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

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
Diced Peaches Cupped	51	0	4	4.00	0.00	20.00	0	0.00	7.20	0.40	12.00	0.00	0.00
1% White Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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