

Preschool Breakfast

Monday, Jan 1, 2024

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

Tuesday, Jan 2, 2024

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
HOLIDAY	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

Wednesday, Jan 3, 2024

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
HOLIDAY	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

Thursday, Jan 4, 2024

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
HOLIDAY	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, Jan 5, 2024

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
HOLIDAY	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, Jan 8, 2024

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
HOLIDAY	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

Tuesday, Jan 9, 2024

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
Trix Cereal	223	0	324	3.04	8.93	162.00	1165	19.24	12.15	3.04	46.57	3.04	0.51
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Diced Pears	60	0	5	2.00	0.00	0.00	0	1.20	12.00	0.00	16.00	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, Jan 10, 2024

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, Jan 11, 2024

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
Red Apple	125	0	2	4.90	0.18	10.00	100	0.00	22.00	0.60	30.00	0.40	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, Jan 12, 2024

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 & Graham Cracker WGR	707	5	602	5.97	3.58	846.83	0	6.00	59.84	14.96	122.57	17.92	2.49
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Applesauce	51	0	0	1.47	0.00	0.00	0	0.00	11.02	0.00	13.23	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, Jan 15, 2024

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
HOLIDAY	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

Tuesday, Jan 16, 2024

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 Sandwich, Egg Sausage, Cheese	345	153	657	2.00	2.48	221.24	46	0.00	7.01	18.54	30.01	17.02	7.77
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Diced Pears	60	0	5	2.00	0.00	0.00	0	1.20	12.00	0.00	16.00	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, Jan 17, 2024

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 Apple Bites	270	0	160	3.00	1.50	39.98	0	0.00	19.99	4.00	40.98	10.00	4.50
.....	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, Jan 18, 2024

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
Red Apple	125	0	2	4.90	0.18	10.00	100	0.00	22.00	0.60	30.00	0.40	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, Jan 19, 2024

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
Applesauce	51	0	0	1.47	0.00	0.00	0	0.00	11.02	0.00	13.23	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, Jan 22, 2024

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 Parfait	373	7	208	5.47	2.43	161.22	1268	12.79	42.21	9.63	78.96	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
Juice/Appleberry	55	0	15	0.00	0.00	0.00	0	0.00	18.00	0.00	13.50	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, Jan 23, 2024

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
Diced Pears	60	0	5	2.00	0.00	0.00	0	1.20	12.00	0.00	16.00	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, Jan 24, 2024

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, Jan 25, 2024

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
Red Apple	125	0	2	4.90	0.18	10.00	100	0.00	22.00	0.60	30.00	0.40	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, Jan 26, 2024

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
Applesauce	51	0	0	1.47	0.00	0.00	0	0.00	11.02	0.00	13.23	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, Jan 29, 2024

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	210	0	320	7.00	60.00	60.00	60	60.00	11.00	3.00	44.00	5.00	0.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	55	0	15	0.00	0.00	0.00	0	0.00	18.00	0.00	13.50	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, Jan 30, 2024

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 Sandwich, Egg Sausage, Cheese	345	153	657	2.00	2.48	221.24	46	0.00	7.01	18.54	30.01	17.02	7.77
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Diced Pears	60	0	5	2.00	0.00	0.00	0	1.20	12.00	0.00	16.00	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, Jan 31, 2024

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 Apple Bites	270	0	160	3.00	1.50	39.98	0	0.00	19.99	4.00	40.98	10.00	4.50
.....	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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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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.