

# Breakfast In The Classroom

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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# Breakfast In The Classroom

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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# Breakfast In The Classroom

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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# Breakfast In The Classroom

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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# Breakfast In The Classroom

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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# Breakfast In The Classroom

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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## Breakfast In The Classroom

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
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

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Breakfast In The Classroom

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
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

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# Breakfast In The Classroom

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
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

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Breakfast In The Classroom

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
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

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# Breakfast In The Classroom

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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# Breakfast In The Classroom

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
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

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Breakfast In The Classroom

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 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

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# Breakfast In The Classroom

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
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

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## Breakfast In The Classroom

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
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

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## Breakfast In The Classroom

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 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

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# Breakfast In The Classroom

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

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# Breakfast In The Classroom

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
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

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# Breakfast In The Classroom

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
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

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Breakfast In The Classroom

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
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

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Breakfast In The Classroom

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
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

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# Breakfast In The Classroom

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
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

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Breakfast In The Classroom

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 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

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