

Preschool Breakfast

Thursday, Feb 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
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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Preschool Breakfast

Friday, Feb 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
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

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Preschool Breakfast

Monday, Feb 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
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

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Preschool Breakfast

Tuesday, Feb 6, 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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Preschool Breakfast

Wednesday, Feb 7, 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

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Preschool Breakfast

Thursday, Feb 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
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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Preschool Breakfast

Friday, Feb 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
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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Preschool Breakfast

Monday, Feb 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
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

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Preschool Breakfast

Tuesday, Feb 13, 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

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Preschool Breakfast

Wednesday, Feb 14, 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

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Preschool Breakfast

Thursday, Feb 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
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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Preschool Breakfast

Tuesday, Feb 20, 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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Preschool Breakfast

Wednesday, Feb 21, 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

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Preschool Breakfast

Thursday, Feb 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
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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Preschool Breakfast

Friday, Feb 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
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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Preschool Breakfast

Monday, Feb 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
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

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Preschool Breakfast

Tuesday, Feb 27, 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

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Preschool Breakfast

Wednesday, Feb 28, 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

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Preschool Breakfast

Thursday, Feb 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
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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