

Breakfast In The Classroom

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
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
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
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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

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
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
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice, Place Holder	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Assorted Raisels Flavor	160	0	5	2.00	0.40	30.00	0	0.00	18.00	1.00	38.00	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, 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
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
Halo Mandarin Oranges	81	0	0	3.05	0.00	60.94	102	79.22	14.22	1.02	19.30	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
Assorted Raisels Flavor	160	0	5	2.00	0.40	30.00	0	0.00	18.00	1.00	38.00	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, 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
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, 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
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, 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
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
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% 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, 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
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
Juice/Appleberry	55	0	15	0.00	0.00	0.00	0	0.00	18.00	0.00	13.50	0.00	0.00
Assorted Raisels Flavor	160	0	5	2.00	0.40	30.00	0	0.00	18.00	1.00	38.00	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, 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
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
Halo Mandarin Oranges	81	0	0	3.05	0.00	60.94	102	79.22	14.22	1.02	19.30	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
Assorted Raisels Flavor	160	0	5	2.00	0.40	30.00	0	0.00	18.00	1.00	38.00	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, 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
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, 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 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, 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
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
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
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% 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, Feb 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
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, Feb 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
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, 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
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, 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
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, 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
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
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% 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, 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
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
Juice/Appleberry	55	0	15	0.00	0.00	0.00	0	0.00	18.00	0.00	13.50	0.00	0.00
Assorted Raisels Flavor	160	0	5	2.00	0.40	30.00	0	0.00	18.00	1.00	38.00	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, 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
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
Halo Mandarin Oranges	81	0	0	3.05	0.00	60.94	102	79.22	14.22	1.02	19.30	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
Assorted Raisels Flavor	160	0	5	2.00	0.40	30.00	0	0.00	18.00	1.00	38.00	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, 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
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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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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Breakfast In The Classroom

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 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, 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
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
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
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% 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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