

Elementary Breakfast

Monday	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
CINN TST CRUNCH: 1 EAC	1 EACH	110	160	8.00	1.00	22.00	3.00	0.50
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20	22.31	0.22	0.04
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00

Tuesday	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
SAUSAGE BISCUIT	UNIT	390	580	3.00	11.00	29.00	26.00	10.50
PINEAPPLE TIDBITS	1/2 CUP	79	0	16.87	0.99	17.86	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
JELLY	1 PC	35	10	7.00	0.00	9.00	0.00	0.00

Wednesday	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
MUFFIN, BLUEBERRY	ONE EACH	102	131	15.00	3.00	30.00	5.70	1.87
APPLE WEDGES	2 OZ	29	1	5.89	0.15	7.83	0.10	0.02
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00

Thursday	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
MINI PANCAKES	PKG	210	320	11.00	4.00	35.00	6.00	1.00
ORANGE, FRESH	1 EACH	62	0	12.25	1.23	15.39	0.16	0.03
SYRUP, PANCAKE	1 PC TUB	120	30	22.00	0.00	30.00	0.00	0.00
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00

Friday	Portion Size	Calories	Mg Sodium	G Sugars	G Protein	G Carb	G T-Fat	G S-Fat
CHICKEN BISCUIT	UNIT	330	481	3.00	16.00	33.00	15.20	5.50
APPLESAUCE CUP	1 EACH	87	3	18.71	0.20	22.31	0.22	0.04
MILK, 1% LOWFAT	HALF PINT	100	125	12.00	8.00	12.00	2.50	1.50
MILK, CHOC, NON FAT	HALF PINT	110	100	18.00	8.00	19.00	0.00	0.00
JELLY	1 PC	35	10	7.00	0.00	9.00	0.00	0.00

This institution is an equal opportunity provider.

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.