

**Nutritional Information: December 2021 - Breakfast**

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

|            | Item Name  | Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates(g) | Fiber (g) | Sugar (g) | Protein (g) | Vitamin A (IU) | Vitamin C (mg) | Calcium (mg) | Iron (mg) |   | Item Name  | Calories       | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates(g) | Fiber (g) | Sugar (g) | Protein (g) | Vitamin A (IU) | Vitamin C (mg) | Calcium (mg) | Iron (mg) |   |
|------------|--|----------|---------------|-------------|---------------|------------------|-------------|------------------|-----------|-----------|-------------|----------------|----------------|--------------|-----------|---|--|----------------|---------------|-------------|---------------|------------------|-------------|------------------|-----------|-----------|-------------|----------------|----------------|--------------|-----------|---|
| 12/1/2021  | CINNAMON TOAST CRUNCH, Graham Crackers^                                | 240      | 4             | 0           | 0             | 0                | 320         | 44               | 5         | 14        | 3           | 300            | 4              | 60           | 3         | 12/14/2021  | FRUITY CHEERIOS, Maple Breakfast Square, Maple Breakfast Square        | 290            | 6             | 1           | 0             | 0                | 190         | 57               | 3         | 28        | 5           | 400            | 48             | 80           | 3         |   |
|            | Fresh Apple  | 64       | 0             | 0           | 0             | 0                | 1           | 17               | 3         | 13        | 0           | 4              | 6              | 7            | 0         |   |  | Diced Peaches  | 55            | 0           | 0             | 0                | 0           | 1                | 13        | 1         | 12          | 2              | 0              | 4            | 2         | 0 |
|            | Choice of Milk   | 121      | 1             | 1           | 0             | 8                | 139         | 19               | 0         | 17        | 8           | 493            | 0              | 302          | 0         |   |  | Choice of Milk | 121           | 1           | 1             | 0                | 8           | 139              | 19        | 0         | 17          | 8              | 493            | 0            | 302       | 0 |
| 12/2/2021  | RICE CHEX^, Cherry Bar^, Blended Fruit Juice                           | 320      | 6             | 1           | 0             | 0                | 380         | 66               | 3         | 25        | 5           | 100            | 6              | 112          | 10        | 12/15/2021  | CINNAMON TOAST CRUNCH, Graham Crackers^                                | 240            | 4             | 0           | 0             | 0                | 320         | 44               | 5         | 14        | 3           | 300            | 4              | 60           | 3         |   |
|            | Fresh Banana   | 105      | 0             | 0           | 0             | 0                | 1           | 27               | 3         | 14        | 1           | 23             | 10             | 6            | 0         |   |  | Fresh Apple    | 64            | 0           | 0             | 0                | 0           | 1                | 17        | 3         | 13          | 0              | 4              | 6            | 7         | 0 |
|            | Choice of Milk   | 121      | 1             | 1           | 0             | 8                | 139         | 19               | 0         | 17        | 8           | 493            | 0              | 302          | 0         |   |  | Choice of Milk | 121           | 1           | 1             | 0                | 8           | 139              | 19        | 0         | 17          | 8              | 493            | 0            | 302       | 0 |
| 12/3/2021  | FROSTED CORN FLAKES^, Mixed Berry Animal Crackers^                     | 210      | 4             | 0           | 0             | 0                | 240         | 42               | 3         | 14        | 3           | 150            | 5              | 154          | 7         | 12/16/2021  | RICE CHEX^, Cherry Bar^, Blended Fruit Juice                           | 320            | 6             | 1           | 0             | 0                | 380         | 66               | 3         | 25        | 5           | 100            | 6              | 112          | 10        |   |
|            | Fresh Apple  | 64       | 0             | 0           | 0             | 0                | 1           | 17               | 3         | 13        | 0           | 4              | 6              | 7            | 0         |   |  | Fresh Banana   | 105           | 0           | 0             | 0                | 0           | 1                | 27        | 3         | 14          | 1              | 23             | 10           | 6         | 0 |
|            | Choice of Milk   | 121      | 1             | 1           | 0             | 8                | 139         | 19               | 0         | 17        | 8           | 493            | 0              | 302          | 0         |   |  | Choice of Milk | 121           | 1           | 1             | 0                | 8           | 139              | 19        | 0         | 17          | 8              | 493            | 0            | 302       | 0 |
| 12/6/2021  | FROSTED MINI WHEATS, Crispy Granola Bites, Apple Juice^                | 280      | 2             | 0           | 0             | 0                | 80          | 60               | 4         | 25        | 4           | 0              | 0              | 17           | 9         | 12/17/2021  | FROSTED CORN FLAKES^, Mixed Berry Animal Crackers^                     | 210            | 4             | 0           | 0             | 0                | 240         | 42               | 3         | 14        | 3           | 150            | 5              | 154          | 7         |   |
|            | Craisins   | 110      | 0             | 0           | 0             | 0                | 0           | 27               | 2         | 24        | 0           | 0              | 0              | 0            | 0         |   |  | Fresh Apple    | 64            | 0           | 0             | 0                | 0           | 1                | 17        | 3         | 13          | 0              | 4              | 6            | 7         | 0 |
|            | Choice of Milk   | 121      | 1             | 1           | 0             | 8                | 139         | 19               | 0         | 17        | 8           | 493            | 0              | 302          | 0         |   |  | Choice of Milk | 121           | 1           | 1             | 0                | 8           | 139              | 19        | 0         | 17          | 8              | 493            | 0            | 302       | 0 |
| 12/7/2021  | APPLE CINNAMON CHEERIOS, Vanilla Breakfast Square, Blended Fruit Juice | 280      | 6             | 1           | 0             | 0                | 155         | 55               | 3         | 28        | 4           | 300            | 4              | 60           | 3         | 12/20/2021  | FROSTED MINI WHEATS, Crispy Granola Bites, Apple Juice^                | 280            | 2             | 0           | 0             | 0                | 80          | 60               | 4         | 25        | 4           | 0              | 0              | 17           | 9         |   |
|            | Diced Pears  | 56       | 0             | 0           | 0             | 0                | 9           | 15               | 2         | 9         | 2           | 0              | 1              | 1            | 0         |   |  | Craisins       | 110           | 0           | 0             | 0                | 0           | 0                | 27        | 2         | 24          | 0              | 0              | 0            | 0         | 0 |
|            | Choice of Milk   | 121      | 1             | 1           | 0             | 8                | 139         | 19               | 0         | 17        | 8           | 493            | 0              | 302          | 0         |   |  | Choice of Milk | 121           | 1           | 1             | 0                | 8           | 139              | 19        | 0         | 17          | 8              | 493            | 0            | 302       | 0 |
| 12/8/2021  | CHEERIOS, Maple Breakfast Square^                                      | 210      | 6             | 1           | 0             | 0                | 180         | 38               | 4         | 7         | 6           | 300            | 4              | 60           | 9         | 12/21/2021  | APPLE CINNAMON CHEERIOS, Vanilla Breakfast Square, Blended Fruit Juice | 280            | 6             | 1           | 0             | 0                | 155         | 55               | 3         | 28        | 4           | 300            | 4              | 60           | 3         |   |
|            | Fresh Apple  | 64       | 0             | 0           | 0             | 0                | 1           | 17               | 3         | 13        | 0           | 4              | 6              | 7            | 0         |   |  | Diced Pears    | 56            | 0           | 0             | 0                | 0           | 9                | 15        | 2         | 9           | 2              | 0              | 1            | 1         | 0 |
|            | Choice of Milk   | 121      | 1             | 1           | 0             | 8                | 139         | 19               | 0         | 17        | 8           | 493            | 0              | 302          | 0         |   |  | Choice of Milk | 121           | 1           | 1             | 0                | 8           | 139              | 19        | 0         | 17          | 8              | 493            | 0            | 302       | 0 |
| 12/9/2021  | TRIX, Maple Breakfast Square, Orange Tangerine Juice^                  | 280      | 6             | 1           | 0             | 0                | 190         | 56               | 2         | 26        | 3           | 500            | 4              | 100          | 3         | 12/22/2021  | CHEERIOS, Maple Breakfast Square^                                      | 210            | 6             | 1           | 0             | 0                | 180         | 38               | 4         | 7         | 6           | 300            | 4              | 60           | 9         |   |
|            | Fresh Banana   | 105      | 0             | 0           | 0             | 0                | 1           | 27               | 3         | 14        | 1           | 23             | 10             | 6            | 0         |   |  | Fresh Apple    | 64            | 0           | 0             | 0                | 0           | 1                | 17        | 3         | 13          | 0              | 4              | 6            | 7         | 0 |
|            | Choice of Milk   | 121      | 1             | 1           | 0             | 8                | 139         | 19               | 0         | 17        | 8           | 493            | 0              | 302          | 0         |   |  | Choice of Milk | 121           | 1           | 1             | 0                | 8           | 139              | 19        | 0         | 17          | 8              | 493            | 0            | 302       | 0 |
| 12/10/2021 | CINNAMON TOAST CRUNCH, Graham Crackers^                                | 240      | 4             | 0           | 0             | 0                | 320         | 44               | 5         | 14        | 3           | 300            | 4              | 60           | 3         | 12/23/2021  | TRIX, Maple Breakfast Square, Orange Tangerine Juice^                  | 280            | 6             | 1           | 0             | 0                | 190         | 56               | 2         | 26        | 3           | 500            | 4              | 100          | 3         |   |
|            | Fresh Apple  | 64       | 0             | 0           | 0             | 0                | 1           | 17               | 3         | 13        | 0           | 4              | 6              | 7            | 0         |   |  | Fresh Banana   | 105           | 0           | 0             | 0                | 0           | 1                | 27        | 3         | 14          | 1              | 23             | 10           | 6         | 0 |
|            | Choice of Milk   | 121      | 1             | 1           | 0             | 8                | 139         | 19               | 0         | 17        | 8           | 493            | 0              | 302          | 0         |   |  | Choice of Milk | 121           | 1           | 1             | 0                | 8           | 139              | 19        | 0         | 17          | 8              | 493            | 0            | 302       | 0 |
| 12/13/2021 | CINNAMON CHEX^, Strawberry Square^, Blended Fruit Juice                | 290      | 7             | 1           | 0             | 0                | 215         | 54               | 2         | 25        | 3           | 120            | 5              | 80           | 8         | <b>12/24/2021 - 1/2/2022 Holiday Recess - School Closed</b> |  |                |               |             |               |                  |             |                  |           |           |             |                |                |              |           |   |
|            | Craisins   | 110      | 0             | 0           | 0             | 0                | 0           | 27               | 2         | 24        | 0           | 0              | 0              | 0            | 0         |   |  |                |               |             |               |                  |             |                  |           |           |             |                |                |              |           |   |
|            | Choice of Milk   | 121      | 1             | 1           | 0             | 8                | 139         | 19               | 0         | 17        | 8           | 493            | 0              | 302          | 0         |   |  |                |               |             |               |                  |             |                  |           |           |             |                |                |              |           |   |