

Nutritional Information: JUNE 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)
6/1/2021	CINNAMON FROSTED FLAKES Strawberry Square	270	4	1	0	0	225	56	3	25	4	0	0	0	2
	Blended Fruit Juice^														
	SEEDLESS RAISINS	130	0	0	0	0	10	30	1	24	1	0	0	20	1
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
6/2/2021	CINNAMON TOAST CRUNCH Graham Crackers^	210	5	0	0	0	260	39	4	10	3	300	4	70	2
	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
6/3/2021	RICE KRISPIES Cherry Bar	330	7	1	0	0	290	65	3	23	5	0	6	12	9
	Blended Fruit Juice^														
	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
6/4/2021	FROSTED FLAKES Animal Grahams ^	220	4	0	0	0	230	42	3	14	3	0	0	64	6
	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
6/7/2021	FROSTED MINI WHEATS Crispy Granola Bites	280	2	0	0	0	80	60	4	25	4	0	0	17	9
	Apple Juice^														
	SEEDLESS RAISINS	130	0	0	0	0	10	30	1	24	1	0	0	20	1
6/8/2021	APPLE CINNAMON CHEERIOS Vanilla Breakfast Square	280	6	1	0	0	155	55	3	28	4	300	4	60	3
	Blended Fruit Juice														
	Mixed Fruit	52	0	0	0	0	5	12	1	10	2	5	3	5	0
6/9/2021	CHEERIOS Maple Breakfast Square^	210	6	1	0	0	180	38	4	7	6	300	4	60	9
	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
6/10/2021	TRIX Maple Breakfast Square	280	6	1	0	0	190	56	2	26	3	500	4	100	3
	Orange Tangerine Juice^														
	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
6/11/2021	CINNAMON TOAST CRUNCH Graham Crackers^	210	5	0	0	0	260	39	4	10	3	300	4	70	2
	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
6/14/2021	CINNAMON FROSTED FLAKES Strawberry Square	270	4	1	0	0	225	56	3	25	4	0	0	0	2
	Blended Fruit Juice^														
	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
6/15/2021	TRIX Maple Breakfast Square	280	6	1	0	0	190	56	2	26	3	500	4	100	3
	Orange Tangerine Juice^														
	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
6/16/2021	CINNAMON TOAST CRUNCH Graham Crackers^	210	5	0	0	0	260	39	4	10	3	300	4	70	2
	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
6/17/2021	RICE KRISPIES Cherry Bar	330	7	1	0	0	290	65	3	23	5	0	6	12	9
	Blended Fruit Juice^														
	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
6/18/2021	FROSTED FLAKES Animal Grahams ^	220	4	0	0	0	230	42	3	14	3	0	0	64	6
	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
6/21/2021	FROSTED MINI WHEATS Crispy Granola Bites	280	2	0	0	0	80	60	4	25	4	0	0	17	9
	Apple Juice^														
	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
6/22/2021	APPLE CINNAMON CHEERIOS Vanilla Breakfast Square	280	6	1	0	0	155	55	3	28	4	300	4	60	3
	Blended Fruit Juice														
	Mixed Fruit	52	0	0	0	0	5	12	1	10	2	5	3	5	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
6/23/2021	CHEERIOS Maple Breakfast Square^	210	6	1	0	0	180	38	4	7	6	300	4	60	9
	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
6/24/2021		CHEF'S CHOICE													
6/25/2021		CHEF'S CHOICE													