

**Nutritional Information: June 2022 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	Nutrients													Item Name	Calories	Nutrients													
			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)			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)	
6/1/2022	CHEERIOS^	210	7	1	0	0	185	39	4	10	6	300	4	65	9	6/13/2022	FROSTED MINI WHEATS^	270	6	1	0	5	50	56	3	28	4	0	0	5	8
	Maple Breakfast Square^	64	0	0	0	1	17	3	13	0	4	6	7	0	Crispy Granola Bites^		110	0	0	0	0	27	2	24	0	0	0	0	0	0	
	Fresh Apple	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
	Choice of Milk	280	6	1	0	0	195	57	2	29	3	500	4	105	3		APPLE CINNAMON	280	6	1	0	0	160	56	3	32	4	300	4	65	3
6/2/2022	TRIX^	105	0	0	0	1	27	3	14	1	23	10	6	0	6/14/2022	CHEERIOS^	210	7	1	0	0	185	39	4	10	6	300	4	65	9	
	Maple Breakfast Square^	121	1	1	0	8	139	19	0	17	8	493	0	302		0	Vanilla Breakfast Square^	64	0	0	0	1	17	3	13	0	4	6	7	0	
	Orange Tangerine Juice	290	8	1	0	5	220	55	2	29	3	120	5	85		7	Blended Fruit Juice	121	1	1	0	8	139	19	0	17	8	493	0	302	0
	Fresh Banana	110	0	0	0	0	27	2	24	0	0	0	0	0		0	Diced Peaches	55	0	0	0	1	13	1	12	2	0	4	2	0	
6/3/2022	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	
	CINNAMON TOAST CRUNCH^	240	4	0	0	0	320	44	5	14	3	300	4	60	3	6/15/2022	CHEERIOS^	210	7	1	0	0	185	39	4	10	6	300	4	65	9
	Graham Crackers^	64	0	0	0	1	17	3	13	0	4	6	7	0	Maple Breakfast Square^		121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Fresh Apple	290	8	1	0	5	220	55	2	29	3	120	5	85	7		Fresh Apple	64	0	0	0	1	17	3	13	0	4	6	7	0	
Choice of Milk	110	0	0	0	0	27	2	24	0	0	0	0	0	0	Choice of Milk		121	1	1	0	8	139	19	0	17	8	493	0	302	0	
6/6/2022	CINNAMON CHEX^	121	1	1	0	8	139	19	0	17	8	493	0	302	0	6/16/2022	TRIX^	280	6	1	0	0	195	57	2	29	3	500	4	105	3
	Strawberry Square^	290	8	1	0	5	220	55	2	29	3	120	5	85	7		Maple Breakfast Square^	105	0	0	0	1	27	3	14	1	23	10	6	0	
	Blended Fruit Juice	110	0	0	0	0	27	2	24	0	0	0	0	0	0		Orange Tangerine Juice	121	1	1	0	8	139	19	0	17	8	493	0	302	0
	Craisins	121	1	1	0	8	139	19	0	17	8	493	0	302	0		Fresh Banana	64	0	0	0	1	17	3	13	0	4	6	7	0	
6/7/2022	Choice of Milk	290	8	1	0	5	220	55	2	29	3	120	5	85	7	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	FRUITY CHEERIOS^	290	8	1	0	5	220	55	2	29	3	120	5	85	7	6/17/2022	1/2 Day for Students														
	Maple Breakfast Square^	64	0	0	0	1	17	3	13	0	4	6	7	0	6/20/2022 Juneteenth - School Closed																
	Orange Tangerine Juice	110	0	0	0	0	27	2	24	0	0	0	0	0																	
6/8/2022	Diced Pears	121	1	1	0	8	139	19	0	17	8	493	0	302	0		6/21/2022	CINNAMON CHEX^	290	8	1	0	5	220	55	2	29	3	120	5	85
	Choice of Milk	240	4	0	0	0	320	44	5	14	3	300	4	60	3	Strawberry Square^		110	0	0	0	0	27	2	24	0	0	0	0	0	
	CINNAMON TOAST CRUNCH^	64	0	0	0	1	17	3	13	0	4	6	7	0	Blended Fruit Juice	121		1	1	0	8	139	19	0	17	8	493	0	302	0	
	Graham Crackers^	121	1	1	0	8	139	19	0	17	8	493	0	302	0	Craisins		240	4	0	0	0	320	44	5	14	3	300	4	60	3
6/9/2022	Fresh Apple	240	4	0	0	0	320	44	5	14	3	300	4	60	3	6/22/2022	CINNAMON TOAST CRUNCH^	64	0	0	0	1	17	3	13	0	4	6	7	0	
	Choice of Milk	110	0	0	0	0	27	2	24	0	0	0	0	0	Graham Crackers^		121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	RICE CHEX^	320	6	1	0	0	310	66	3	25	5	100	6	115	10		Fresh Apple	64	0	0	0	1	17	3	13	0	4	6	7	0	
	Cherry Bar^	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
6/10/2022	Blended Fruit Juice	290	8	1	0	5	220	55	2	29	3	120	5	85	7	6/23/2022	RICE CHEX^	320	6	1	0	0	310	66	3	25	5	100	6	115	10
	Fresh Banana	105	0	0	0	1	27	3	14	1	23	10	6	0	Cherry Bar^		105	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		Blended Fruit Juice	121	1	1	0	8	139	19	0	17	8	493	0	302	0
	FROSTED FLAKES^	210	7	1	0	0	185	39	4	10	6	300	4	65	9		Fresh Banana	64	0	0	0	1	17	3	13	0	4	6	7	0	
6/10/2022	Mixed Berry Animal Crackers^	64	0	0	0	1	17	3	13	0	4	6	7	0	6/23/2022	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Fresh Apple	121	1	1	0	8	139	19	0	17	8	493	0	302		0	6/23/2022 CHEF'S CHOICE MEAL														
	Choice of Milk	290	8	1	0	5	220	55	2	29	3	120	5	85		7	6/24/2022 CHEF'S CHOICE MEAL														
																	LAST DAY OF SCHOOL														