

Nutritional Information: May 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	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)																
5/2/2022	FROSTED MINI WHEATS^																APPLE CINNAMON																														
	Crispy Granola Bites^	270	6	1	0	5	50	56	3	28	4	0	0	5	8		CHEERIOS^	280	6	1	0	0	160	56	3	32	4	300	4	65	3																
	Apple Juice																Vanilla Breakfast Square^																														
	Craisins	110	0	0	0	0	0	27	2	24	0	0	0	0	0		Blended Fruit Juice																														
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0																
5/3/2022 Eid-ul-Fitr - School Closed																																															
5/4/2022	CHEERIOS^	210	7	1	0	0	185	39	4	10	6	300	4	65	9		CHEERIOS^	210	7	1	0	0	185	39	4	10	6	300	4	65	9																
	Maple Breakfast Square^																Maple Breakfast Square^																														
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	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																
5/5/2022	TRIX^																TRIX^																														
	Maple Breakfast Square^	280	6	1	0	0	195	57	2	29	3	500	4	105	3		Maple Breakfast Square^	280	6	1	0	0	195	57	2	29	3	500	4	105	3																
	Orange Tangerine Juice																Orange Tangerine Juice																														
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	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																
5/6/2022	CINNAMON TOAST CRUNCH^	240	4	0	0	0	320	44	5	14	3	300	4	60	3																																
	Graham Crackers^																CINNAMON TOAST CRUNCH^	240	4	0	0	0	320	44	5	14	3	300	4	60	3																
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0		Graham Crackers^																														
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0																
5/9/2022	CINNAMON CHEX^																CINNAMON CHEX^																														
	Strawberry Square^	320	8	2	0	5	185	63	4	37	4	0	0	135	2		Strawberry Square^	320	8	2	0	5	185	63	4	37	4	0	0	135	2																
	Blended Fruit Juice																Blended Fruit Juice																														
	Craisins	110	0	0	0	0	0	27	2	24	0	0	0	0	0		Craisins	110	0	0	0	0	0	27	2	24	0	0	0	0	0	0															
5/10/2022	FRUITY CHEERIOS^																Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0																
	Maple Breakfast Square^	290	6	1	0	0	195	58	3	31	5	400	48	85	3		FRUITY CHEERIOS^																														
	Orange Tangerine Juice																Maple Breakfast Square^	290	6	1	0	0	195	58	3	31	5	400	48	85	3																
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0		Orange Tangerine Juice																														
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0																
5/11/2022	CINNAMON TOAST CRUNCH^	240	4	0	0	0	320	44	5	14	3	300	4	60	3		Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0																
	Graham Crackers^																CINNAMON TOAST CRUNCH^	240	4	0	0	0	320	44	5	14	3	300	4	60	3																
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0		Graham Crackers^																														
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0																
5/12/2022	RICE CHEX^																Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0																
	Cherry Bar^	370	10	2	0	0	195	72	5	37	5	0	0	145	3		RICE CHEX^																														
	Blended Fruit Juice																Cherry Bar^	370	10	2	0	0	195	72	5	37	5	0	0	145	3																
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0		Blended Fruit Juice																														
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0																
5/13/2022	FROSTED FLAKES^	210	6	1	0	0	225	42	2	17	3	150	5	155	6		Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0																
	Mixed Berry Animal Crackers^																FROSTED FLAKES^	210	6	1	0	0	225	42	2	17	3	150	5	155	6																
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0		Mixed Berry Animal Crackers^																														
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0																
5/16/2022	FROSTED MINI WHEATS^																Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0																
	Crispy Granola Bites^	270	6	1	0	5	50	56	3	28	4	0	0	5	8		5/30/2022 Memorial Day - School Closed																														
	Apple Juice																5/31/2022	FROSTED MINI WHEATS^																													
	Craisins	110	0	0	0	0	0	27	2	24	0	0	0	0	0		Crispy Granola Bites^	270	6	1	0	5	50	56	3	28	4	0	0	5	8																
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		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																