

Nutritional Information: November 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	Nutrients													Item Name	Nutrients															
		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)	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)	
11/1/2021	CINNAMON CHEX^ Strawberry Square^ Blended Fruit Juice	290	7	1	0	0	215	54	2	25	3	120	5	80	8	11/16/2021	FRUITY CHEERIOS, Maple Breakfast Square, Orange Tangerine Juice	290	6	1	0	0	190	57	3	28	5	400	48	80	3
	Craisins	110	0	0	0	0	27	2	24	0	0	0	0	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
11/2/2021 Election Day - School Closed for Students																															
11/3/2021	CINNAMON TOAST CRUNCH, Graham Crackers^	240	4	0	0	0	320	44	5	14	3	300	4	60	3	11/17/2021	CINNAMON TOAST CRUNCH, Graham Crackers^	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		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
11/4/2021	RICE CHEX^, Cherry Bar^, Blended Fruit Juice	320	6	1	0	0	380	66	3	25	5	100	6	112	10	11/18/2021	RICE CHEX^, Cherry Bar^, Blended Fruit Juice	320	6	1	0	0	380	66	3	25	5	100	6	112	10
	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
11/5/2021	FROSTED CORN FLAKES^ Mixed Berry Animal Crackers^	210	4	0	0	0	240	42	3	14	3	150	5	154	7	11/19/2021	FROSTED FLAKES. Mixed Berry Animal Crackers^	210	4	0	0	0	240	42	3	14	3	150	5	154	7
	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
11/8/2021	FROSTED MINI WHEATS Crispy Granola Bites, Apple Juice^	280	2	0	0	0	80	60	4	25	4	0	0	17	9	11/22/2021	FROSTED MINI WHEATS, Crispy Granola Bites, Apple Juice^	280	2	0	0	0	80	60	4	25	4	0	0	17	9
	Craisins	110	0	0	0	0	27	2	24	0	0	0	0	0	Craisins		110	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
11/9/2021	APPLE CINNAMON CHEERIOS, Vanilla Breakfast Square, Blended Fruit Juice	280	6	1	0	0	155	55	3	28	4	300	4	60	3	11/23/2021	APPLE CINNAMON CHEERIOS, Vanilla Breakfast Square, Blended Fruit Juice	280	6	1	0	0	155	55	3	28	4	300	4	60	3
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	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
11/24/2021	CHEERIOS, Maple Breakfast Square^	210	6	1	0	0	180	38	4	7	6	300	4	60	9	11/24/2021	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		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
11/25 - 26/2021 Thanksgiving Recess - School Closed																															
11/11/2021 Veterans' Day - School Closed																															
11/12/2021	CINNAMON TOAST CRUNCH, Graham Crackers^	240	4	0	0	0	320	44	5	14	3	300	4	60	3	11/29/2021	CINNAMON CHEX^, Strawberry Square^, Blended Fruit Juice	290	7	1	0	0	215	54	2	25	3	120	5	80	8
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0		Craisins	110	0	0	0	0	27	2	24	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
11/15/2021	CINNAMON CHEX^, Strawberry Square^, Blended Fruit Juice	290	7	1	0	0	215	54	2	25	3	120	5	80	8	11/30/2021	FRUITY CHEERIOS, Maple Breakfast Square, Orange Tangerine Juice	290	6	1	0	0	190	57	3	28	5	400	48	80	3
	Craisins	110	0	0	0	0	27	2	24	0	0	0	0	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