

Nutritional Information: BREAKFAST - January 2020		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															
<b>12/23/2019 - 1/1/2020 Holiday Recess - School Closed</b>															
1/2/20	GOLDEN GRAHAM CEREAL, Vanilla Breakfast Squares, Apple Juice	270	6	1	0	0	265	55	2	26	3	120	5	80	4
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
1/3/20	CHEERIOS, Maple Breakfast Square	210	6	2	0	0	180	37	4	6	5	10	6	10	8
	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
1/6/20	FRUITY CHEERIOS, Maple Breakfast Square, Orange Tangerine Juice	290	6	1	0	0	190	57	3	27	4	150	12	100	5
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
1/7/20	APPLE CINNAMON CHEERIOS, Vanilla Breakfast Square, Blended Fruit Juice	280	6	1	0	0	155	54	3	29	4	150	6	100	4
	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
1/8/20	FROSTED CORN FLAKES, Animal Graham Crackers	220	5	0	0	0	235	44	3	14	3	150	5	263	7
	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
1/9/20	COCOA PUFFS, Strawberry Square, Apple Juice	280	6	1	0	0	205	56	3	26	4	150	6	100	5
	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
1/10/20	CINNAMON CHEX, Graham Crackers	210	5	0	0	0	270	38	2	10	3	220	5	180	8
	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
1/13/20	GOLDEN GRAHAM CEREAL, Vanilla Breakfast Squares, Apple Juice	270	6	1	0	0	265	55	2	26	3	120	5	80	4
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
1/14/20	RICE CHEX, Cherry Breakfast Bar, Blended Fruit Juice	330	6	2	0	0	315	66	3	25	5	100	6	100	10
	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
1/15/20	TRIX CEREAL, Graham Crackers	200	4	0	0	24	240	40	2	11	3	220	5	180	5
	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
1/16/20	CINNAMON TOAST CRUNCH, Strawberry Square, Blended Fruit Juice	280	8	2	0	0	205	54	4	25	3	120	5	200	4
	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
1/17/20	CHEERIOS, Maple Breakfast Square	210	6	2	0	0	180	37	4	6	5	10	6	10	8
	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
<b>1/20/2020 Martin Luther King Jr Day - School Closed</b>															
1/21/20	FRUITY CHEERIOS, Maple Breakfast Square, Orange Tangerine Juice	290	6	1	0	0	190	57	3	27	4	150	12	100	5
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
1/22/20	FROSTED CORN FLAKES, Animal Graham Crackers	220	5	0	0	0	235	44	3	14	3	150	5	263	7
	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
1/23/20	COCOA PUFFS, Strawberry Square, Apple Juice	280	6	1	0	0	205	56	3	26	4	150	6	100	5
	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
1/24/20	CINNAMON CHEX, Graham Crackers	210	5	0	0	0	270	38	2	10	3	220	5	180	8
	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
1/27/20	GOLDEN GRAHAM CEREAL, Vanilla Breakfast Squares, Apple Juice	270	6	1	0	0	265	55	2	26	3	120	5	80	4
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0
1/28/20	RICE CHEX, Cherry Breakfast Bar, Blended Fruit Juice	330	6	2	0	0	315	66	3	25	5	100	6	100	10
	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
1/29/20	TRIX CEREAL, Graham Crackers	200	4	0	0	24	240	40	2	11	3	220	5	180	5
	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
1/30/20	CINNAMON TOAST CRUNCH, Strawberry Square, Blended Fruit Juice	280	8	2	0	0	205	54	4	25	3	120	5	200	4
	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
1/31/20	CHEERIOS, Maple Breakfast Square	210	6	2	0	0	180	37	4	6	5	10	6	10	8
	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