

Nutritional Information: BREAKFAST - January 2021		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															
12/21/2020 - 1/1/2021 HOLIDAY RECESS - SCHOOL CLOSED															
1/4/21	FROSTED MINI WHEATS, Vanilla Breakfast Square, Apple Juice^	270	5	1	0	0	45	55	3	24	4	0	0	0	9
	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
1/5/21	APPLE CINNAMON CHEERIOS, Vanilla Breakfast Square, Blended Fruit Juice	280	6	1	0	0	155	55	3	28	4	300	4	60	3
	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
1/6/21	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
1/7/21	TRIX, Maple Breakfast Square, Orange Tangerine Juice^	280	6	1	0	0	190	56	2	26	3	500	4	100	3
	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
1/8/21	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
1/11/21	CINNAMON FROSTED FLAKES, Strawberry Square, Blended Fruit Juice^	270	4	1	0	0	225	56	3	25	4	0	0	0	2
	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
1/12/21	TRIX, Maple Breakfast Square, Orange Tangerine Juice^	280	6	1	0	0	190	56	2	26	3	500	4	100	3
	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
1/13/21	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
1/14/21	RICE KRISPIES, Cherry Bar, Blended Fruit Juice^	340	7	2	0	0	225	65	4	23	5	0	6	0	9
	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
1/15/21	FROSTED FLAKES, Animal Graham Crackers^	230	4	1	0	0	285	45	2	16	3	0	0	60	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
1/18/2021 Martin Luther King Jr Day - School Closed															
1/19/21	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	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
1/20/21	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
1/21/21	TRIX, Maple Breakfast Square, Orange Tangerine Juice^	280	6	1	0	0	190	56	2	26	3	500	4	100	3
	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
1/22/21	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
1/25/21	CINNAMON FROSTED FLAKES, Strawberry Square, Blended Fruit Juice^	270	4	1	0	0	225	56	3	25	4	0	0	0	2
	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
1/26/21	TRIX, Maple Breakfast Square, Orange Tangerine Juice^	280	6	1	0	0	190	56	2	26	3	500	4	100	3
	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
1/27/21	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
1/28/21	RICE KRISPIES, Cherry Bar, Blended Fruit Juice^	340	7	2	0	0	225	65	4	23	5	0	6	0	9
	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
1/29/21	FROSTED FLAKES, Animal Graham Crackers^	230	4	1	0	0	285	45	2	16	3	0	0	60	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