

Nutritional Information: BREAKFAST - March 2020															
	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)
3/2/20	FRUIT LOOPS, Maple Breakfast Square, Orange Tangerine Juice	280	6	2	0	0	220	56	4	26	4	80	12	0	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
3/3/20	APPLE JACKS, Vanilla Breakfast Square, Blended Fruit Juice	280	6	2	0	0	205	56	4	27	4	80	12	0	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
3/4/20	FROSTED FLAKES, Animal Graham Crackers	220	4	0	0	0	215	44	4	13	4	150	21	113	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
3/5/20	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
3/6/20	FROSTED MINI WHEATS, Graham Crackers	190	2	0	0	0	100	40	4	10	5	100	0	100	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
3/9/20	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
3/10/20	RICE KRISPIES, Cherry Bar, Blended Fruit Juice	330	6	2	0	0	235	65	3	24	5	200	12	0	9
	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
3/11/20	MINI WHEATS LITTLE BITES, Graham Crackers	190	4	0	0	0	205	39	4	10	5	100	0	100	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
3/12/20	CINNAMON FROSTED FLAKES, Strawberry Square, Blended Fruit Juice	270	4	1	0	0	215	56	4	25	4	225	22	0	8
	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
3/13/20	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
3/16/20	FRUIT LOOPS, Maple Breakfast Square, Orange Tangerine Juice	280	6	2	0	0	220	56	4	26	4	80	12	0	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
3/17/20	APPLE JACKS, Vanilla Breakfast Square, Blended Fruit Juice	280	6	2	0	0	205	56	4	27	4	80	12	0	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
3/18/20	FROSTED FLAKES, Animal Graham Crackers	220	4	0	0	0	215	44	4	13	4	150	21	113	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
3/19/20	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
3/20/20	FROSTED MINI WHEATS, Graham Crackers	190	2	0	0	0	100	40	4	10	5	100	0	100	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
3/23/20	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
3/24/20	RICE KRISPIES, Cherry Bar, Blended Fruit Juice	330	6	2	0	0	235	65	3	24	5	200	12	0	9
	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
3/25/20	MINI WHEATS LITTLE BITES, Graham Crackers	190	4	0	0	0	205	39	4	10	5	100	0	100	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
3/26/20	CINNAMON FROSTED FLAKES, Strawberry Square, Blended Fruit Juice	270	4	1	0	0	215	56	4	25	4	225	22	0	8
	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
3/27/20	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
3/30/20	FRUIT LOOPS, Maple Breakfast Square, Orange Tangerine Juice	280	6	2	0	0	220	56	4	26	4	80	12	0	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
3/31/20	APPLE JACKS, Vanilla Breakfast Square, Blended Fruit Juice	280	6	2	0	0	205	56	4	27	4	80	12	0	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