

Nutritional Information: BREAKFAST - November 2019		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														
11/1/19	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
11/4/19	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
11/5/2019 Election Day - School Closed for Students															
11/6/19	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
11/7/19	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
11/8/19	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
11/11/2019 Veterans' Day - School Closed															
11/12/19	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
11/13/19	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
11/14/19	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
11/15/19	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
11/18/19	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
11/19/19	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
11/20/19	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
11/21/19	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
11/22/19	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
11/25/19	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
11/26/19	APPLE CINNAMON CHEERIOS, Vanilla Breakfast Square, Blended Fruit Juice	280	6	1	0	0	155	54	3	29	4	150	6	100	4
	Mixed Fruit Cup	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
11/27/19	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
11/28 - 11/29/2019 Thanksgiving Recess - School Closed															