

Nutritional Information: BREAKFAST - October 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															
<b>9/30 &amp; 10/1/2019 Rosh Hashanah - School Closed</b>															
10/2/19	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
10/3/19	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
10/4/19	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
10/7/19	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
10/8/19	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
<b>10/9/2019 Yom Kippur - School Closed</b>															
10/10/19	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
10/11/19	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
<b>10/14/2019 Columbus Day - School Closed</b>															
10/15/19	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
10/16/19	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
10/17/19	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
10/18/19	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
10/21/19	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
10/22/19	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
10/23/19	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
10/24/19	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
10/25/19	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
10/28/19	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
10/29/19	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
10/30/19	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
10/31/19	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