

### Nutritional Information: April 2021 Breakfast

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

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)
<b>4/1 - 4/2/2021 SPRING BREAK - SCHOOL CLOSED</b>														
<b>4/5/2021</b>	CINNAMON FROSTED FLAKES													
	Strawberry Square	270	4	1	0	225	56	3	25	4	0	0	0	2
	Blended Fruit Juice^													
	Dried Cranberries	110	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
<b>4/6/2021</b>	TRIX													
	Maple Breakfast Square	280	6	1	0	190	56	2	26	3	500	4	100	3
	Orange Tangerine Juice^													
	Diced Peaches	55	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
<b>4/7/2021</b>	CINNAMON TOAST CRUNCH													
	Graham Crackers^	210	5	0	0	260	39	4	10	3	300	4	70	2
	Fresh Apple	64	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
<b>4/8/2021</b>	RICE KRISPIES													
	Cherry Bar	330	7	1	0	290	65	4	23	5	0	6	12	9
	Blended Fruit Juice^													
	Fresh Banana	105	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
<b>4/9/2021</b>	FROSTED FLAKES													
	Animal Grahams ^	220	4	0	0	230	42	3	14	3	0	0	64	6
	Fresh Apple	64	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
<b>4/12/2021</b>	FROSTED MINI WHEATS													
	Crispy Granola Bites	280	2	0	0	80	60	4	25	4	0	0	17	9
	Apple Juice^													
	Dried Cranberries	110	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
<b>4/13/2021</b>	APPLE CINNAMON CHEERIOS													
	Vanilla Breakfast Square	280	6	1	0	155	55	3	28	4	300	4	60	3
	Blended Fruit Juice													
	Mixed Fruit	52	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
<b>4/14/2021</b>	CHEERIOS													
	Maple Breakfast Square^	210	6	1	0	180	38	4	7	6	300	4	60	9
	Fresh Apple	64	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
<b>4/15/2021</b>	TRIX													
	Maple Breakfast Square	280	6	1	0	190	56	2	26	3	500	4	100	3
	Orange Tangerine Juice^													
	Fresh Banana	105	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
<b>4/16/2021</b>	CINNAMON TOAST CRUNCH													
	Graham Crackers^	210	5	0	0	260	39	4	10	3	300	4	70	2
	Fresh Apple	64	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
<b>4/19/2021</b>	CINNAMON FROSTED FLAKES													
	Strawberry Square	270	4	1	0	225	56	3	25	4	0	0	0	2
	Blended Fruit Juice^													
	Dried Cranberries	110	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
<b>4/20/2021</b>	TRIX													
	Maple Breakfast Square	280	6	1	0	190	56	2	26	3	500	4	100	3
	Orange Tangerine Juice^													
	Diced Peaches	55	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
<b>4/21/2021</b>	CINNAMON TOAST CRUNCH													
	Graham Crackers^	210	5	0	0	260	39	4	10	3	300	4	70	2
	Fresh Apple	64	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
<b>4/22/2021</b>	RICE KRISPIES													
	Cherry Bar	330	7	1	0	290	65	4	23	5	0	6	12	9
	Blended Fruit Juice^													
	Fresh Banana	105	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
<b>4/23/2021</b>	FROSTED FLAKES													
	Animal Grahams ^	220	4	0	0	230	42	3	14	3	0	0	64	6
	Fresh Apple	64	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
<b>4/26/2021</b>	FROSTED MINI WHEATS													
	Crispy Granola Bites	280	2	0	0	80	60	4	25	4	0	0	17	9
	Apple Juice^													
	Dried Cranberries	110	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
<b>4/27/2021</b>	APPLE CINNAMON CHEERIOS													
	Vanilla Breakfast Square	280	6	1	0	155	55	3	28	4	300	4	60	3
	Blended Fruit Juice													
	Mixed Fruit	52	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
<b>4/28/2021</b>	CHEERIOS													
	Maple Breakfast Square^	210	6	1	0	180	38	4	7	6	300	4	60	9
	Fresh Apple	64	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
<b>4/29/2021</b>	TRIX													
	Maple Breakfast Square	280	6	1	0	190	56	2	26	3	500	4	100	3
	Orange Tangerine Juice^													
	Fresh Banana	105	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
<b>4/30/2021</b>	CINNAMON TOAST CRUNCH													
	Graham Crackers^	210	5	0	0	260	39	4	10	3	300	4	70	2
	Fresh Apple	64	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