

October 2021 Elementary School Breakfast Nutritionals (Grades PK-5)

| Fri - 10/01/2021 | Portion Size | Cals | Mg Sodm | G Fiber | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|--------------------------|-----------------|------|---------|---------|----------|---------|--------|---------|---------|
| Breakfast Chicken Slider | Sliders | 247 | 464 | 3.95 | 4.94 | 13.83 | 29.66 | 7.91 | 1.48 |
| Assorted Cereals (2oz) | 2 oz servings | 219 | 311 | 4.38 | 15.91 | 3.58 | 46.88 | 2.98 | 0.60 |
| Yogurt Parfait | 1 EACH | 245 | 141 | 4.45 | 27.17 | 9.71 | 51.63 | 2.45 | 0.52 |
| Assorted Poptarts | 3.25 oz | 336 | 355 | 5.53 | 28.10 | 4.15 | 70.02 | 5.07 | 1.84 |
| Hash Browns | 2 oz | 101 | 283 | 1.01 | 1.01 | 1.01 | 14.17 | 4.05 | 0.51 |
| Assorted Fresh Fruit | 1/2 cup serving | 58 | 1 | 2.24 | 11.11 | 0.74 | 14.77 | 0.21 | 0.05 |
| Assorted Canned Fruit | 4 ounce | 76 | 7 | 1.18 | 16.99 | 0.43 | 19.53 | 0.05 | 0.01 |
| Assorted Juice | 4 oz serving | 63 | 4 | 0.00 | 13.17 | 0.00 | 15.00 | 0.00 | 0.00 |
| Milk, Chocolate FF | 1 cup | 110 | 180 | 0.00 | 25.00 | 11.00 | 19.00 | 0.00 | 0.00 |
| Milk, 1 % White | 1 cup | 100 | 125 | 0.00 | 12.00 | 8.00 | 12.00 | 2.50 | 1.50 |
| Ketchup, Individual | Pkt 6g | 10 | 85 | 0.00 | 2.00 | 0.00 | 3.00 | 0.00 | 0.00 |
| Mustard | 1 ea | 5 | 93 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

| Mon - 10/04/2021 | Portion Size | Cals | Mg Sodm | G Fiber | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|----------------------------|-----------------|------|---------|---------|----------|---------|--------|---------|---------|
| WG French Toast Sticks w/s | 4 sticks | 401 | 324 | 3.00 | 23.15 | 6.00 | 58.54 | 12.00 | 2.00 |
| Assorted Cereals (2oz) | 2 oz servings | 219 | 311 | 4.38 | 15.91 | 3.58 | 46.88 | 2.98 | 0.60 |
| Yogurt Parfait | 1 EACH | 245 | 141 | 4.45 | 27.17 | 9.71 | 51.63 | 2.45 | 0.52 |
| Assorted Poptarts | 3.25 oz | 336 | 355 | 5.53 | 28.10 | 4.15 | 70.02 | 5.07 | 1.84 |
| Assorted Fresh Fruit | 1/2 cup serving | 58 | 1 | 2.24 | 11.11 | 0.74 | 14.77 | 0.21 | 0.05 |
| Assorted Canned Fruit | 4 ounce | 76 | 7 | 1.18 | 16.99 | 0.43 | 19.53 | 0.05 | 0.01 |
| Assorted Juice | 4 oz serving | 63 | 4 | 0.00 | 13.17 | 0.00 | 15.00 | 0.00 | 0.00 |
| Milk, Chocolate FF | 1 cup | 110 | 180 | 0.00 | 25.00 | 11.00 | 19.00 | 0.00 | 0.00 |
| Milk, 1 % White | 1 cup | 100 | 125 | 0.00 | 12.00 | 8.00 | 12.00 | 2.50 | 1.50 |

| Tue - 10/05/2021 | Portion Size | Cals | Mg Sodm | G Fiber | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|----------------------------|-----------------|------|---------|---------|----------|---------|--------|---------|---------|
| Sausage, Egg & Cheese Slid | Sliders | 341 | 662 | 2.97 | 4.46 | 14.46 | 25.76 | 21.46 | 7.74 |
| Assorted Cereals (2oz) | 2 oz servings | 219 | 311 | 4.38 | 15.91 | 3.58 | 46.88 | 2.98 | 0.60 |
| Yogurt Parfait | 1 EACH | 245 | 141 | 4.45 | 27.17 | 9.71 | 51.63 | 2.45 | 0.52 |
| Assorted Poptarts | 3.25 oz | 336 | 355 | 5.53 | 28.10 | 4.15 | 70.02 | 5.07 | 1.84 |
| Assorted Juice | 4 oz serving | 63 | 4 | 0.00 | 13.17 | 0.00 | 15.00 | 0.00 | 0.00 |
| Breakfast Potatoes | 4 oz | 134 | 147 | 2.67 | 0.00 | 2.67 | 25.39 | 2.67 | 0.00 |
| Assorted Fresh Fruit | 1/2 cup serving | 58 | 1 | 2.24 | 11.11 | 0.74 | 14.77 | 0.21 | 0.05 |
| Assorted Canned Fruit | 4 ounce | 76 | 7 | 1.18 | 16.99 | 0.43 | 19.53 | 0.05 | 0.01 |
| Milk, Chocolate FF | 1 cup | 110 | 180 | 0.00 | 25.00 | 11.00 | 19.00 | 0.00 | 0.00 |
| Milk, 1 % White | 1 cup | 100 | 125 | 0.00 | 12.00 | 8.00 | 12.00 | 2.50 | 1.50 |
| Ketchup, Individual | Pkt 6g | 10 | 85 | 0.00 | 2.00 | 0.00 | 3.00 | 0.00 | 0.00 |
| Mustard | 1 ea | 5 | 93 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

| Wed - 10/06/2021 | Portion Size | Cals | Mg Sodm | G Fiber | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|--------------------------|-----------------|------|---------|---------|----------|---------|--------|---------|---------|
| Sausage Pancake Roll Ups | 1 roll up | 200 | 380 | 1.00 | 7.00 | 6.00 | 19.00 | 11.00 | 3.00 |
| Assorted Cereals (2oz) | 2 oz servings | 219 | 311 | 4.38 | 15.91 | 3.58 | 46.88 | 2.98 | 0.60 |
| Yogurt Parfait | 1 EACH | 245 | 141 | 4.45 | 27.17 | 9.71 | 51.63 | 2.45 | 0.52 |
| Assorted Poptarts | 3.25 oz | 336 | 355 | 5.53 | 28.10 | 4.15 | 70.02 | 5.07 | 1.84 |
| Assorted Fresh Fruit | 1/2 cup serving | 58 | 1 | 2.24 | 11.11 | 0.74 | 14.77 | 0.21 | 0.05 |
| Assorted Canned Fruit | 4 ounce | 76 | 7 | 1.18 | 16.99 | 0.43 | 19.53 | 0.05 | 0.01 |
| Assorted Juice | 4 oz serving | 63 | 4 | 0.00 | 13.17 | 0.00 | 15.00 | 0.00 | 0.00 |
| Milk, Chocolate FF | 1 cup | 110 | 180 | 0.00 | 25.00 | 11.00 | 19.00 | 0.00 | 0.00 |
| Milk, 1 % White | 1 cup | 100 | 125 | 0.00 | 12.00 | 8.00 | 12.00 | 2.50 | 1.50 |

| Thu - 10/07/2021 | Portion Size | Cals | Mg Sodm | G Fiber | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|-----------------------------|-----------------|------|---------|---------|----------|---------|--------|---------|---------|
| Breakfast Pizza w/Turkey Sa | 3 oz | 210 | 330 | 3.00 | 5.00 | 10.00 | 25.00 | 7.00 | 2.00 |
| Assorted Cereals (2oz) | 2 oz servings | 219 | 311 | 4.38 | 15.91 | 3.58 | 46.88 | 2.98 | 0.60 |
| Yogurt Parfait | 1 EACH | 245 | 141 | 4.45 | 27.17 | 9.71 | 51.63 | 2.45 | 0.52 |
| Assorted Poptarts | 3.25 oz | 336 | 355 | 5.53 | 28.10 | 4.15 | 70.02 | 5.07 | 1.84 |
| Assorted Fresh Fruit | 1/2 cup serving | 58 | 1 | 2.24 | 11.11 | 0.74 | 14.77 | 0.21 | 0.05 |
| Assorted Canned Fruit | 4 ounce | 76 | 7 | 1.18 | 16.99 | 0.43 | 19.53 | 0.05 | 0.01 |
| Assorted Juice | 4 oz serving | 63 | 4 | 0.00 | 13.17 | 0.00 | 15.00 | 0.00 | 0.00 |
| Milk, Chocolate FF | 1 cup | 110 | 180 | 0.00 | 25.00 | 11.00 | 19.00 | 0.00 | 0.00 |
| Milk, 1 % White | 1 cup | 100 | 125 | 0.00 | 12.00 | 8.00 | 12.00 | 2.50 | 1.50 |

| Fri - 10/08/2021 | Portion Size | Cals | Mg Sodm | G Fiber | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|------------------------|-----------------|------|---------|---------|----------|---------|--------|---------|---------|
| Breakfast Bowl | servings | 360 | 701 | 1.00 | 1.00 | 14.34 | 19.14 | 25.79 | 10.15 |
| Toast, Whole Wheat | serving | 80 | 160 | 1.00 | 2.00 | 3.00 | 15.00 | 1.00 | 0.00 |
| Assorted Cereals (2oz) | 2 oz servings | 219 | 311 | 4.38 | 15.91 | 3.58 | 46.88 | 2.98 | 0.60 |
| Yogurt Parfait | 1 EACH | 245 | 141 | 4.45 | 27.17 | 9.71 | 51.63 | 2.45 | 0.52 |
| Assorted Poptarts | 3.25 oz | 336 | 355 | 5.53 | 28.10 | 4.15 | 70.02 | 5.07 | 1.84 |
| Assorted Fresh Fruit | 1/2 cup serving | 58 | 1 | 2.24 | 11.11 | 0.74 | 14.77 | 0.21 | 0.05 |
| Assorted Canned Fruit | 4 ounce | 76 | 7 | 1.18 | 16.99 | 0.43 | 19.53 | 0.05 | 0.01 |
| Assorted Juice | 4 oz serving | 63 | 4 | 0.00 | 13.17 | 0.00 | 15.00 | 0.00 | 0.00 |
| Milk, Chocolate FF | 1 cup | 110 | 180 | 0.00 | 25.00 | 11.00 | 19.00 | 0.00 | 0.00 |
| Milk, 1 % White | 1 cup | 100 | 125 | 0.00 | 12.00 | 8.00 | 12.00 | 2.50 | 1.50 |

| Mon - 10/11/2021 | Portion Size | Cals | Mg Sodm | G Fiber | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|------------------------|-----------------|------|---------|---------|----------|---------|--------|---------|---------|
| Waffle-Dutch | One Waffle | 300 | 350 | 3.00 | 12.00 | 4.00 | 43.00 | 13.00 | 3.00 |
| Syrup | 1.5 oz | 121 | 34 | 0.00 | 12.15 | 0.00 | 23.54 | 0.00 | 0.00 |
| Assorted Cereals (2oz) | 2 oz servings | 219 | 311 | 4.38 | 15.91 | 3.58 | 46.88 | 2.98 | 0.60 |
| Yogurt Parfait | 1 EACH | 245 | 141 | 4.45 | 27.17 | 9.71 | 51.63 | 2.45 | 0.52 |
| Assorted Poptarts | 3.25 oz | 336 | 355 | 5.53 | 28.10 | 4.15 | 70.02 | 5.07 | 1.84 |
| Assorted Juice | 4 oz serving | 63 | 4 | 0.00 | 13.17 | 0.00 | 15.00 | 0.00 | 0.00 |
| Assorted Fresh Fruit | 1/2 cup serving | 58 | 1 | 2.24 | 11.11 | 0.74 | 14.77 | 0.21 | 0.05 |
| Assorted Canned Fruit | 4 ounce | 76 | 7 | 1.18 | 16.99 | 0.43 | 19.53 | 0.05 | 0.01 |
| Milk, Chocolate FF | 1 cup | 110 | 180 | 0.00 | 25.00 | 11.00 | 19.00 | 0.00 | 0.00 |
| Milk, 1 % White | 1 cup | 100 | 125 | 0.00 | 12.00 | 8.00 | 12.00 | 2.50 | 1.50 |

| Tue - 10/12/2021 | Portion Size | Cals | Mg Sodm | G Fiber | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|------------------------|-----------------|------|---------|---------|----------|---------|--------|---------|---------|
| Assorted Muffins | Muffins | 260 | 140 | 2.00 | 21.00 | 5.00 | 43.50 | 7.50 | 1.25 |
| Assorted Cereals (2oz) | 2 oz servings | 219 | 311 | 4.38 | 15.91 | 3.58 | 46.88 | 2.98 | 0.60 |
| Yogurt Parfait | 1 EACH | 245 | 141 | 4.45 | 27.17 | 9.71 | 51.63 | 2.45 | 0.52 |
| Assorted Poptarts | 3.25 oz | 336 | 355 | 5.53 | 28.10 | 4.15 | 70.02 | 5.07 | 1.84 |
| Assorted Juice | 4 oz serving | 63 | 4 | 0.00 | 13.17 | 0.00 | 15.00 | 0.00 | 0.00 |
| Assorted Fresh Fruit | 1/2 cup serving | 58 | 1 | 2.24 | 11.11 | 0.74 | 14.77 | 0.21 | 0.05 |
| Assorted Canned Fruit | 4 ounce | 76 | 7 | 1.18 | 16.99 | 0.43 | 19.53 | 0.05 | 0.01 |
| Milk, Chocolate FF | 1 cup | 110 | 180 | 0.00 | 25.00 | 11.00 | 19.00 | 0.00 | 0.00 |
| Milk, 1 % White | 1 cup | 100 | 125 | 0.00 | 12.00 | 8.00 | 12.00 | 2.50 | 1.50 |

| Wed - 10/13/2021 | Portion Size | Cals | Mg Sodm | G Fiber | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|--------------------------|-----------------|------|---------|---------|----------|---------|--------|---------|---------|
| Sausage Pancake Roll Ups | 1 roll up | 200 | 380 | 1.00 | 7.00 | 6.00 | 19.00 | 11.00 | 3.00 |
| Assorted Cereals (2oz) | 2 oz servings | 219 | 311 | 4.38 | 15.91 | 3.58 | 46.88 | 2.98 | 0.60 |
| Yogurt Parfait | 1 EACH | 245 | 141 | 4.45 | 27.17 | 9.71 | 51.63 | 2.45 | 0.52 |
| Assorted Poptarts | 3.25 oz | 336 | 355 | 5.53 | 28.10 | 4.15 | 70.02 | 5.07 | 1.84 |
| Assorted Fresh Fruit | 1/2 cup serving | 58 | 1 | 2.24 | 11.11 | 0.74 | 14.77 | 0.21 | 0.05 |
| Assorted Canned Fruit | 4 ounce | 76 | 7 | 1.18 | 16.99 | 0.43 | 19.53 | 0.05 | 0.01 |
| Assorted Juice | 4 oz serving | 63 | 4 | 0.00 | 13.17 | 0.00 | 15.00 | 0.00 | 0.00 |
| Milk, Chocolate FF | 1 cup | 110 | 180 | 0.00 | 25.00 | 11.00 | 19.00 | 0.00 | 0.00 |
| Milk, 1 % White | 1 cup | 100 | 125 | 0.00 | 12.00 | 8.00 | 12.00 | 2.50 | 1.50 |

| Thu - 10/14/2021 | Portion Size | Cals | Mg Sodm | G Fiber | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|-----------------------------|-----------------|------|---------|---------|----------|---------|--------|---------|---------|
| Breakfast Pizza w/Turkey Sa | 3 oz | 210 | 330 | 3.00 | 5.00 | 10.00 | 25.00 | 7.00 | 2.00 |
| Assorted Cereals (2oz) | 2 oz servings | 219 | 311 | 4.38 | 15.91 | 3.58 | 46.88 | 2.98 | 0.60 |
| Yogurt Parfait | 1 EACH | 245 | 141 | 4.45 | 27.17 | 9.71 | 51.63 | 2.45 | 0.52 |
| Assorted Poptarts | 3.25 oz | 336 | 355 | 5.53 | 28.10 | 4.15 | 70.02 | 5.07 | 1.84 |
| Assorted Fresh Fruit | 1/2 cup serving | 58 | 1 | 2.24 | 11.11 | 0.74 | 14.77 | 0.21 | 0.05 |
| Assorted Canned Fruit | 4 ounce | 76 | 7 | 1.18 | 16.99 | 0.43 | 19.53 | 0.05 | 0.01 |
| Assorted Juice | 4 oz serving | 63 | 4 | 0.00 | 13.17 | 0.00 | 15.00 | 0.00 | 0.00 |
| Milk, Chocolate FF | 1 cup | 110 | 180 | 0.00 | 25.00 | 11.00 | 19.00 | 0.00 | 0.00 |
| Milk, 1 % White | 1 cup | 100 | 125 | 0.00 | 12.00 | 8.00 | 12.00 | 2.50 | 1.50 |

| Fri - 10/15/2021 | Portion Size | Cals | Mg Sodm | G Fiber | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|--------------------------|-----------------|------|---------|---------|----------|---------|--------|---------|---------|
| Breakfast Chicken Slider | Sliders | 247 | 464 | 3.95 | 4.94 | 13.83 | 29.66 | 7.91 | 1.48 |
| Assorted Cereals (2oz) | 2 oz servings | 219 | 311 | 4.38 | 15.91 | 3.58 | 46.88 | 2.98 | 0.60 |
| Yogurt Parfait | 1 EACH | 245 | 141 | 4.45 | 27.17 | 9.71 | 51.63 | 2.45 | 0.52 |
| Assorted Poptarts | 3.25 oz | 336 | 355 | 5.53 | 28.10 | 4.15 | 70.02 | 5.07 | 1.84 |
| Hash Browns | 2 oz | 101 | 283 | 1.01 | 1.01 | 1.01 | 14.17 | 4.05 | 0.51 |
| Assorted Fresh Fruit | 1/2 cup serving | 58 | 1 | 2.24 | 11.11 | 0.74 | 14.77 | 0.21 | 0.05 |
| Assorted Canned Fruit | 4 ounce | 76 | 7 | 1.18 | 16.99 | 0.43 | 19.53 | 0.05 | 0.01 |
| Assorted Juice | 4 oz serving | 63 | 4 | 0.00 | 13.17 | 0.00 | 15.00 | 0.00 | 0.00 |
| Milk, Chocolate FF | 1 cup | 110 | 180 | 0.00 | 25.00 | 11.00 | 19.00 | 0.00 | 0.00 |
| Milk, 1 % White | 1 cup | 100 | 125 | 0.00 | 12.00 | 8.00 | 12.00 | 2.50 | 1.50 |
| Ketchup, Individual | Pkt 6g | 10 | 85 | 0.00 | 2.00 | 0.00 | 3.00 | 0.00 | 0.00 |
| Mustard | 1 ea | 5 | 93 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

| Mon - 10/18/2021 | Portion Size | Cals | Mg Sodm | G Fiber | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|----------------------------|-----------------|------|---------|---------|----------|---------|--------|---------|---------|
| WG French Toast Sticks w/s | 4 sticks | 401 | 324 | 3.00 | 23.15 | 6.00 | 58.54 | 12.00 | 2.00 |
| Assorted Cereals (2oz) | 2 oz servings | 219 | 311 | 4.38 | 15.91 | 3.58 | 46.88 | 2.98 | 0.60 |
| Yogurt Parfait | 1 EACH | 245 | 141 | 4.45 | 27.17 | 9.71 | 51.63 | 2.45 | 0.52 |
| Assorted Poptarts | 3.25 oz | 336 | 355 | 5.53 | 28.10 | 4.15 | 70.02 | 5.07 | 1.84 |
| Assorted Fresh Fruit | 1/2 cup serving | 58 | 1 | 2.24 | 11.11 | 0.74 | 14.77 | 0.21 | 0.05 |
| Assorted Canned Fruit | 4 ounce | 76 | 7 | 1.18 | 16.99 | 0.43 | 19.53 | 0.05 | 0.01 |
| Assorted Juice | 4 oz serving | 63 | 4 | 0.00 | 13.17 | 0.00 | 15.00 | 0.00 | 0.00 |
| Milk, Chocolate FF | 1 cup | 110 | 180 | 0.00 | 25.00 | 11.00 | 19.00 | 0.00 | 0.00 |
| Milk, 1 % White | 1 cup | 100 | 125 | 0.00 | 12.00 | 8.00 | 12.00 | 2.50 | 1.50 |

| Tue - 10/19/2021 | Portion Size | Cals | Mg Sodm | G Fiber | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|----------------------------|-----------------|------|---------|---------|----------|---------|--------|---------|---------|
| Sausage, Egg & Cheese Slid | Sliders | 341 | 662 | 2.97 | 4.46 | 14.46 | 25.76 | 21.46 | 7.74 |
| Assorted Cereals (2oz) | 2 oz servings | 219 | 311 | 4.38 | 15.91 | 3.58 | 46.88 | 2.98 | 0.60 |
| Yogurt Parfait | 1 EACH | 245 | 141 | 4.45 | 27.17 | 9.71 | 51.63 | 2.45 | 0.52 |
| Assorted Poptarts | 3.25 oz | 336 | 355 | 5.53 | 28.10 | 4.15 | 70.02 | 5.07 | 1.84 |
| Assorted Juice | 4 oz serving | 63 | 4 | 0.00 | 13.17 | 0.00 | 15.00 | 0.00 | 0.00 |
| Breakfast Potatoes | 4 oz | 134 | 147 | 2.67 | 0.00 | 2.67 | 25.39 | 2.67 | 0.00 |
| Assorted Fresh Fruit | 1/2 cup serving | 58 | 1 | 2.24 | 11.11 | 0.74 | 14.77 | 0.21 | 0.05 |
| Assorted Canned Fruit | 4 ounce | 76 | 7 | 1.18 | 16.99 | 0.43 | 19.53 | 0.05 | 0.01 |
| Milk, Chocolate FF | 1 cup | 110 | 180 | 0.00 | 25.00 | 11.00 | 19.00 | 0.00 | 0.00 |
| Milk, 1 % White | 1 cup | 100 | 125 | 0.00 | 12.00 | 8.00 | 12.00 | 2.50 | 1.50 |
| Ketchup, Individual | Pkt 6g | 10 | 85 | 0.00 | 2.00 | 0.00 | 3.00 | 0.00 | 0.00 |
| Mustard | 1 ea | 5 | 93 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |

| Wed - 10/20/2021 | Portion Size | Cals | Mg Sodm | G Fiber | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|--------------------------|-----------------|------|---------|---------|----------|---------|--------|---------|---------|
| Sausage Pancake Roll Ups | 1 roll up | 200 | 380 | 1.00 | 7.00 | 6.00 | 19.00 | 11.00 | 3.00 |
| Assorted Cereals (2oz) | 2 oz servings | 219 | 311 | 4.38 | 15.91 | 3.58 | 46.88 | 2.98 | 0.60 |
| Yogurt Parfait | 1 EACH | 245 | 141 | 4.45 | 27.17 | 9.71 | 51.63 | 2.45 | 0.52 |
| Assorted Poptarts | 3.25 oz | 336 | 355 | 5.53 | 28.10 | 4.15 | 70.02 | 5.07 | 1.84 |
| Assorted Fresh Fruit | 1/2 cup serving | 58 | 1 | 2.24 | 11.11 | 0.74 | 14.77 | 0.21 | 0.05 |
| Assorted Canned Fruit | 4 ounce | 76 | 7 | 1.18 | 16.99 | 0.43 | 19.53 | 0.05 | 0.01 |
| Assorted Juice | 4 oz serving | 63 | 4 | 0.00 | 13.17 | 0.00 | 15.00 | 0.00 | 0.00 |
| Milk, Chocolate FF | 1 cup | 110 | 180 | 0.00 | 25.00 | 11.00 | 19.00 | 0.00 | 0.00 |
| Milk, 1 % White | 1 cup | 100 | 125 | 0.00 | 12.00 | 8.00 | 12.00 | 2.50 | 1.50 |

| Thu - 10/21/2021 | Portion Size | Cals | Mg Sodm | G Fiber | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|-----------------------------|-----------------|------|---------|---------|----------|---------|--------|---------|---------|
| Breakfast Pizza w/Turkey Sa | 3 oz | 210 | 330 | 3.00 | 5.00 | 10.00 | 25.00 | 7.00 | 2.00 |
| Assorted Cereals (2oz) | 2 oz servings | 219 | 311 | 4.38 | 15.91 | 3.58 | 46.88 | 2.98 | 0.60 |
| Yogurt Parfait | 1 EACH | 245 | 141 | 4.45 | 27.17 | 9.71 | 51.63 | 2.45 | 0.52 |
| Assorted Poptarts | 3.25 oz | 336 | 355 | 5.53 | 28.10 | 4.15 | 70.02 | 5.07 | 1.84 |
| Assorted Fresh Fruit | 1/2 cup serving | 58 | 1 | 2.24 | 11.11 | 0.74 | 14.77 | 0.21 | 0.05 |
| Assorted Canned Fruit | 4 ounce | 76 | 7 | 1.18 | 16.99 | 0.43 | 19.53 | 0.05 | 0.01 |
| Assorted Juice | 4 oz serving | 63 | 4 | 0.00 | 13.17 | 0.00 | 15.00 | 0.00 | 0.00 |
| Milk, Chocolate FF | 1 cup | 110 | 180 | 0.00 | 25.00 | 11.00 | 19.00 | 0.00 | 0.00 |
| Milk, 1 % White | 1 cup | 100 | 125 | 0.00 | 12.00 | 8.00 | 12.00 | 2.50 | 1.50 |

| Fri - 10/22/2021 | Portion Size | Cals | Mg Sodm | G Fiber | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|------------------------|-----------------|------|---------|---------|----------|---------|--------|---------|---------|
| Breakfast Bowl | servings | 360 | 701 | 1.00 | 1.00 | 14.34 | 19.14 | 25.79 | 10.15 |
| Toast, Whole Wheat | serving | 80 | 160 | 1.00 | 2.00 | 3.00 | 15.00 | 1.00 | 0.00 |
| Assorted Cereals (2oz) | 2 oz servings | 219 | 311 | 4.38 | 15.91 | 3.58 | 46.88 | 2.98 | 0.60 |
| Yogurt Parfait | 1 EACH | 245 | 141 | 4.45 | 27.17 | 9.71 | 51.63 | 2.45 | 0.52 |
| Assorted Poptarts | 3.25 oz | 336 | 355 | 5.53 | 28.10 | 4.15 | 70.02 | 5.07 | 1.84 |
| Assorted Fresh Fruit | 1/2 cup serving | 58 | 1 | 2.24 | 11.11 | 0.74 | 14.77 | 0.21 | 0.05 |
| Assorted Canned Fruit | 4 ounce | 76 | 7 | 1.18 | 16.99 | 0.43 | 19.53 | 0.05 | 0.01 |
| Assorted Juice | 4 oz serving | 63 | 4 | 0.00 | 13.17 | 0.00 | 15.00 | 0.00 | 0.00 |
| Milk, Chocolate FF | 1 cup | 110 | 180 | 0.00 | 25.00 | 11.00 | 19.00 | 0.00 | 0.00 |
| Milk, 1 % White | 1 cup | 100 | 125 | 0.00 | 12.00 | 8.00 | 12.00 | 2.50 | 1.50 |

| Mon - 10/25/2021 | Portion Size | Cals | Mg Sodm | G Fiber | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|------------------------|-----------------|------|---------|---------|----------|---------|--------|---------|---------|
| Waffle-Dutch | One Waffle | 300 | 350 | 3.00 | 12.00 | 4.00 | 43.00 | 13.00 | 3.00 |
| Syrup | 1.5 oz | 121 | 34 | 0.00 | 12.15 | 0.00 | 23.54 | 0.00 | 0.00 |
| Assorted Cereals (2oz) | 2 oz servings | 219 | 311 | 4.38 | 15.91 | 3.58 | 46.88 | 2.98 | 0.60 |
| Yogurt Parfait | 1 EACH | 245 | 141 | 4.45 | 27.17 | 9.71 | 51.63 | 2.45 | 0.52 |
| Assorted Poptarts | 3.25 oz | 336 | 355 | 5.53 | 28.10 | 4.15 | 70.02 | 5.07 | 1.84 |
| Assorted Juice | 4 oz serving | 63 | 4 | 0.00 | 13.17 | 0.00 | 15.00 | 0.00 | 0.00 |
| Assorted Fresh Fruit | 1/2 cup serving | 58 | 1 | 2.24 | 11.11 | 0.74 | 14.77 | 0.21 | 0.05 |
| Assorted Canned Fruit | 4 ounce | 76 | 7 | 1.18 | 16.99 | 0.43 | 19.53 | 0.05 | 0.01 |
| Milk, Chocolate FF | 1 cup | 110 | 180 | 0.00 | 25.00 | 11.00 | 19.00 | 0.00 | 0.00 |
| Milk, 1 % White | 1 cup | 100 | 125 | 0.00 | 12.00 | 8.00 | 12.00 | 2.50 | 1.50 |

| Tue - 10/26/2021 | Portion Size | Cals | Mg Sodm | G Fiber | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|------------------------|-----------------|------|---------|---------|----------|---------|--------|---------|---------|
| Assorted Muffins | Muffins | 260 | 140 | 2.00 | 21.00 | 5.00 | 43.50 | 7.50 | 1.25 |
| Assorted Cereals (2oz) | 2 oz servings | 219 | 311 | 4.38 | 15.91 | 3.58 | 46.88 | 2.98 | 0.60 |
| Yogurt Parfait | 1 EACH | 245 | 141 | 4.45 | 27.17 | 9.71 | 51.63 | 2.45 | 0.52 |
| Assorted Poptarts | 3.25 oz | 336 | 355 | 5.53 | 28.10 | 4.15 | 70.02 | 5.07 | 1.84 |
| Assorted Juice | 4 oz serving | 63 | 4 | 0.00 | 13.17 | 0.00 | 15.00 | 0.00 | 0.00 |
| Assorted Fresh Fruit | 1/2 cup serving | 58 | 1 | 2.24 | 11.11 | 0.74 | 14.77 | 0.21 | 0.05 |
| Assorted Canned Fruit | 4 ounce | 76 | 7 | 1.18 | 16.99 | 0.43 | 19.53 | 0.05 | 0.01 |
| Milk, Chocolate FF | 1 cup | 110 | 180 | 0.00 | 25.00 | 11.00 | 19.00 | 0.00 | 0.00 |
| Milk, 1 % White | 1 cup | 100 | 125 | 0.00 | 12.00 | 8.00 | 12.00 | 2.50 | 1.50 |

| Wed - 10/27/2021 | Portion Size | Cals | Mg Sodm | G Fiber | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|--------------------------|-----------------|------|---------|---------|----------|---------|--------|---------|---------|
| Sausage Pancake Roll Ups | 1 roll up | 200 | 380 | 1.00 | 7.00 | 6.00 | 19.00 | 11.00 | 3.00 |
| Assorted Cereals (2oz) | 2 oz servings | 219 | 311 | 4.38 | 15.91 | 3.58 | 46.88 | 2.98 | 0.60 |
| Yogurt Parfait | 1 EACH | 245 | 141 | 4.45 | 27.17 | 9.71 | 51.63 | 2.45 | 0.52 |
| Assorted Poptarts | 3.25 oz | 336 | 355 | 5.53 | 28.10 | 4.15 | 70.02 | 5.07 | 1.84 |
| Assorted Fresh Fruit | 1/2 cup serving | 58 | 1 | 2.24 | 11.11 | 0.74 | 14.77 | 0.21 | 0.05 |
| Assorted Canned Fruit | 4 ounce | 76 | 7 | 1.18 | 16.99 | 0.43 | 19.53 | 0.05 | 0.01 |
| Assorted Juice | 4 oz serving | 63 | 4 | 0.00 | 13.17 | 0.00 | 15.00 | 0.00 | 0.00 |
| Milk, Chocolate FF | 1 cup | 110 | 180 | 0.00 | 25.00 | 11.00 | 19.00 | 0.00 | 0.00 |
| Milk, 1 % White | 1 cup | 100 | 125 | 0.00 | 12.00 | 8.00 | 12.00 | 2.50 | 1.50 |

| Thu - 10/28/2021 | Portion Size | Cals | Mg Sodm | G Fiber | G Sugars | G Protn | G Carb | G T-Fat | G S-Fat |
|-----------------------------|-----------------|------|---------|---------|----------|---------|--------|---------|---------|
| Breakfast Pizza w/Turkey Sa | 3 oz | 210 | 330 | 3.00 | 5.00 | 10.00 | 25.00 | 7.00 | 2.00 |
| Assorted Cereals (2oz) | 2 oz servings | 219 | 311 | 4.38 | 15.91 | 3.58 | 46.88 | 2.98 | 0.60 |
| Yogurt Parfait | 1 EACH | 245 | 141 | 4.45 | 27.17 | 9.71 | 51.63 | 2.45 | 0.52 |
| Assorted Poptarts | 3.25 oz | 336 | 355 | 5.53 | 28.10 | 4.15 | 70.02 | 5.07 | 1.84 |
| Assorted Fresh Fruit | 1/2 cup serving | 58 | 1 | 2.24 | 11.11 | 0.74 | 14.77 | 0.21 | 0.05 |
| Assorted Canned Fruit | 4 ounce | 76 | 7 | 1.18 | 16.99 | 0.43 | 19.53 | 0.05 | 0.01 |
| Assorted Juice | 4 oz serving | 63 | 4 | 0.00 | 13.17 | 0.00 | 15.00 | 0.00 | 0.00 |
| Milk, Chocolate FF | 1 cup | 110 | 180 | 0.00 | 25.00 | 11.00 | 19.00 | 0.00 | 0.00 |
| Milk, 1 % White | 1 cup | 100 | 125 | 0.00 | 12.00 | 8.00 | 12.00 | 2.50 | 1.50 |

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.