

Preschool Breakfast

Tuesday, Nov 1, 2022

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	233	0	324	6.07	8.20	404.99	1012	9.11	11.14	3.04	44.55	5.06	1.01
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Apples	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Wednesday, Nov 2, 2022

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Yogurt with Grahams Bk-4 oz.	355	4	293	3.08	1.99	621.42	681	1.67	31.82	7.28	61.08	8.97	1.10
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Thursday, Nov 3, 2022

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Breakfast Burrito	485	517	765	4.00	3.63	161.36	680	0.00	1.00	27.68	26.27	28.82	12.98
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Friday, Nov 4, 2022

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Croissant w/Strawberry Jam	205	0	300	2.00	1.00	81.00	0	0.00	11.10	5.00	38.11	5.00	2.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice, Place Holder	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Monday, Nov 7, 2022

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Yogurt with Grahams Bk-4 oz.	355	4	293	3.08	1.99	621.42	681	1.67	31.82	7.28	61.08	8.97	1.10
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice, Place Holder	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Tuesday, Nov 8, 2022

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Mini Maple Pancakes	210	10	320	4.00	2.70	59.93	499	0.00	10.99	4.00	34.96	5.99	1.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Apples	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Wednesday, Nov 9, 2022

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pan Dulce Assorted	200	0	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Thursday, Nov 10, 2022

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Sausage, Cheese Waffle Sandwich	200	30	480	1.00	0.70	130.00	0	0.00	5.00	12.00	15.00	11.00	3.50
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Friday, Nov 11, 2022

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Preschool Breakfast

Monday, Nov 14, 2022

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Maple Mini Waffles	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice, Place Holder	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Tuesday, Nov 15, 2022

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	233	0	324	6.07	8.20	404.99	1012	9.11	11.14	3.04	44.55	5.06	1.01
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Apples	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Wednesday, Nov 16, 2022

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Yogurt with Grahams Bk-4 oz.	355	4	293	3.08	1.99	621.42	681	1.67	31.82	7.28	61.08	8.97	1.10
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Thursday, Nov 17, 2022

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Breakfast Burrito	485	517	765	4.00	3.63	161.36	680	0.00	1.00	27.68	26.27	28.82	12.98
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Friday, Nov 18, 2022

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Croissant w/Strawberry Jam	205	0	300	2.00	1.00	81.00	0	0.00	11.10	5.00	38.11	5.00	2.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice, Place Holder	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Monday, Nov 21, 2022

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Preschool Breakfast

Tuesday, Nov 22, 2022

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Preschool Breakfast

Wednesday, Nov 23, 2022

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Preschool Breakfast

Thursday, Nov 24, 2022

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Preschool Breakfast

Friday, Nov 25, 2022

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Preschool Breakfast

Monday, Nov 28, 2022

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Maple Mini Waffles	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice, Place Holder	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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Preschool Breakfast

Tuesday, Nov 29, 2022

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	233	0	324	6.07	8.20	404.99	1012	9.11	11.14	3.04	44.55	5.06	1.01
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Apples	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Preschool Breakfast

Wednesday, Nov 30, 2022

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Yogurt with Grahams Bk-4 oz.	355	4	293	3.08	1.99	621.42	681	1.67	31.82	7.28	61.08	8.97	1.10
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	87	11	109	0.00	0.00	254.55	364	1.75	10.18	8.00	11.64	1.82	1.09

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