

Breakfast In The Classroom

Wednesday, Feb 1, 2023

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
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Applesauce Cup	53	0	2	1.05	0.00	0.00	0	0.00	11.50	0.00	14.64	0.00	0.00
1% Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

Thursday, Feb 2, 2023

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
Mandarin Oranges Cupped	45	0	5	3.00	0.00	10.00	0	0.00	1.30	0.00	11.00	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
1% Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

Friday, Feb 3, 2023

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
Blueberry Pop Tart	340	0	230	6.00	3.60	260.00	1000	0.00	29.00	4.00	73.00	5.00	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
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
1% Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

Monday, Feb 6, 2023

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
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
1% Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

Tuesday, Feb 7, 2023

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
Honeynut Cherrios	210	0	320	4.00	5.40	150.00	750	9.00	19.00	5.00	45.00	2.50	0.50
.....	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
Diced Peaches Cupped	51	0	4	4.00	0.00	20.00	0	0.00	7.20	0.40	12.00	0.00	0.00
1% Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

Wednesday, Feb 8, 2023

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
Coffee Cake	250	35	250	2.00	1.00	58.00	0	0.00	19.00	4.00	32.00	9.00	1.00
.....	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
Applesauce Cup	53	0	2	1.05	0.00	0.00	0	0.00	11.50	0.00	14.64	0.00	0.00
1% Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

Thursday, Feb 9, 2023

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 Breakfast Round	280	5	190	6.29	0.68	29.81	8	0.00	19.00	5.00	44.00	8.00	3.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin Oranges Cupped	45	0	5	3.00	0.00	10.00	0	0.00	1.30	0.00	11.00	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
1% Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

Friday, Feb 10, 2023

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
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
1% Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

Monday, Feb 13, 2023

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
Oatmeal Choc. Chip Bar	290	20	240	3.00	1.80	20.00	0	0.00	22.00	5.00	47.00	9.00	3.00
.....	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
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
1% Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

Tuesday, Feb 14, 2023

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
Honey Bun	350	0	270	2.00	1.40	100.00	0	0.00	17.00	4.00	40.00	19.00	10.00
.....	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
Diced Peaches Cupped	51	0	4	4.00	0.00	20.00	0	0.00	7.20	0.40	12.00	0.00	0.00
1% Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

Wednesday, Feb 15, 2023

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
Fresh Fruit	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Applesauce Cup	53	0	2	1.05	0.00	0.00	0	0.00	11.50	0.00	14.64	0.00	0.00
1% Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

Thursday, Feb 16, 2023

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
Mandarin Oranges Cupped	45	0	5	3.00	0.00	10.00	0	0.00	1.30	0.00	11.00	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
1% Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

Friday, Feb 17, 2023

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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Breakfast In The Classroom

Monday, Feb 20, 2023

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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Breakfast In The Classroom

Tuesday, Feb 21, 2023

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
Honeynut Cherrios	210	0	320	4.00	5.40	150.00	750	9.00	19.00	5.00	45.00	2.50	0.50
.....	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
Diced Peaches Cupped	51	0	4	4.00	0.00	20.00	0	0.00	7.20	0.40	12.00	0.00	0.00
1% Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

Wednesday, Feb 22, 2023

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
Coffee Cake	250	35	250	2.00	1.00	58.00	0	0.00	19.00	4.00	32.00	9.00	1.00
.....	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
Applesauce Cup	53	0	2	1.05	0.00	0.00	0	0.00	11.50	0.00	14.64	0.00	0.00
1% Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

Thursday, Feb 23, 2023

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 Breakfast Round	280	5	190	6.29	0.68	29.81	8	0.00	19.00	5.00	44.00	8.00	3.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin Oranges Cupped	45	0	5	3.00	0.00	10.00	0	0.00	1.30	0.00	11.00	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
1% Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

Friday, Feb 24, 2023

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
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
1% Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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Breakfast In The Classroom

Monday, Feb 27, 2023

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
Oatmeal Choc. Chip Bar	290	20	240	3.00	1.80	20.00	0	0.00	22.00	5.00	47.00	9.00	3.00
.....	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
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
1% Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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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.

Breakfast In The Classroom

Tuesday, Feb 28, 2023

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
Honey Bun	350	0	270	2.00	1.40	100.00	0	0.00	17.00	4.00	40.00	19.00	10.00
.....	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
Diced Peaches Cupped	51	0	4	4.00	0.00	20.00	0	0.00	7.20	0.40	12.00	0.00	0.00
1% Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50

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