

Elementary Breakfast

Monday, Apr 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
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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Elementary Breakfast

Tuesday, Apr 4, 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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Elementary Breakfast

Wednesday, Apr 5, 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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Elementary Breakfast

Thursday, Apr 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
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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Elementary Breakfast

Friday, Apr 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
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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Elementary Breakfast

Monday, Apr 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
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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Elementary Breakfast

Tuesday, Apr 11, 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
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
Diced Peaches	40	0	0	0.80	0.00	7.20	80	4.80	8.00	0.80	9.60	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
1% Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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Elementary Breakfast

Wednesday, Apr 12, 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
Breakfast Pizza Turkey Sausage & Cheese	210	12	422	3.00	2.00	177.00	0	0.00	2.00	11.00	23.00	9.00	2.00
Crumb Cake	280	32	213	2.97	1.19	15.85	0	0.10	23.78	3.37	46.57	8.92	1.19
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Banana	90	0	1	2.60	2.70	40.00	650	9.00	12.00	1.10	23.00	0.30	0.10
Assorted Dried 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
Chocolate Milk	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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Elementary Breakfast

Thursday, Apr 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
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
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
Diced Pears	60	0	5	2.00	0.00	0.00	0	1.20	12.00	0.00	16.00	0.00	0.00
Orange Smiles	43	0	0	1.62	0.00	32.34	54	42.04	7.55	0.54	10.24	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
Chocolate Milk	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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Elementary Breakfast

Friday, Apr 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
Bacon Breakfast Burrito	485	517	765	4.00	3.63	161.36	680	0.00	1.00	27.68	26.27	28.82	12.98
Mini Dunkers	2644	1	2709	21.60	12.61	120.58	0	0.00	117.70	41.81	323.41	131.42	58.58
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Gala,Apple	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Apple Juice	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	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
Chocolate Milk	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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Elementary Breakfast

Monday, Apr 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
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
Peach Yogurt Parfait	467	13	271	5.47	2.43	299.30	1268	12.79	54.21	13.63	95.64	6.14	1.91
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Halo Mandarin Oranges	81	0	0	3.05	0.00	60.94	102	79.22	14.22	1.02	19.30	0.00	0.00
Apple Juice	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	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
Chocolate Milk	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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Elementary Breakfast

Tuesday, Apr 18, 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
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
Diced Peaches	40	0	0	0.80	0.00	7.20	80	4.80	8.00	0.80	9.60	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
1% Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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Elementary Breakfast

Wednesday, Apr 19, 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
Cinnamon French Toast Sticks	240	10	260	2.00	0.72	20.00	0	0.00	12.00	6.00	38.00	7.00	1.00
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Banana	90	0	1	2.60	2.70	40.00	650	9.00	12.00	1.10	23.00	0.30	0.10
Assorted Dried 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
Chocolate Milk	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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Elementary Breakfast

Thursday, Apr 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
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
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
Diced Pears	60	0	5	2.00	0.00	0.00	0	1.20	12.00	0.00	16.00	0.00	0.00
Orange Smiles	43	0	0	1.62	0.00	32.34	54	42.04	7.55	0.54	10.24	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
Chocolate Milk	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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Elementary Breakfast

Friday, Apr 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
Bk, Pop Tart, Strawberry	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Egg, Cheese and Bacon Burrito	240	63	373	3.35	2.08	131.52	265	0.77	1.04	11.99	24.53	10.29	4.09
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Gala,Apple	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Apple Juice	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	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
Chocolate Milk	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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Elementary Breakfast

Monday, Apr 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
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
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
Halo Mandarin Oranges	81	0	0	3.05	0.00	60.94	102	79.22	14.22	1.02	19.30	0.00	0.00
Apple Juice	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	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
Chocolate Milk	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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Elementary Breakfast

Tuesday, Apr 25, 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
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
Diced Peaches	40	0	0	0.80	0.00	7.20	80	4.80	8.00	0.80	9.60	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
1% Milk	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Chocolate Milk	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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Elementary Breakfast

Wednesday, Apr 26, 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
Breakfast Pizza Turkey Sausage & Cheese	210	12	422	3.00	2.00	177.00	0	0.00	2.00	11.00	23.00	9.00	2.00
Crumb Cake	280	32	213	2.97	1.19	15.85	0	0.10	23.78	3.37	46.57	8.92	1.19
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Banana	90	0	1	2.60	2.70	40.00	650	9.00	12.00	1.10	23.00	0.30	0.10
Assorted Dried 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
Chocolate Milk	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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Elementary Breakfast

Thursday, Apr 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
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
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
Diced Pears	60	0	5	2.00	0.00	0.00	0	1.20	12.00	0.00	16.00	0.00	0.00
Orange Smiles	43	0	0	1.62	0.00	32.34	54	42.04	7.55	0.54	10.24	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
Chocolate Milk	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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Elementary Breakfast

Friday, Apr 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
Bacon Breakfast Burrito	485	517	765	4.00	3.63	161.36	680	0.00	1.00	27.68	26.27	28.82	12.98
Mini Dunkers	2644	1	2709	21.60	12.61	120.58	0	0.00	117.70	41.81	323.41	131.42	58.58
.....	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Gala,Apple	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Apple Juice	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	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
Chocolate Milk	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00

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