



Breakfast Menu A

Date	Meal Type	Meal	Portion	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Mon 10-03-2022	Apple Jacks w/ Honey Grahams	CEREAL APPLE JACKS	EACH	110.00	160.00	3.00	2.00	24.00	1.00	0.50	0.00
		CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
	Mango Muffin	MUFFIN MANGO 2G BTS	EACH	350.00	20.00	5.00	9.00	43.00	18.00	3.00	0.00
	Craisins	CRANBERRIES, DRIED, IW	EACH	110.00	0.00	3.00	0.00	28.00	0.00	0.00	0.00
	Whole Fruit	APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00
Tue 10-04-2022	Cereal w/ Cinnamon Tiger Crackers & Whole Fruit	CEREAL FROOT LOOPS	EACH	110.00	160.00	2.00	2.00	24.00	0.50	0.00	0.00
		CRACKERS TIGER CINN KELLOGGS	EACH	120.00	105.00	1.00	2.00	21.00	4.00	1.00	0.00
		BANANA 150 COUNT 1/2 C	EACH	105.02	1.18	3.07	1.29	26.95	0.39	0.13	0.00
	Yogurt Parfait w/ Blueberries & Honey Grahams	YOGURT PARFAIT W BLUEBERRIES	EACH	138.11	54.21	2.66	5.38	27.94	1.27	0.50	0.00
		CRACKERS HONEY GRAHAM J&J	EACH	130.00	100.00	1.00	2.00	20.00	4.00	0.00	0.00
	Banana	BANANA 150 COUNT 1/2 C	EACH	105.02	1.18	3.07	1.29	26.95	0.39	0.13	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00	
Wed 10-05-2022	Cinnamon Frosted Flakes w/ Honey Grahams	CEREAL CINNAMON FLAKES	EACH	101.25	182.25	2.03	2.03	24.30	0.00	0.00	0.00
		CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
	Pan Dulce	PAN DULCE WHITE CONCHA ARTIMEX	EACH	1.99	0.90	0.02	0.05	0.34	0.06	0.01	0.00
	100% Fruit Juice	JUICE TOTALLY BERRY 4 OZ	EACH	60.00	10.00	0.00	0.00	17.00	0.00	0.00	0.00
	Whole Fruit	APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00
Thu 10-06-2022	Apple Jacks w/ Cinnamon Grahams	CEREAL APPLE JACKS	EACH	110.00	160.00	3.00	2.00	24.00	1.00	0.50	0.00
		CRACKERS TIGER CINN KELLOGGS	EACH	120.00	105.00	1.00	2.00	21.00	4.00	1.00	0.00
	French Toast Slice	FRENCH TOAST SLICE WG	EACH	160.09	260.15	3.00	7.00	27.02	3.50	1.00	0.00
	Orange	ORANGES (1/2 C)	EACH	61.57	0.00	3.14	1.23	15.39	0.16	0.02	0.00
	Whole Fruit (Pear)	PEAR FRESH 150 COUNT 1/2 C	EACH	68.84	1.21	3.74	0.43	18.39	0.17	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00

Fri 10-07-2022	Froot Loops w/ Honey Grahams	CEREAL FROOT LOOPS	EACH	110.00	160.00	2.00	2.00	24.00	0.50	0.00	0.00
		CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
	Coffee Cake	COFFEE CAKE 3.6 OZ	EACH	340.00	270.00	2.00	4.00	39.00	19.00	2.00	0.00
		COFFEE CAKE 3.6 OZ	EACH	340.00	270.00	2.00	4.00	39.00	19.00	2.00	0.00
	Sack Breakfast-Coffee Cake, Fruitable Juice & Fruit	JUICE TOTALLY BERRY 4 OZ	EACH	60.00	10.00	0.00	0.00	17.00	0.00	0.00	0.00
		APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
		MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Pear	PEAR FRESH 150 COUNT 1/2 C	EACH	68.84	1.21	3.74	0.43	18.39	0.17	0.03	0.00
	Whole Fruit	APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00	
Mon 10-10-2022	Apple Jacks w/ Honey Grahams	CEREAL APPLE JACKS	EACH	110.00	160.00	3.00	2.00	24.00	1.00	0.50	0.00
		CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
	Banana Bread	BANANA BREAD 3.6 OZ	EACH	360.00	350.00	2.00	5.00	47.00	17.00	3.00	0.00
	Apple Sauce	APPLESAUCE CUP 4.5 OZ	EACH	53.33	2.08	1.03	0.00	14.63	0.00	0.00	0.00
	Whole Fruit 2	ORANGES (1/2 C)	EACH	61.57	0.00	3.14	1.23	15.39	0.16	0.02	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00	
Tue 10-11-2022	Cereal w/ Cinnamon Tiger Crackers	CEREAL FROOT LOOPS	EACH	110.00	160.00	2.00	2.00	24.00	0.50	0.00	0.00
		CRACKERS TIGER CINN KELLOGGS	EACH	120.00	105.00	1.00	2.00	21.00	4.00	1.00	0.00
	WG Mini Maple Eggo Waffles	MINI MAPLE WAFFLES	EACH	190.00	210.00	4.00	4.00	36.00	5.00	1.50	0.00
	Banana	BANANA 150 COUNT 1/2 C	EACH	105.02	1.18	3.07	1.29	26.95	0.39	0.13	0.00
	Whole Fruit (Pear)	PEAR FRESH 150 COUNT 1/2 C	EACH	68.84	1.21	3.74	0.43	18.39	0.17	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00
Wed 10-12-2022	Cinnamon Frosted Flakes w/ Honey Grahams	CEREAL CINNAMON FLAKES	EACH	101.25	182.25	2.03	2.03	24.30	0.00	0.00	0.00
		CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
	Mantecada Sweet Bread	MUFFIN, MANTECADA BTS 3G	EACH	360.00	310.00	2.00	5.00	47.00	17.00	3.00	0.00
	100% Fruit Juice	JUICE TOTALLY BERRY 4 OZ	EACH	60.00	10.00	0.00	0.00	17.00	0.00	0.00	0.00
	Whole Fruit	APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00

Thu 10-13-2022	Apple Jacks w/ Cinnamon Grahams	CEREAL APPLE JACKS	EACH	110.00	160.00	3.00	2.00	24.00	1.00	0.50	0.00
		CRACKERS TIGER CINN KELLOGGS	EACH	120.00	105.00	1.00	2.00	21.00	4.00	1.00	0.00
	Chicken Sausage & Cheese Sandwich	CHICK SAUSAGE&CHEESE SANDWICH	EACH	313.42	466.46	2.41	19.71	18.79	17.01	5.52	0.00
	Orange	ORANGES (1/2 C)	EACH	61.57	0.00	3.14	1.23	15.39	0.16	0.02	0.00
	Whole Fruit (Pear)	PEAR FRESH 1/2 C	EACH	68.84	1.21	3.74	0.43	18.39	0.17	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00
Fri 10-14-2022	Froot Loops w/ Honey Grahams	CEREAL FROOT LOOPS	EACH	110.00	160.00	2.00	2.00	24.00	0.50	0.00	0.00
		CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
	Cranberry Oatmeal Round	CRANBERRY OATMEAL ROUND 2G	EACH	320.00	95.00	4.00	5.00	53.00	10.00	4.00	0.00
	Pear	PEAR FRESH 1/2 C	EACH	68.84	1.21	3.74	0.43	18.39	0.17	0.03	0.00
	Whole Fruit	APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00
Mon 10-17-2022	Apple Jacks w/ Honey Grahams	CEREAL APPLE JACKS	EACH	110.00	160.00	3.00	2.00	24.00	1.00	0.50	0.00
		CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
	Whole Grain Bagel w/ Cream Cheese	BAGEL W/ CREAM CHEESE	EACH	370.00	470.00	0.00	9.00	43.00	17.00	10.00	0.00
	Craisins	CRANBERRIES, DRIED, IW	EACH	110.00	0.00	3.00	0.00	28.00	0.00	0.00	0.00
	Whole Fruit	APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00
Tue 10-18-2022	Cereal w/ Cinnamon Tiger Crackers	CEREAL FROOT LOOPS	EACH	110.00	160.00	2.00	2.00	24.00	0.50	0.00	0.00
		CRACKERS TIGER CINN KELLOGGS	EACH	120.00	105.00	1.00	2.00	21.00	4.00	1.00	0.00
	Breakfast Cheese Tamale	TAMALE JACK CHEDDAR CHEESE BK	EACH	221.00	317.00	2.00	5.00	19.00	14.00	6.00	0.00
	Banana	BANANA 150 COUNT 1/2 C	EACH	105.02	1.18	3.07	1.29	26.95	0.39	0.13	0.00
	Whole Fruit (Pear)	PEAR FRESH 150 COUNT 1/2 C	EACH	68.84	1.21	3.74	0.43	18.39	0.17	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00

Wed 10-19-2022	Cinnamon Frosted Flakes w/ Honey Grahams	CEREAL CINNAMON FLAKES	EACH	101.25	182.25	2.03	2.03	24.30	0.00	0.00	0.00
		CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
	Cinnamon Roll	WG CINNAMON ROLL BBC	EACH	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	100% Fruit Juice	JUICE TOTALLY BERRY 4 OZ	EACH	60.00	10.00	0.00	0.00	17.00	0.00	0.00	0.00
	Whole Fruit	APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00
Thu 10-20-2022	Apple Jacks w/ Cinnamon Grahams	CEREAL APPLE JACKS	EACH	110.00	160.00	3.00	2.00	24.00	1.00	0.50	0.00
		CRACKERS TIGER CINN KELLOGGS	EACH	120.00	105.00	1.00	2.00	21.00	4.00	1.00	0.00
	Chicken & Waffle w/ Syrup	CHICKEN STRIP AND WAFFLE RS	EACH	171.42	306.37	2.67	7.32	19.98	7.99	1.25	0.00
		SYRUP	EACH	35.00	5.00	0.00	0.00	8.00	0.00	0.00	0.00
	Orange	ORANGES (1/2 C)	EACH	61.57	0.00	3.14	1.23	15.39	0.16	0.02	0.00
	Whole Fruit (Pear)	PEAR FRESH 150 COUNT 1/2 C	EACH	68.84	1.21	3.74	0.43	18.39	0.17	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00	
Fri 10-21-2022	Froot Loops w/ Honey Grahams	CEREAL FROOT LOOPS	EACH	110.00	160.00	2.00	2.00	24.00	0.50	0.00	0.00
		CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
	Mini Vanilla Loaf & String Cheese	WG LOAF MINI VANILLA 1 G	EACH	180.00	150.00	1.00	2.00	23.00	9.00	1.50	0.00
		STRING CHEESE UPSTATE FARMS	EACH	81.00	192.37	0.00	7.09	0.00	6.08	3.54	0.00
	Pear	PEAR FRESH 150 COUNT 1/2 C	EACH	68.84	1.21	3.74	0.43	18.39	0.17	0.03	0.00
	Whole Fruit	APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00	
Mon 10-24-2022	Apple Jacks w/ Honey Grahams	CEREAL APPLE JACKS	EACH	110.00	160.00	3.00	2.00	24.00	1.00	0.50	0.00
		CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
	Chocolate Chip Muffin Flat	MUFFIN FLAT, CHOC CHIP	EACH	280.00	290.00	2.00	6.00	46.00	9.00	2.00	0.00
	Apple Sauce	APPLESAUCE CUP 4.5 OZ	EACH	53.33	2.08	1.03	0.00	14.63	0.00	0.00	0.00
	Whole Fruit 2	ORANGES (1/2 C)	EACH	61.57	0.00	3.14	1.23	15.39	0.16	0.02	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00

Tue 10-25-2022	Cereal w/ Cinnamon Tiger Crackers	CEREAL FROOT LOOPS	EACH	110.00	160.00	2.00	2.00	24.00	0.50	0.00	0.00
		CRACKERS TIGER CINN KELLOGGS	EACH	120.00	105.00	1.00	2.00	21.00	4.00	1.00	0.00
	Breakfast Bean & Cheese Burrito w/ Hot Sauce	BURRITO BEAN & CHEESE BK	EACH	177.07	263.85	3.90	9.92	18.12	7.30	3.54	0.00
		HOT SAUCE TAPATIO	EACH	0.00	154.00	0.00	0.00	0.00	0.00	0.00	0.00
	Egg & Cheese Burrito	BURRITO EGG & CHEESE 3.25OZ	EACH	210.00	410.00	3.00	11.00	20.00	9.00	5.00	0.00
	Banana	BANANA 150 COUNT 1/2 C	EACH	105.02	1.18	3.07	1.29	26.95	0.39	0.13	0.00
	Whole Fruit (Pear)	PEAR FRESH 150 COUNT 1/2 C	EACH	68.84	1.21	3.74	0.43	18.39	0.17	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00	
Wed 10-26-2022	Cinnamon Frosted Flakes w/ Honey Grahams	CEREAL CINNAMON FLAKES	EACH	101.25	182.25	2.03	2.03	24.30	0.00	0.00	0.00
		CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
	Apple Empanada	EMPANADA APPLE BTS	EACH	360.21	310.18	2.00	5.00	47.03	17.01	3.00	0.00
	100% Fruit Juice	JUICE TOTALLY BERRY 4 OZ	EACH	60.00	10.00	0.00	0.00	17.00	0.00	0.00	0.00
	Whole Fruit	APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00
Thu 10-27-2022	Apple Jacks w/ Cinnamon Grahams	CEREAL APPLE JACKS	EACH	110.00	160.00	3.00	2.00	24.00	1.00	0.50	0.00
		CRACKERS TIGER CINN KELLOGGS	EACH	120.00	105.00	1.00	2.00	21.00	4.00	1.00	0.00
	Egg & Cheese Sandwich	EGG & CHEESE BK SANDWICH	EACH	152.65	466.92	1.00	9.57	16.53	6.06	3.04	0.00
	Orange	ORANGES (1/2 C)	EACH	61.57	0.00	3.14	1.23	15.39	0.16	0.02	0.00
	Whole Fruit (Pear)	PEAR FRESH 150 COUNT 1/2 C	EACH	68.84	1.21	3.74	0.43	18.39	0.17	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00
Fri 10-28-2022	Froot Loops w/ Honey Grahams	CEREAL FROOT LOOPS	EACH	110.00	160.00	2.00	2.00	24.00	0.50	0.00	0.00
		CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
	Cinnamon Delight	CINNAMON DELIGHT WG BTS	EACH	300.00	300.00	2.00	4.00	43.00	13.00	3.00	0.00
	Pear	PEAR FRESH 150 COUNT 1/2 C	EACH	68.84	1.21	3.74	0.43	18.39	0.17	0.03	0.00
	Whole Fruit	APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00

Mon 10-31-2022	Apple Jacks w/ Honey Grahams	CEREAL APPLE JACKS	EACH	110.00	160.00	3.00	2.00	24.00	1.00	0.50	0.00
		CRACKERS HONEY GRAHAM KELLOGGS	EACH	90.00	95.00	1.00	2.00	17.00	2.50	0.00	0.00
	Mango Muffin	MUFFIN MANGO 2G BTS	EACH	350.00	20.00	5.00	9.00	43.00	18.00	3.00	0.00
	Craisins	CRANBERRIES, DRIED, IW	EACH	110.00	0.00	3.00	0.00	28.00	0.00	0.00	0.00
	Whole Fruit	APPLE FRESH 163 COUNT 3/4 C	EACH	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
	1% White Milk	MILK 1% LOW FAT UNFLAVORED	EACH	120.00	160.00	0.00	11.00	16.00	2.50	1.50	0.00
	Fat Free White Milk	MILK FAT FREE UNFLAVORED	EACH	90.00	135.00	0.00	9.00	13.00	0.00	0.00	0.00

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

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