

Breakfast in the Classroom**Tuesday, Jul 4, 2017**

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
Egg & Cheese Sandwich	160	70	280	2.00	1.08	80.00	300	9.00	4.00	6.00	19.00	7.00	2.50
Beef Breakfast Sandwich	180	20	430	2.00	1.80	40.00	0	60.00	*N/A*	10.00	21.00	6.00	2.00
Breakfast Slider	160	30	290	2.00	1.44	80.00	100	0.00	5.00	8.00	20.00	5.00	1.50
Chicken Biscuit, IW, Advance	230	15	420	3.00	1.80	100.00	0	42.00	2.00	9.00	28.00	10.00	4.00
Apple Frudel	210	0	280	2.00	1.08	0.00	0	0.00	*N/A*	5.00	36.00	6.00	1.50
Frudel - Pillsbury, Cherry	210	0	290	2.00	1.08	0.00	55	0.00	11.01	5.01	37.05	6.01	1.50
Foster Farms Pancake	200	25	310	3.00	1.80	20.00	0	0.00	*N/A*	*N/A*	17.00	10.00	2.50
Mini Maple Pancakes	220	0	130	3.00	0.72	20.00	0	0.00	12.00	4.00	39.00	6.00	0.50
Mini Pancakes	210	10	310	4.00	2.70	60.00	500	0.00	11.00	4.00	35.00	6.00	1.00
French Toast Minis, Pillsbury	220	0	200	2.00	1.44	60.00	0	0.00	11.00	4.00	37.00	7.00	1.00
Mini Cinnamon Rolls	240	0	270	2.00	1.44	40.00	0	0.00	15.00	5.00	39.00	8.00	2.00
Pop Tart, Strawberry Kelloggs	180	0	180	3.00	1.80	100.00	500	0.00	15.00	2.00	38.00	2.50	1.00
Cinnamon Pop-Tart	180	0	190	3.00	1.80	100.00	500	0.00	15.00	2.00	37.00	2.50	1.00
Cereal Bars, Variety	150	0	105	3.00	1.80	216.67	80	0.80	9.00	2.33	30.00	3.17	0.50
Fresh Fruit	60	0	0	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.00	15.00	0.00	0.00
Craisins, Variety	110	0	0	3.00	0.00	0.00	0	0.00	24.00	0.00	28.00	0.00	0.00
Milk, 1%	110	10	125	0.00	0.00	300.00	500	2.40	12.00	8.00	13.00	2.50	1.50
Milk, Fat Free White	90	5	125	0.00	0.00	300.00	500	2.40	13.00	8.00	13.00	0.00	0.00
Milk, Fat Free Chocolate	120	5	180	0.00	0.00	300.00	500	1.20	*N/A*	8.00	20.00	0.00	0.00

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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

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.