

Menu: Grab and Go Breakfast

Chartwells-Thompson School Dining Services

Grades: 6-12

District of Columbia Public Schools

Key: WG = Whole Grain, WW = Whole Wheat, RF = Reduced Fat

Wed - 2/01/2012		Portion	mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Turkey Ham & Egg on WW Muffin	1 each	116	62	237	1.8	1.28	78.7	67	0.16	7.35	16.25	2.84	0.43	0
Cereal Assortment	1 bowl	13	0	20	0.3	0.95	17	50	1.69	0.2	2.65	0.25	0	0
Muffin Assortment	1 each	15	2	8	0.27	0.08	4	10	0.28	0.4	2.77	0.25	0	0
Wheat Bagel w/ Cream Cheese	2.8 oz	27	3	49	0.4	0.11	4	30	0	0.7	4.02	0.91	0.51	0
Zac Bar Assortment	1 each	8	0	4	0.15	0.07	3	0	0.03	0.2	1.28	0.2	0	0
Yogurt Cup, Stonyfield	4 oz	8	1	7	0	0	15.1	0	0	0.4	1.3	0.1	0.05	0
String Cheese	1 oz	8	2	21	0	0.01	20.5	14	0	0.73	0.11	0.59	0.34	0
Pear, fresh	1 EACH	87	0	1	4.63	0.25	13.4	34	6.27	0.57	23.1	0.18	0.01	0
Apple Juice Box	4 oz	54	0	5	0	0	90	450	54	0	12.6	0	0	0
MILK,1% Lowfat	HALF PINT	88	12	108	0	0	240	400	0.96	7.2	10.4	2	1.2	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													5.30%	

Thurs - 2/02/2012		Portion	mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Blueberry Muffin Squares	1 muffin	108	17	65	2.03	0.62	24.7	61	2.02	2.74	17.21	3.67	0.57	0
Yogurt Cup, Stonyfield	4 oz	48	3	42	0	0	90.3	0	0	2.41	7.83	0.6	0.3	0
Cereal Assortment	1 bowl	13	0	20	0.3	0.95	17	50	1.69	0.2	2.65	0.25	0	0
Muffin Assortment	1 each	15	2	8	0.27	0.08	4	10	0.28	0.4	2.77	0.25	0	0
Wheat Bagel w/ Cream Cheese	2.8 oz	27	3	49	0.4	0.11	4	30	0	0.7	4.02	0.91	0.51	0
Zac Bar Assortment	1 each	8	0	4	0.15	0.07	3	0	0.03	0.2	1.28	0.2	0	0
Yogurt Cup, Stonyfield	4 oz	8	1	7	0	0	15.1	0	0	0.4	1.3	0.1	0.05	0
String Cheese	1 oz	8	2	21	0	0.01	20.5	14	0	0.73	0.11	0.59	0.34	0
Banana, Petite	1 each	81	0	1	2.36	0.24	4.5	58	7.91	0.99	20.76	0.3	0.1	0
Orange Juice Box	4 oz	54	0	14	0	0.49	90	450	54	0	13.5	0	0	0
MILK,1% Lowfat	HALF PINT	88	12	108	0	0	240	400	0.96	7.2	10.4	2	1.2	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													6.00%	

Tues -2/7/2012	Portion		mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Turkey Sausage Omelet Pita	1 each	126	99	294	1.2	0.86	54	210	1.44	8.4	12.6	5.4	2.4	0
Cereal Assortment	1 bowl	13	0	20	0.3	0.95	17	50	1.69	0.2	2.65	0.25	0	0
Muffin Assortment	1 each	15	2	8	0.27	0.08	4	10	0.28	0.4	2.77	0.25	0	0
Wheat Bagel w/ Cream Cheese	2.8 oz	27	3	49	0.4	0.11	4	30	0	0.7	4.02	0.91	0.51	0
Zac Bar Assortment	1 each	8	0	4	0.15	0.07	3	0	0.03	0.2	1.28	0.2	0	0
Yogurt Cup, Stonyfield	4 oz	8	1	7	0	0	15.1	0	0	0.4	1.3	0.1	0.05	0
String Cheese	1 oz	8	2	21	0	0.01	20.5	14	0	0.73	0.11	0.59	0.34	0
Peach Cup	1/2 Cup	50	0	5	1.46	0.3	6.8	429	4.05	0.71	13.02	0.03	0	0
Orange Juice Box	4 oz	54	0	14	0	0.49	90	450	54	0	13.5	0	0	0
MILK,1% Lowfat	HALF PIN	88	12	108	0	0	240	400	0.96	7.2	10.4	2	1.2	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													10.00%	

Wed- 2/08/2012	Portion		mg	mg	g	mg	mg	IU	mg	g	g	g	g	g
Menu Item	Size	Cal	Cholst	Sodium	Fiber	Iron	Calcium	Vit-A	Vit-C	Protein	Carb	T-Fat	S-Fat	Tr-Fat
Egg & Cheddar WW Bagel	1 each	180	66	254	1.8	1.19	96	150	0	6.9	21	5.1	2.1	0
Cereal Assortment	1 bowl	13	0	20	0.3	0.95	17	50	1.69	0.2	2.65	0.25	0	0
Muffin Assortment	1 each	15	2	8	0.27	0.08	4	10	0.28	0.4	2.77	0.25	0	0
Wheat Bagel w/ Cream Cheese	2.8 oz	27	3	49	0.4	0.11	4	30	0	0.7	4.02	0.91	0.51	0
Zac Bar Assortment	1 each	8	0	4	0.15	0.07	3	0	0.03	0.2	1.28	0.2	0	0
Yogurt Cup, Stonyfield	4 oz	8	1	7	0	0	15.1	0	0	0.4	1.3	0.1	0.05	0
String Cheese	1 oz	8	2	21	0	0.01	20.5	14	0	0.73	0.11	0.59	0.34	0
Applesauce Cup	4 oz cup	44	0	2	1.22	0.12	3.1	30	21.64	0.17	11.52	0.05	0.01	0
Mixed Berry 100% Juice	4 oz	54	0	4	0	0	0	450	54	0	12.6	0	0	0
MILK,1% Lowfat	HALF PIN	88	12	108	0	0	240	400	0.96	7.2	10.4	2	1.2	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													8.40%	

Thurs - 2/9/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Peach Muffin Squares	1 muffin	109	17	65	2.02	0.63	24.8	82	2.15	2.77	17.53	3.66	0.57	0
Yogurt Cup, Stonyfield	4 oz	48	3	42	0	0	90.3	0	0	2.41	7.83	0.6	0.3	0
Cereal Assortment	1 bowl	13	0	20	0.3	0.95	17	50	1.69	0.2	2.65	0.25	0	0
Muffin Assortment	1 each	15	2	8	0.27	0.08	4	10	0.28	0.4	2.77	0.25	0	0
Wheat Bagel w/ Cream Cheese	2.8 oz	27	3	49	0.4	0.11	4	30	0	0.7	4.02	0.91	0.51	0
Zac Bar Assortment	1 each	8	0	4	0.15	0.07	3	0	0.03	0.2	1.28	0.2	0	0
Yogurt Cup, Stonyfield	4 oz	8	1	7	0	0	15.1	0	0	0.4	1.3	0.1	0.05	0
String Cheese	1 oz	8	2	21	0	0.01	20.5	14	0	0.73	0.11	0.59	0.34	0
Pear, fresh	1 EACH	87	0	1	4.63	0.25	13.4	34	6.27	0.57	23.1	0.18	0.01	0
Apple Juice Box	4 oz	54	0	5	0	0	90	450	54	0	12.6	0	0	0
MILK,1% Lowfat	HALF PIN	88	12	108	0	0	240	400	0.96	7.2	10.4	2	1.2	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													5.70%	

Fri - 2/10/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Scrambled Eggs w/ Cheddar	2 OZ	83	152	104	0	0.73	78	255	0	6.37	0.31	6.07	2.85	0
Whole Wheat Biscuit	1 each	114	0	402	1.13	0.77	22.9	1	0.14	2.4	13.8	5.4	3	0
Cereal Assortment	1 bowl	13	0	20	0.3	0.95	17	50	1.69	0.2	2.65	0.25	0	0
Muffin Assortment	1 each	15	2	8	0.27	0.08	4	10	0.28	0.4	2.77	0.25	0	0
Wheat Bagel w/ Cream Cheese	2.8 oz	27	3	49	0.4	0.11	4	30	0	0.7	4.02	0.91	0.51	0
Zac Bar Assortment	1 each	8	0	4	0.15	0.07	3	0	0.03	0.2	1.28	0.2	0	0
Yogurt Cup, Stonyfield	4 oz	8	1	7	0	0	15.1	0	0	0.4	1.3	0.1	0.05	0
String Cheese	1 oz	8	2	21	0	0.01	20.5	14	0	0.73	0.11	0.59	0.34	0
Apple, Fresh	1 each	70	0	1	3.22	0.16	8	72	6.17	0.35	18.52	0.23	0.04	0
Orange Juice Box	4 oz	54	0	14	0	0.49	90	450	54	0	13.5	0	0	0
MILK,1% Lowfat	HALF PIN	88	12	108	0	0	240	400	0.96	7.2	10.4	2	1.2	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													14.50%	

Mon - 2/13/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Egg & Cheese Pita Pocket	1 each	126	99	294	1.2	0.86	54	210	1.44	8.4	12.6	5.4	2.4	0
Cereal Assortment	1 bowl	13	0	20	0.3	0.95	17	50	1.69	0.2	2.65	0.25	0	0
Muffin Assortment	1 each	15	2	8	0.27	0.08	4	10	0.28	0.4	2.77	0.25	0	0
Wheat Bagel w/ Cream Cheese	2.8 oz	27	3	49	0.4	0.11	4	30	0	0.7	4.02	0.91	0.51	0
Zac Bar Assortment	1 each	8	0	4	0.15	0.07	3	0	0.03	0.2	1.28	0.2	0	0
Yogurt Cup, Stonyfield	4 oz	8	1	7	0	0	15.1	0	0	0.4	1.3	0.1	0.05	0
String Cheese	1 oz	8	2	21	0	0.01	20.5	14	0	0.73	0.11	0.59	0.34	0
Peach Cup	1/2 Cup	50	0	5	1.46	0.3	6.8	429	4.05	0.71	13.02	0.03	0	0
Apple Juice Box	4 oz	54	0	5	0	0	90	450	54	0	12.6	0	0	0
MILK,1% Lowfat	HALF PINT	88	12	108	0	0	240	400	0.96	7.2	10.4	2	1.2	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													10.00%	

Tues- 2/14/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Whole Grain French Toast Stick	3 each	126	60	169	1.2	0.87	12	60	0	4.82	16.26	4.82	0.9	0
Turkey Sausage Link, 1 oz	1 oz	37	18	73	0	0.3	7.1	25	0.3	3.74	0.1	2.43	0.66	0
Cereal Assortment	1 bowl	13	0	20	0.3	0.95	17	50	1.69	0.2	2.65	0.25	0	0
Muffin Assortment	1 each	15	2	8	0.27	0.08	4	10	0.28	0.4	2.77	0.25	0	0
Wheat Bagel w/ Cream Cheese	2.8 oz	27	3	49	0.4	0.11	4	30	0	0.7	4.02	0.91	0.51	0
Zac Bar Assortment	1 each	8	0	4	0.15	0.07	3	0	0.03	0.2	1.28	0.2	0	0
Yogurt Cup, Stonyfield	4 oz	8	1	7	0	0	15.1	0	0	0.4	1.3	0.1	0.05	0
String Cheese	1 oz	8	2	21	0	0.01	20.5	14	0	0.73	0.11	0.59	0.34	0
Pear, fresh	1 EACH	87	0	1	4.63	0.25	13.4	34	6.27	0.57	23.1	0.18	0.01	0
Orange Juice Box	4 oz	54	0	14	0	0.49	90	450	54	0	13.5	0	0	0
MILK,1% Lowfat	HALF PINT	88	12	108	0	0	240	400	0.96	7.2	10.4	2	1.2	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													6.90%	

Wed - 2/15/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Turk Bacon, Egg, Cheese Muffin	1 each	134	69	269	1.8	1.35	107.9	108	0	8.87	16.2	4.2	1.2	0
Cereal Assortment	1 bowl	13	0	20	0.3	0.95	17	50	1.69	0.2	2.65	0.25	0	0
Muffin Assortment	1 each	15	2	8	0.27	0.08	4	10	0.28	0.4	2.77	0.25	0	0
Wheat Bagel w/ Cream Cheese	2.8 oz	27	3	49	0.4	0.11	4	30	0	0.7	4.02	0.91	0.51	0
Zac Bar Assortment	1 each	8	0	4	0.15	0.07	3	0	0.03	0.2	1.28	0.2	0	0
Yogurt Cup, Stonyfield	4 oz	8	1	7	0	0	15.1	0	0	0.4	1.3	0.1	0.05	0
String Cheese	1 oz	8	2	21	0	0.01	20.5	14	0	0.73	0.11	0.59	0.34	0
Apple, Fresh	1 each	70	0	1	3.22	0.16	8	72	6.17	0.35	18.52	0.23	0.04	0
Mixed Berry 100% Juice	4 oz	54	0	4	0	0	0	450	54	0	12.6	0	0	0
MILK,1% Lowfat	HALF PINT	88	12	108	0	0	240	400	0.96	7.2	10.4	2	1.2	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													7.00%	

Thurs - 2/16/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Cinnamon Oatmeal	1/2 cup	108	0	4	2.41	1.11	18.5	0	0	3.8	20.12	1.55	0.27	0
Turkey Sausage Link, 1 oz	1 oz	37	18	73	0	0.3	7.1	25	0.3	3.74	0.1	2.43	0.66	0
Cereal Assortment	1 bowl	13	0	20	0.3	0.95	17	50	1.69	0.2	2.65	0.25	0	0
Muffin Assortment	1 each	15	2	8	0.27	0.08	4	10	0.28	0.4	2.77	0.25	0	0
Wheat Bagel w/ Cream Cheese	2.8 oz	27	3	49	0.4	0.11	4	30	0	0.7	4.02	0.91	0.51	0
Zac Bar Assortment	1 each	8	0	4	0.15	0.07	3	0	0.03	0.2	1.28	0.2	0	0
Yogurt Cup, Stonyfield	4 oz	8	1	7	0	0	15.1	0	0	0.4	1.3	0.1	0.05	0
String Cheese	1 oz	8	2	21	0	0.01	20.5	14	0	0.73	0.11	0.59	0.34	0
Banana, Petite	1 each	81	0	1	2.36	0.24	4.5	58	7.91	0.99	20.76	0.3	0.1	0
Apple Juice Box	4 oz	54	0	5	0	0	90	450	54	0	12.6	0	0	0
MILK,1% Lowfat	HALF PINT	88	12	108	0	0	240	400	0.96	7.2	10.4	2	1.2	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													6.20%	

Fri- 2/17/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Southwest Breakfast Taco	1 each	127	112	250	1.37	1.03	87.2	269	2.12	6.48	10.51	6.68	3.13	0
Cereal Assortment	1 bowl	13	0	20	0.3	0.95	17	50	1.69	0.2	2.65	0.25	0	0
Muffin Assortment	1 each	15	2	8	0.27	0.08	4	10	0.28	0.4	2.77	0.25	0	0
Wheat Bagel w/ Cream Cheese	2.8 oz	27	3	49	0.4	0.11	4	30	0	0.7	4.02	0.91	0.51	0
Zac Bar Assortment	1 each	8	0	4	0.15	0.07	3	0	0.03	0.2	1.28	0.2	0	0
Yogurt Cup, Stonyfield	4 oz	8	1	7	0	0	15.1	0	0	0.4	1.3	0.1	0.05	0
String Cheese	1 oz	8	2	21	0	0.01	20.5	14	0	0.73	0.11	0.59	0.34	0
Applesauce Cup	4 oz cup	44	0	2	1.22	0.12	3.1	30	21.64	0.17	11.52	0.05	0.01	0
Orange Juice Box	4 oz	54	0	14	0	0.49	90	450	54	0	13.5	0	0	0
MILK,1% Lowfat	HALF PIN	88	12	108	0	0	240	400	0.96	7.2	10.4	2	1.2	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													11.80%	

Tues- 2/21/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Maple Pancakes, IW	2 pack	137	12	112	0.62	0.9	24.9	2243	0	3.74	27.42	1.87	0	0
Yogurt Cup, Stonyfield	4 oz	48	3	42	0	0	90.3	0	0	2.41	7.83	0.6	0.3	0
Cereal Assortment	1 bowl	13	0	20	0.3	0.95	17	50	1.69	0.2	2.65	0.25	0	0
Muffin Assortment	1 each	15	2	8	0.27	0.08	4	10	0.28	0.4	2.77	0.25	0	0
Wheat Bagel w/ Cream Cheese	2.8 oz	27	3	49	0.4	0.11	4	30	0	0.7	4.02	0.91	0.51	0
Zac Bar Assortment	1 each	8	0	4	0.15	0.07	3	0	0.03	0.2	1.28	0.2	0	0
Yogurt Cup, Stonyfield	4 oz	8	1	7	0	0	15.1	0	0	0.4	1.3	0.1	0.05	0
String Cheese	1 oz	8	2	21	0	0.01	20.5	14	0	0.73	0.11	0.59	0.34	0
Peach Cup	1/2 Cup	50	0	5	1.46	0.3	6.8	429	4.05	0.71	13.02	0.03	0	0
Apple Juice Box	4 oz	54	0	5	0	0	90	450	54	0	12.6	0	0	0
MILK,1% Lowfat	HALF PIN	88	12	108	0	0	240	400	0.96	7.2	10.4	2	1.2	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													4.70%	

Wed - 2/22/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Turkey Ham & Egg on WW Muffin	1 each	116	62	237	1.8	1.28	78.7	67	0.16	7.35	16.25	2.84	0.43	0
Cereal Assortment	1 bowl	13	0	20	0.3	0.95	17	50	1.69	0.2	2.65	0.25	0	0
Muffin Assortment	1 each	15	2	8	0.27	0.08	4	10	0.28	0.4	2.77	0.25	0	0
Wheat Bagel w/ Cream Cheese	2.8 oz	27	3	49	0.4	0.11	4	30	0	0.7	4.02	0.91	0.51	0
Zac Bar Assortment	1 each	8	0	4	0.15	0.07	3	0	0.03	0.2	1.28	0.2	0	0
Yogurt Cup, Stonyfield	4 oz	8	1	7	0	0	15.1	0	0	0.4	1.3	0.1	0.05	0
String Cheese	1 oz	8	2	21	0	0.01	20.5	14	0	0.73	0.11	0.59	0.34	0
Pear, fresh	1 EACH	87	0	1	4.63	0.25	13.4	34	6.27	0.57	23.1	0.18	0.01	0
Orange Juice Box	4 oz	54	0	14	0	0.49	90	450	54	0	13.5	0	0	0
MILK,1% Lowfat	HALF PINT	88	12	108	0	0	240	400	0.96	7.2	10.4	2	1.2	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													5.30%	

Thurs- 2/23/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Blueberry Muffin Squares	1 muffin	108	17	65	2.03	0.62	24.7	61	2.02	2.74	17.21	3.67	0.57	0
Yogurt Cup, Stonyfield	4 oz	48	3	42	0	0	90.3	0	0	2.41	7.83	0.6	0.3	0
Cereal Assortment	1 bowl	13	0	20	0.3	0.95	17	50	1.69	0.2	2.65	0.25	0	0
Muffin Assortment	1 each	15	2	8	0.27	0.08	4	10	0.28	0.4	2.77	0.25	0	0
Wheat Bagel w/ Cream Cheese	2.8 oz	27	3	49	0.4	0.11	4	30	0	0.7	4.02	0.91	0.51	0
Zac Bar Assortment	1 each	8	0	4	0.15	0.07	3	0	0.03	0.2	1.28	0.2	0	0
Yogurt Cup, Stonyfield	4 oz	8	1	7	0	0	15.1	0	0	0.4	1.3	0.1	0.05	0
String Cheese	1 oz	8	2	21	0	0.01	20.5	14	0	0.73	0.11	0.59	0.34	0
Applesauce Cup	4 oz cup	44	0	2	1.22	0.12	3.1	30	21.64	0.17	11.52	0.05	0.01	0
Mixed Berry 100% Juice	4 oz	54	0	4	0	0	0	450	54	0	12.6	0	0	0
MILK,1% Lowfat	HALF PINT	88	12	108	0	0	240	400	0.96	7.2	10.4	2	1.2	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													6.30%	

Fri- 2/24/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Cheesy Grits	1 cup	174	11	115	0.35	1.03	79.8	400	0	4.65	17.88	9.09	3.3	0
Turkey Sausage Link, 1 oz	1 oz	37	18	73	0	0.3	7.1	25	0.3	3.74	0.1	2.43	0.66	0
Cereal Assortment	1 bowl	13	0	20	0.3	0.95	17	50	1.69	0.2	2.65	0.25	0	0
Muffin Assortment	1 each	15	2	8	0.27	0.08	4	10	0.28	0.4	2.77	0.25	0	0
Wheat Bagel w/ Cream Cheese	2.8 oz	27	3	49	0.4	0.11	4	30	0	0.7	4.02	0.91	0.51	0
Zac Bar Assortment	1 each	8	0	4	0.15	0.07	3	0	0.03	0.2	1.28	0.2	0	0
Yogurt Cup, Stonyfield	4 oz	8	1	7	0	0	15.1	0	0	0.4	1.3	0.1	0.05	0
String Cheese	1 oz	8	2	21	0	0.01	20.5	14	0	0.73	0.11	0.59	0.34	0
Banana, Petite	1 each	81	0	1	2.36	0.24	4.5	58	7.91	0.99	20.76	0.3	0.1	0
Apple Juice Box	4 oz	54	0	5	0	0	90	450	54	0	12.6	0	0	0
MILK,1% Lowfat	HALF PINT	88	12	108	0	0	240	400	0.96	7.2	10.4	2	1.2	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													10.70%	

Mon - 2/27/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Turkey Sausage Omelet Pita	1 each	126	99	294	1.2	0.86	54	210	1.44	8.4	12.6	5.4	2.4	0
Cereal Assortment	1 bowl	13	0	20	0.3	0.95	17	50	1.69	0.2	2.65	0.25	0	0
Muffin Assortment	1 each	15	2	8	0.27	0.08	4	10	0.28	0.4	2.77	0.25	0	0
Wheat Bagel w/ Cream Cheese	2.8 oz	27	3	49	0.4	0.11	4	30	0	0.7	4.02	0.91	0.51	0
Zac Bar Assortment	1 each	8	0	4	0.15	0.07	3	0	0.03	0.2	1.28	0.2	0	0
Yogurt Cup, Stonyfield	4 oz	8	1	7	0	0	15.1	0	0	0.4	1.3	0.1	0.05	0
String Cheese	1 oz	8	2	21	0	0.01	20.5	14	0	0.73	0.11	0.59	0.34	0
Peach Cup	1/2 Cup	50	0	5	1.46	0.3	6.8	429	4.05	0.71	13.02	0.03	0	0
Orange Juice Box	4 oz	54	0	14	0	0.49	90	450	54	0	13.5	0	0	0
MILK,1% Lowfat	HALF PINT	88	12	108	0	0	240	400	0.96	7.2	10.4	2	1.2	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													10.00%	

Tues- 2/28/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Scrambled Eggs w/ Cheddar	2 OZ	83	152	104	0	0.73	78	255	0	6.37	0.31	6.07	2.85	0
Whole Wheat Biscuit	1 each	114	0	402	1.13	0.77	22.9	1	0.14	2.4	13.8	5.4	3	0
Cereal Assortment	1 bowl	13	0	20	0.3	0.95	17	50	1.69	0.2	2.65	0.25	0	0
Muffin Assortment	1 each	15	2	8	0.27	0.08	4	10	0.28	0.4	2.77	0.25	0	0
Wheat Bagel w/ Cream Cheese	2.8 oz	27	3	49	0.4	0.11	4	30	0	0.7	4.02	0.91	0.51	0
Zac Bar Assortment	1 each	8	0	4	0.15	0.07	3	0	0.03	0.2	1.28	0.2	0	0
Yogurt Cup, Stonyfield	4 oz	8	1	7	0	0	15.1	0	0	0.4	1.3	0.1	0.05	0
String Cheese	1 oz	8	2	21	0	0.01	20.5	14	0	0.73	0.11	0.59	0.34	0
Applesauce Cup	4 oz cup	44	0	2	1.22	0.12	3.1	30	21.64	0.17	11.52	0.05	0.01	0
Mixed Berry 100% Juice	4 oz	54	0	4	0	0	0	450	54	0	12.6	0	0	0
MILK,1% Lowfat	HALF PINT	88	12	108	0	0	240	400	0.96	7.2	10.4	2	1.2	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													15.30%	

Wed - 2/29/2012

Menu Item	Portion Size	Cal	mg Cholst	mg Sodium	g Fiber	mg Iron	mg Calcium	IU Vit-A	mg Vit-C	g Protein	g Carb	g T-Fat	g S-Fat	g Tr-Fat
Egg & Cheddar WW Bagel	1 each	180	66	254	1.8	1.19	96	150	0	6.9	21	5.1	2.1	0
Cereal Assortment	1 bowl	13	0	20	0.3	0.95	17	50	1.69	0.2	2.65	0.25	0	0
Muffin Assortment	1 each	15	2	8	0.27	0.08	4	10	0.28	0.4	2.77	0.25	0	0
Wheat Bagel w/ Cream Cheese	2.8 oz	27	3	49	0.4	0.11	4	30	0	0.7	4.02	0.91	0.51	0
Zac Bar Assortment	1 each	8	0	4	0.15	0.07	3	0	0.03	0.2	1.28	0.2	0	0
Yogurt Cup, Stonyfield	4 oz	8	1	7	0	0	15.1	0	0	0.4	1.3	0.1	0.05	0
String Cheese	1 oz	8	2	21	0	0.01	20.5	14	0	0.73	0.11	0.59	0.34	0
Pear, fresh	1 EACH	87	0	1	4.63	0.25	13.4	34	6.27	0.57	23.1	0.18	0.01	0
Apple Juice Box	4 oz	54	0	5	0	0	90	450	54	0	12.6	0	0	0
MILK,1% Lowfat	HALF PINT	88	12	108	0	0	240	400	0.96	7.2	10.4	2	1.2	0
Milk,skim	1/2 pint	8	0	10	0	0.01	30.6	50	0	0.83	1.22	0.03	0.02	0
Saturated Fat % of Total Calories													7.70%	