

Menu: Full Service Breakfast

Chartwells-Thompson School Dining Services

Grades: K-12

District of Columbia Public Schools

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

Tues -1/03/2012		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
Whole Grain French Toast Stick	3 each	169	80	225	1.61	1.16	16.1	80	0	6.42	21.67	6.42	1.2	0
Turkey Sausage Link, 1 oz	1 oz	49	25	98	0	0.4	9.4	33	0.4	4.99	0.13	3.24	0.88	0
Wheat Bagel w/ Cream Cheese	2.8 oz	54	5	99	0.8	0.22	8.1	61	0	1.41	8.04	1.82	1.01	0
Yogurt Cup, Stonyfield	4 oz	16	1	15	0	0	30.1	0	0	0.8	2.61	0.2	0.1	0
Peach Cup	1/2 Cup	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0	0
Apple Juice Box	4 oz	60	0	5	0	0	100	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	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													8.10%	

Wed - 1/04/2012		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
Turk Bacon, Egg, Cheese Muffin	1 each	178	92	358	2.4	1.8	143.9	144	0	11.82	21.6	5.6	1.6	0
Cereal Assortment	1 bowl	17	0	27	0.4	1.26	22.7	67	2.25	0.27	3.53	0.33	0	0
Yogurt Cup, Stonyfield	4 oz	16	1	15	0	0	30.1	0	0	0.8	2.61	0.2	0.1	0
Applesauce Cup	4 oz cup	49	0	2	1.36	0.14	3.4	33	24.04	0.19	12.8	0.06	0.01	0
Orange Juice Box	4 oz	60	0	15	0	0.54	100	500	60	0	15	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	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													6.50%	

Thurs - 1/05/2012		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
Cinnamon Oatmeal	1/2 cup	143	0	5	3.22	1.48	24.7	0	0	5.07	26.82	2.07	0.36	0
Turkey Sausage Link, 1 oz	1 oz	49	25	98	0	0.4	9.4	33	0.4	4.99	0.13	3.24	0.88	0
Zac Bar Assortment	1 each	30	0	15	0.6	0.29	12	0	0.12	0.8	5.1	0.8	0	0
Yogurt Cup, Stonyfield	4 oz	16	1	15	0	0	30.1	0	0	0.8	2.61	0.2	0.1	0
Apple, Fresh	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	0
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	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													5.10%	

Fri - 1/06/2012		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
Southwest Breakfast Taco	1 each	169	150	333	1.82	1.38	116.3	358	2.82	8.65	14.01	8.91	4.17	0
Muffin Assortment	1 each	29	4	16	0.53	0.17	8	20	0.56	0.8	5.53	0.5	0	0
Yogurt Cup, Stonyfield	4 oz	16	1	15	0	0	30.1	0	0	0.8	2.61	0.2	0.1	0
Banana, Petite	1 each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0
Apple Juice Box	4 oz	60	0	5	0	0	100	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	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													11.00%	

Mon - 1/09/2012		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
Chicken Sausage Biscuit	1 Each	256	20	424	1.6	1.44	16	80	0	16	20	10.4	2.4	0
Cereal Assortment	1 bowl	17	0	27	0.4	1.26	22.7	67	2.25	0.27	3.53	0.33	0	0
Yogurt Cup, Stonyfield	4 oz	16	1	15	0	0	30.1	0	0	0.8	2.61	0.2	0.1	0
Applesauce Cup	4 oz cup	49	0	2	1.36	0.14	3.4	33	24.04	0.19	12.8	0.06	0.01	0
Orange Juice Box	4 oz	60	0	15	0	0.54	100	500	60	0	15	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	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%	

Tues -1/10/2012		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
Maple Pancakes, bulk	2 pack	183	17	150	0.83	1.2	33.2	2991	0	4.98	36.55	2.49	0	0
Yogurt Cup, Stonyfield	4 oz	64	4	60	0	0	120.4	0	0	3.21	10.44	0.8	0.4	0
Wheat Bagel w/ Cream Cheese	2.8 oz	54	5	99	0.8	0.22	8.1	61	0	1.41	8.04	1.82	1.01	0
Yogurt Cup, Stonyfield	4 oz	16	1	15	0	0	30.1	0	0	0.8	2.61	0.2	0.1	0
Apple, Fresh	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	0
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	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- 1/11/2012		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, Chs WW Muffin	1 each	177	89	354	2.4	1.78	144.7	149	0.21	11.19	21.67	5.58	1.77	0
Cereal Assortment	1 bowl	17	0	27	0.4	1.26	22.7	67	2.25	0.27	3.53	0.33	0	0
Yogurt Cup, Stonyfield	4 oz	16	1	15	0	0	30.1	0	0	0.8	2.61	0.2	0.1	0
Peach Cup	1/2 Cup	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0	0
Apple Juice Box	4 oz	60	0	5	0	0	100	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	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													6.80%	

Thurs - 1/12/2012

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
Pumpkin Muffin Squares/Bread	1 muffin	143	23	86	2.68	0.86	33.4	573	2.72	3.67	22.71	4.88	0.76	0
Yogurt Cup, Stonyfield	4 oz	64	4	60	0	0	120.4	0	0	3.21	10.44	0.8	0.4	0
Zac Bar Assortment	1 each	30	0	15	0.6	0.29	12	0	0.12	0.8	5.1	0.8	0	0
Yogurt Cup, Stonyfield	4 oz	16	1	15	0	0	30.1	0	0	0.8	2.61	0.2	0.1	0
Banana, Petite	1 each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0
Orange Juice Box	4 oz	60	0	15	0	0.54	100	500	60	0	15	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	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													4.80%	

Fri - 1/13/2012

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
Cheesy Grits	1 cup	232	15	153	0.46	1.37	106.4	534	0	6.2	23.84	12.12	4.4	0
Turkey Sausage Link, 1 oz	1 oz	49	25	98	0	0.4	9.4	33	0.4	4.99	0.13	3.24	0.88	0
Muffin Assortment	1 each	29	4	16	0.53	0.17	8	20	0.56	0.8	5.53	0.5	0	0
Yogurt Cup, Stonyfield	4 oz	16	1	15	0	0	30.1	0	0	0.8	2.61	0.2	0.1	0
Pear, fresh	1 EACH	96	0	2	5.15	0.28	14.9	38	6.97	0.63	25.66	0.2	0.01	0
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	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													10.30%	

Tues- 1/17/2012

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
Turkey Sausage Omelet Pita	1 each	168	132	392	1.6	1.15	72	280	1.92	11.2	16.8	7.2	3.2	0
Wheat Bagel w/ Cream Cheese	2.8 oz	54	5	99	0.8	0.22	8.1	61	0	1.41	8.04	1.82	1.01	0
Yogurt Cup, Stonyfield	4 oz	16	1	15	0	0	30.1	0	0	0.8	2.61	0.2	0.1	0
Peach Cup	1/2 Cup	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0	0
Orange Juice Box	4 oz	60	0	15	0	0.54	100	500	60	0	15	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	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													11.10%	

Wed - 1/18/2012

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	240	88	338	2.4	1.58	128	200	0	9.2	28	6.8	2.8	0
Cereal Assortment	1 bowl	17	0	27	0.4	1.26	22.7	67	2.25	0.27	3.53	0.33	0	0
Yogurt Cup, Stonyfield	4 oz	16	1	15	0	0	30.1	0	0	0.8	2.61	0.2	0.1	0
Applesauce Cup	4 oz cup	49	0	2	1.36	0.14	3.4	33	24.04	0.19	12.8	0.06	0.01	0
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	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													7.90%	

Thurs - 1/19/2012

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	146	23	86	2.69	0.84	33.1	109	2.87	3.69	23.38	4.87	0.76	0
Yogurt Cup, Stonyfield	4 oz	64	4	60	0	0	120.4	0	0	3.21	10.44	0.8	0.4	0
Zac Bar Assortment	1 each	30	0	15	0.6	0.29	12	0	0.12	0.8	5.1	0.8	0	0
Yogurt Cup, Stonyfield	4 oz	16	1	15	0	0	30.1	0	0	0.8	2.61	0.2	0.1	0
Pear, fresh	1 EACH	96	0	2	5.15	0.28	14.9	38	6.97	0.63	25.66	0.2	0.01	0
Apple Juice Box	4 oz	60	0	5	0	0	100	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	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													4.60%	

Fri - 1/20/2012

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	111	203	139	0	0.97	104	340	0	8.49	0.42	8.1	3.8	0
Whole Wheat Biscuit	1 each	152	0	536	1.51	1.02	30.6	1	0.18	3.2	18.4	7.2	4	0
Muffin Assortment	1 each	29	4	16	0.53	0.17	8	20	0.56	0.8	5.53	0.5	0	0
Yogurt Cup, Stonyfield	4 oz	16	1	15	0	0	30.1	0	0	0.8	2.61	0.2	0.1	0
Apple, Fresh	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	0
Orange Juice Box	4 oz	60	0	15	0	0.54	100	500	60	0	15	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	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													15.20%	

Mon - 1/23/2012

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
Egg & Cheese Pita Pocket	1 each	168	132	392	1.6	1.15	72	280	1.92	11.2	16.8	7.2	3.2	0
Cereal Assortment	1 bowl	17	0	27	0.4	1.26	22.7	67	2.25	0.27	3.53	0.33	0	0
Yogurt Cup, Stonyfield	4 oz	16	1	15	0	0	30.1	0	0	0.8	2.61	0.2	0.1	0
Peach Cup	1/2 Cup	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0	0
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	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													9.90%	

Tues- 1/24/2012

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
Whole Grain French Toast Stick	3 each	169	80	225	1.61	1.16	16.1	80	0	6.42	21.67	6.42	1.2	0
Turkey Sausage Link, 1 oz	1 oz	49	25	98	0	0.4	9.4	33	0.4	4.99	0.13	3.24	0.88	0
Wheat Bagel w/ Cream Cheese	2.8 oz	54	5	99	0.8	0.22	8.1	61	0	1.41	8.04	1.82	1.01	0
Yogurt Cup, Stonyfield	4 oz	16	1	15	0	0	30.1	0	0	0.8	2.61	0.2	0.1	0
Apple, Fresh	1 each	77	0	1	3.58	0.18	8.9	80	6.85	0.39	20.58	0.25	0.04	0
Orange Juice Box	4 oz	60	0	15	0	0.54	100	500	60	0	15	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	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													7.80%	

Wed - 1/25/2012

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	178	92	358	2.4	1.8	143.9	144	0	11.82	21.6	5.6	1.6	0
Cereal Assortment	1 bowl	17	0	27	0.4	1.26	22.7	67	2.25	0.27	3.53	0.33	0	0
Yogurt Cup, Stonyfield	4 oz	16	1	15	0	0	30.1	0	0	0.8	2.61	0.2	0.1	0
Tropical Fruit Salad	1/2 cup	29	0	1	1.36	0.07	3.4	31	2.61	0.15	7.83	0.1	0.02	0
Apple Juice Box	4 oz	60	0	5	0	0	100	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	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													6.80%	

Thurs- 1/26/2012

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	143	0	5	3.22	1.48	24.7	0	0	5.07	26.82	2.07	0.36	0
Turkey Sausage Link, 1 oz	1 oz	49	25	98	0	0.4	9.4	33	0.4	4.99	0.13	3.24	0.88	0
Zac Bar Assortment	1 each	30	0	15	0.6	0.29	12	0	0.12	0.8	5.1	0.8	0	0
Yogurt Cup, Stonyfield	4 oz	16	1	15	0	0	30.1	0	0	0.8	2.61	0.2	0.1	0
Applesauce Cup	4 oz cup	49	0	2	1.36	0.14	3.4	33	24.04	0.19	12.8	0.06	0.01	0
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	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													5.40%	

Fri- 1/28/2012		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
Southwest Breakfast Taco	1 each	169	150	333	1.82	1.38	116.3	358	2.82	8.65	14.01	8.91	4.17	0
Muffin Assortment	1 each	29	4	16	0.53	0.17	8	20	0.56	0.8	5.53	0.5	0	0
Yogurt Cup, Stonyfield	4 oz	16	1	15	0	0	30.1	0	0	0.8	2.61	0.2	0.1	0
Banana, Petite	1 each	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0
Orange Juice Box	4 oz	60	0	15	0	0.54	100	500	60	0	15	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	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													11.00%	

Mon - 1/30/2012		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
Chicken Sausage Biscuit	1 Each	256	20	424	1.6	1.44	16	80	0	16	20	10.4	2.4	0
Cereal Assortment	1 bowl	17	0	27	0.4	1.26	22.7	67	2.25	0.27	3.53	0.33	0	0
Yogurt Cup, Stonyfield	4 oz	16	1	15	0	0	30.1	0	0	0.8	2.61	0.2	0.1	0
Applesauce Cup	4 oz cup	49	0	2	1.36	0.14	3.4	33	24.04	0.19	12.8	0.06	0.01	0
Mixed Berry 100% Juice	4 oz	60	0	5	0	0	0	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	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%	

Tues- 1/31/2012		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
Maple Pancakes, bulk	2 pack	183	17	150	0.83	1.2	33.2	2991	0	4.98	36.55	2.49	0	0
Yogurt Cup, Stonyfield	4 oz	64	4	60	0	0	120.4	0	0	3.21	10.44	0.8	0.4	0
Wheat Bagel w/ Cream Cheese	2.8 oz	54	5	99	0.8	0.22	8.1	61	0	1.41	8.04	1.82	1.01	0
Yogurt Cup, Stonyfield	4 oz	16	1	15	0	0	30.1	0	0	0.8	2.61	0.2	0.1	0
Peach Cup	1/2 Cup	55	0	5	1.63	0.34	7.5	476	4.5	0.79	14.46	0.04	0	0
Apple Juice Box	4 oz	60	0	5	0	0	100	500	60	0	14	0	0	0
MILK,1% Lowfat	HALF PIN	99	14	122	0	0	270	450	1.08	8.1	11.7	2.25	1.35	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													4.80%	