

FOOD ITEM	SERVING SIZE	TOTAL CALORIES	TOTAL FAT (G)	SATURATED FATS (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	PROTEIN (G)	VITAMIN C (MG)	VITAMIN A (RE)	Iron (MG)	CALCIUM (MG)
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## MENU NUTRITIONAL INFORMATION 2011-2012 SCHOOL YEAR

### BREAKFAST

Animal Crackers	1 pkg.	130	4	1	0	150	22	0	2	0	0	1	100
Apple	1 ea.	72	0	0	0	1	19	3	0	6	7	0	8
Apple Jacks-Reduced Sugar	Bowl	80	0	0	0	120	18	1	1	9	60	15	0
Banana	1 ea.												
Breakfast Sandwich w/Canadian Bacon	1 ea.	255	7	3	1	133	33	1	16	0	1	132	182
Breakfast Sandwich w/Sausage	1 ea	306	15	5	134	661	33	1	12	0	81	2	90
Bug Bites	1 pkg	140	5	2	0	125	23	1	2	0	0	1	100
Cheerios	Bowl	70	1	0	0	130	14	0	2	4	60	5	60
Cinnamon Breakfast Bar	1 ea	190	5	2	0	190	36	1	2	0	0	0	0
Cinnamon Toast Crunch Reduced Sugar	Bowl	120	3	0	0	170	22	1	1	5	80	7	450
Elf Grahams-Chocolate Chip	1 pkg	130	5	2	0	90	20	1	2	0	0	1	100
Elf Grahmas-Cinnamon	1 pkg	120	4	1	0	105	21	1	2	0	100	1	100
French Toast Sticks w/syrup	4 sticks 2 oz. syrup	512	13	3	0	427	94	3	6	0	40	1	60
Frosted Flakes-Reduced Sugar-Multi-Grain	Bowl	100	0	0	0	160	24	2	2	35	150	8	0
Juice 100%-Apple	4 oz	60	0	0	0	5	14	0	0	60	100	0	100
Juice 100%-Fruit Punch	4 oz	60	0	0	0	10	15	0	0	60	100	0	100
Juice 100%-Grape-White	4 oz	60	0	0	0	10	20	0	0	60	100	0	100
Juice 100%-Orange-Tangerine	4 oz	60	0	0	0	15	15	0	0	60	100	0	100
Kix	Bowl	60	1	0	0	120	14	2	1	4	60	5	80

**Disclaimer:** Nutrient values have been determined utilizing approved software comprised of common foods found in the USDA database and standardized recipes. These results should be viewed and used only as a general nutrition guide – and not for medical nutrition therapy. This is a close approximation of the true nutrient content since various factors influence the amounts of nutrients in foods. The reliability of data may fluctuate with changes in portion size, product specifications, substitutions, recipe compliance and manufacturer's ingredients.

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Kix-Berry Berry	Bowl	70	1	0	0	100	16	1	1	4	60	5	80
Milk-Lactaid White	8 oz.	80	0	0	0	125	13	0	8	0	100	0	500
Milk-Skim-Chocolate	8 oz.	150	0	0	0	220	28	0	8	2	100	0	300
Milk-Skim-White	8 oz.	90	0	0	5	125	0	0	8	2	100	0	300
Orange	1 ea	62	0	0	0	0	15	3	1	70	28	0	52
Pancakes	3 ea.	452	6	2	11	435	94	3	5	0	0	2	42
Pear, Fresh	1 ea	66	0	0	0	1	18	4	0	5	2	0	10
Rice Krispies	Bowl	70	0	0	0	120	16	0	1	10	100	5	0
Scooby-Doo Baked Graham Sticks	1 pkg	90	0	0	0	40	21	0	0	12	0	0	0
String Cheese	1 oz pkg.	60	3	2	10	210	1	0	8	0	20	0	200
Trix-Reduced Sugar	Bowl	90	1	0	0	160	20	2	1	5	80	5	80
Yogurt-Trix -All Varieties	4 oz	100	1	1	0	50	20	0	3	0	100	0	100

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