

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 4/3, 4/24	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Beef and Cheese Burrito	1 each	320	15	6	438	17	32
Spicy Clux Sandwich	1 each	392	11.6	2	766	26	48
Potato Rounds	1/2 cup	129	6	1	307	2	16
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Pinto Beans	1/2 cup	138	0	0	244	7.8	25
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Mandarin Orange Slices	1/2 cup	53	0	0	7	0	13.6
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Tuesday							
Chicken Smackers	10 each	272	14	3	590	18	17
Macaroni and Cheese	1/2 cup	197	7.5	4.5	485	11	21
Wheat Roll	1 each	171	2	0.5	150	5	32
Cuban Sandwich	1 each	338	28	6.8	1323	19	31
Green Beans	1/2 cup	23	0	0	7	1.2	5
Romaine Side Salad	1/2 cup	14	0	0	6.6	1	2.6
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 4/3, 4/24	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Wednesday							
BBQ Beef Rib Sub	1 each	309	10	3.5	528	17	38
Mashed Potatoes and Gravy	1/2 cup	108	2.3	0.6	534	1.6	19.7
Corn	1/2 cup	68	0.5	0	1	2	16
Fiesta Salad- chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing	1 salad	522	30	5.6	1700	22	42
Fiesta Salad-fajita meat							0.8
Fiesta Salad-cheese							2
Fiesta Salad- lettuce							2.5
Fiesta Salad- salsa							4
Fiesta Salad-tortilla chips							31
Fiesta Salad-Ranch dressing							2
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Banana	1 each	121	0	0	2	1	31
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 4/3, 4/24	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Thursday							
Spicy Chicken Tenders	1 serving	260	15	2.5	390	15	17
Wheat Roll	1 each	171	2	0.5	150	5	32
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Cheeseburger	1 each	394	16	6	694	31	30
Hamburger	1 each	356	14	5	547	28	29
Mayonnaise	1 packet	40	4	0.5	90	0	2
Ketchup	1 packet	10	0	0	25	0	2
Potato Rounds	1/2 cup	129	6	1	307	2	16
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Pineapple Tidbits	1/2 cup	62	0	0	0	0	16
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Friday							
Big Daddy Cheese Pizza	1 slice	340	15	7	670	18	36
Big Daddy Four Meat Pizza	1 slice	370	17	7	650	20	36
Big Daddy Turkey Pepperoni Pizza	1 slice	370	17	7	551	21	35
PB and J Uncrustable Meal- pb and j, cheesestick, baked chips	1 each	500	24	6.5	730	20	50

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 4/3, 4/24	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
California Vegetable Blend	1/2 cup	50	0.5	0	20	2	11
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Fresh Orange	1 each	53	0	0	0	1	13
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 4/10	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Pulled Pork Sandwich	1 each	330	8.5	2.6	846	24	42
Spicy Clux Sandwich	1 each	392	11.6	2	766	26	48
Potato Rounds	1/2 cup	129	6	1	307	2	16
Green Beans	1/2 cup	23	0	0	7	1.2	5
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Tuesday							
Steak Fingers	4 each	320	20	5	330	16	19
Mashed Potatoes and Gravy	1/2 cup	108	2.3	0.6	534	1.6	19.7
Wheat Roll	1 each	171	2	0.5	150	5	32
Cuban Sandwich	1 each	338	28	6.8	1323	19	31
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Mixed Fruit	1/2 cup	57	0	0	9	1	13

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 4/10	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Wednesday							
Buffalo Chicken Bites	1 serving	173	10	2	576	11	9.4
Celery Sticks	1/2 cup	11	0	0	57	0.5	2
Wheat Roll	1 each	171	2	0.5	150	5	32
Fiesta Salad- chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing	1 salad	522	30	5.6	1700	22	42
Fiesta Salad-fajita meat							0.8
Fiesta Salad-cheese							2
Fiesta Salad- lettuce							2.5
Fiesta Salad- salsa							4
Fiesta Salad-tortilla chips							31
Fiesta Salad-Ranch dressing							2
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Fresh Orange	1 each	53	0	0	0	1	13
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Thursday							
Cheese Enchiladas	3 each	323	14.8	8.5	1371	20.7	29
Cheeseburger	1 each	394	16	6	694	31	30

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 4/10	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Hamburger	1 each	356	14	5	547	28	29
Mayonnaise	1 packet	40	4	0.5	90	0	2
Ketchup	1 packet	10	0	0	25	0	2
Potato Rounds	1/2 cup	129	6	1	307	2	16
Pinto Beans	1/2 cup	138	0	0	244	7.8	25
Romaine Side Salad	1/2 cup	14	0	0	6.6	1	2.6
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Banana	1 each	121	0	0	2	1	31
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Friday							
Big Daddy Cheese Pizza	1 slice	340	15	7	670	18	36
Big Daddy Four Meat Pizza	1 slice	370	17	7	650	20	36
Big Daddy Turkey Pepperoni Pizza	1 slice	370	17	7	551	21	35
Personal Pan Cheese Pizza	1 each	320	12	6	480	17	35
Personal Pan Pepperoni Pizza	1 each	330	13	5	540	17	35
PB and J Uncrustable Meal- pb and j, cheesestick, baked chips	1 each	500	24	6.5	730	20	50
Corn	1/2 cup	68	0.5	0	1	2	16

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 4/10	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Fresh Apple	1 each	66	0	0	1	0.3	17
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 4/17	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Mini Corn Dogs	1 serving	269	12	3.7	417	10.4	30
Spicy Clux Sandwich	1 each	392	11.6	2	766	26	48
Potato Rounds	1/2 cup	129	6	1	307	2	16
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Tuesday							
Chicken Strips	3 each	285	13.5	2.25	465	24	16.5
Mashed Potatoes and Gravy	1/2 cup	108	2.3	0.6	534	1.6	19.7
Wheat Roll	1 each	171	2	0.5	150	5	32
Cuban Sandwich	1 each	338	28	6.8	1323	19	31
Green Beans	1/2 cup	23	0	0	7	1.2	5
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Applesauce Cup	1/2 cup	90	0	0	15	0	22
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 4/17	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Wednesday							
Chili Pie	1 each	425	21.1	6.5	748	20.2	41.2
Fiesta Salad- chicken fajita meat, cheese, lettuce, salsa, tortilla chips, ranch dressing	1 salad	522	30	5.6	1700	22	42
Fiesta Salad-fajita meat							0.8
Fiesta Salad-cheese							2
Fiesta Salad- lettuce							2.5
Fiesta Salad- salsa							4
Fiesta Salad-tortilla chips							31
Fiesta Salad-Ranch dressing							2
Corn	1/2 cup	68	0.5	0	1	2	16
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Apple Slices	1 pkg	34	0	0	0	0	8
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Thursday							
Soft Turkey Taco	1 each	278	12	6	591	22	22
Salsa	1/2 cup	25	0	0	177	0	5
Tortilla Chips	1 bag	270	15	1.5	220	3	31

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 4/17	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Cheeseburger	1 each	394	16	6	694	31	30
Hamburger	1 each	356	14	5	547	28	29
Mayonnaise	1 packet	40	4	0.5	90	0	2
Ketchup	1 packet	10	0	0	25	0	2
Potato Rounds	1/2 cup	129	6	1	307	2	16
Romaine Side Salad	1/2 cup	14	0	0	6.6	1	2.6
Pinto Beans	1/2 cup	138	0	0	244	7.8	25
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Friday							
Cheese Stuffed Breadsticks	2 each	310	13	7	590	18	31
Marinara Sauce	1/2 cup	45	1.5	0	240	1	7
PB and J Uncrustable Meal- pb and j, cheesestick, baked chips	1 each	500	24	6.5	730	20	50
Fat Free Ranch Dressing PPI	1 packet	10	0	0	125	0	2
Green Beans	1/2 cup	23	0	0	7	1.2	5
Baby Carrots	1/2 cup	36	0.21	0.03	48	0.82	8.42
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14

9-12 NUTRIENT INFORMATION

Lunch 9-12 Week of 4/17	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Fresh Orange	1/2 cup	53	0	0	0	1	13
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19

9-12 NUTRIENT INFORMATION

Breakfast 9-12 Week of 3/1, 3/20	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Breakfast Pizza	1 each	210	8	2	480	10	27
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Cereal, Chex (Gluten Free)	1 each	110	2	0	0	1	23
Mini Donuts-Chocolate	1 pkg	300	13	8	290	5	39
Mini Donuts- Powdered	1 pkg	270	11	3	230	4	41
Yogurt	4 oz	100	0	0	50	3	20
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Tuesday							
French Toast Sticks	3 each	220	8	1.5	330	9	30
Syrup	1 packet	78	0	0	29	0	20
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Cereal, Chex (Gluten Free)	1 each	110	2	0	0	1	23
Muffin, Blueberry	1.9 oz	118	3.3	0.5	74	2.4	19.5

9-12 NUTRIENT INFORMATION

Breakfast 9-12 Week of 3/1, 3/20	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Breakfast Bun	1 each	230	7	2	340	6	39
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Pineapple Tidbits	1/2 cup	62	0	0	0	0	16
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Wednesday							
Mini Blueberry Pancakes	1 pkg	210	6	1	310	4	35
Sausage Link	1each	60	4	1	80	6	0
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Cereal, Chex (Gluten Free)	1 each	110	2	0	0	1	23
Yogurt	4 oz	100	0	0	50	3	20
Mini Donuts-Chocolate	1 pkg	300	13	8	290	5	39
Mini Donuts- Powdered	1 pkg	270	11	3	230	4	41
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Mixed Fruit	1/2 cup	57	0	0	9.5	1	13.3
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12

9-12 NUTRIENT INFORMATION

Breakfast 9-12 Week of 3/1, 3/20	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Thursday							
Kolache	1 each	222	6.7	1.9	277	9.6	31.7
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Cereal, Chex (Gluten Free)	1 each	110	2	0	0	1	23
Muffin, Blueberry	1.9 oz	118	3.3	0.5	74	2.4	19.5
Breakfast Bun	1 each	230	7	2	340	6	39
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Friday							
Chicken Biscuit	1 each	300	14.5	7	590	11	32
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Cereal, Chex (Gluten Free)	1 each	110	2	0	0	1	23
Yogurt	4 oz	100	0	0	50	3	20

9-12 NUTRIENT INFORMATION

Breakfast 9-12 Week of 3/1, 3/20	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Mini Donuts-Chocolate	1 pkg	300	13	8	290	5	39
Mini Donuts- Powdered	1 pkg	270	11	3	230	4	41
Whole Grain Pop Tart	1 each	185	2.5	1	190	2.5	37
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Pineapple Tidbits	1/2 cup	62	0	0	0	0	16
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19

9-12 NUTRIENT INFORMATION

Breakfast 9-12 Week of 3/6, 3/27	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Monday							
Breakfast Taco	1 each	206	11.2	4.6	435	10.3	16
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Cereal, Chex (Gluten Free)	1 each	110	2	0	0	1	23
Muffin, Blueberry	1.9 oz	118	3.3	0.5	74	2.4	19.5
Mini Donuts-Chocolate	1 pkg	300	13	8	290	5	39
Mini Donuts- Powdered	1 pkg	270	11	3	230	4	41
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Mixed Fruit	1/2 cup	57	0	0	9.5	1	13.3
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Tuesday							
Pancake and Sausage Sandwich	1 each	130	3	1	320	9	17
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Cereal, Chex (Gluten Free)	1 each	110	2	0	0	1	23
Yogurt	4 oz	100	0	0	50	3	20
Breakfast Bun	1 each	230	7	2	340	6	39

9-12 NUTRIENT INFORMATION

Breakfast 9-12 Week of 3/6, 3/27	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Wednesday							
Beef Sausage Bun	1 each	170	6	2	350	9	20
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Cereal, Chex (Gluten Free)	1 each	110	2	0	0	1	23
Muffin, Blueberry	1.9 oz	118	3.3	0.5	74	2.4	19.5
Mini Donuts-Chocolate	1 pkg	300	13	8	290	5	39
Mini Donuts- Powdered	1 pkg	270	11	3	230	4	41
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Pineapple Tidbits	1/2 cup	62	0	0	0	0	16
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19

9-12 NUTRIENT INFORMATION

Breakfast 9-12 Week of 3/6, 3/27	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Thursday							
Whole Grain Pancake on a Stick	1 each	160	6	1.5	310	8	17
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Cereal, Chex (Gluten Free)	1 each	110	2	0	0	1	23
Yogurt	4 oz	100	0	0	50	3	20
Breakfast Bun	1 each	230	7	2	340	6	39
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Sliced Peaches	1/2 cup	48	0	0	4.3	0	12.5
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19
Friday							
Chicken Sticks with Roll	1 serving	305	9.6	1.7	348	12.6	41
Cereal, Fruit Cheerios	1 each	120	5	0	150	2	26
Cereal, Reduced Sugar Cocoa Puffs	1 each	110	1.5	0	160	2	25
Cereal, Chex (Gluten Free)	1 each	110	2	0	0	1	23
Muffin, Blueberry	1.9 oz	118	3.3	0.5	74	2.4	19.5
Mini Donuts-Chocolate	1 pkg	300	13	8	290	5	39

9-12 NUTRIENT INFORMATION

Breakfast 9-12 Week of 3/6, 3/27	Svg Size	Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs
Whole Grain Pop Tart	1 each	185	2.5	1	190	2.5	37
Juice, Orange	4 oz	60	0	0	1	0	13
Juice, Apple	4 oz	60	0	0	5	0	14
Diced Pears	1/2 cup	50	0	0	5.9	0	13
Milk, 1% plain	8 oz	100	2.5	1.5	125	8	12
Milk, Skim chocolate	8 oz	110	0	0	100	8	19