

# SSO Breakfast Menu

Monday, Jun 18, 2018

Recipes	Portion Size	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
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
Yogurt w/Cinnamon Bitz	1 EACH	226	4	104	2.10	1.28	343.00	681	1.67	25.90	5.30	42.30	4.51	0.60
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, Chocolate FF	EACH	120	5	150	0.00	0.00	300.00	500	1.80	20.00	8.00	22.00	0.00	0.00
1% Milk	EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Strawberries	SERVING, 3 oz	27	0	1	1.70	0.35	13.61	10	50.01	4.16	0.57	6.53	0.26	0.13
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	1 EACH	26	0	7	0.44	0.20	6.24	0	0.00	*N/A*	0.20	5.99	0.12	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00

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# SSO Breakfast Menu

Tuesday, Jun 19, 2018

Recipes	Portion Size	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
Oatmeal Choc. Chip Bar	1 EACH	290	20	240	3.00	1.80	20.00	0	0.00	*N/A*	5.00	47.00	9.00	3.00
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
Yogurt w/Cinnamon Bitz	1 EACH	226	4	104	2.10	1.28	343.00	681	1.67	25.90	5.30	42.30	4.51	0.60
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, Chocolate FF	EACH	120	5	150	0.00	0.00	300.00	500	1.80	20.00	8.00	22.00	0.00	0.00
1% Milk	EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Plums	SVG.	59	0	0	1.79	0.22	7.65	440	12.12	12.66	0.89	14.57	0.36	0.02
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	1 EACH	26	0	7	0.44	0.20	6.24	0	0.00	*N/A*	0.20	5.99	0.12	0.00
Baby Carrots	EACH- 3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00

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# SSO Breakfast Menu

Wednesday, Jun 20, 2018

Recipes	Portion Size	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
Mini Maple Pancakes	1 EACH	230	0	150	3.00	0.72	40.00	0	0.00	14.00	4.00	41.00	7.00	0.50
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
Yogurt w/Cinnamon Bitz	1 EACH	226	4	104	2.10	1.28	343.00	681	1.67	25.90	5.30	42.30	4.51	0.60
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, Chocolate FF	EACH	120	5	150	0.00	0.00	300.00	500	1.80	20.00	8.00	22.00	0.00	0.00
1% Milk	EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Peaches	EACH, 3.5 oz	39	0	0	1.51	0.25	6.05	329	6.65	6.51	0.92	9.61	0.25	0.02
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	1 EACH	26	0	7	0.44	0.20	6.24	0	0.00	*N/A*	0.20	5.99	0.12	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00

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# SSO Breakfast Menu

Thursday, Jun 21, 2018

Recipes	Portion Size	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
Turkey,Egg Cheese Pizza	1 Each	200	45	320	2.00	1.44	150.00	200	0.00	4.00	9.00	26.00	7.00	2.00
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
Yogurt & Pretzels	SERVING	302	9	358	1.20	1.12	646.00	1362	3.34	33.80*	8.60	56.60	3.52	1.20
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, Chocolate FF	EACH	120	5	150	0.00	0.00	300.00	500	1.80	20.00	8.00	22.00	0.00	0.00
1% Milk	EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Nectarine	1 EACH	46	0	0	1.80	0.30	5.99	42	*N/A*	8.45	1.14	11.30	0.34	0.00
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	1 EACH	26	0	7	0.44	0.20	6.24	0	0.00	*N/A*	0.20	5.99	0.12	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00

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# SSO Breakfast Menu

Friday, Jun 22, 2018

Recipes	Portion Size	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 & Chorizo Burrito	1 EACH	200	40	370	3.00	2.70	150.00	500	1.20	0.00	9.00	22.00	9.00	3.50
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
Yogurt w/Cinnamon Bitz	1 EACH	226	4	104	2.10	1.28	343.00	681	1.67	25.90	5.30	42.30	4.51	0.60
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, Chocolate FF	EACH	120	5	150	0.00	0.00	300.00	500	1.80	20.00	8.00	22.00	0.00	0.00
1% Milk	EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Fruit	1 EACH	307	0	5	11.25	0.61	18.24	105	20.33	48.37	2.30	79.59	0.74	0.18
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	1 EACH	26	0	7	0.44	0.20	6.24	0	0.00	*N/A*	0.20	5.99	0.12	0.00
Baby Carrots	EACH- 3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00

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# SSO Breakfast Menu

Monday, Jun 25, 2018

Recipes	Portion Size	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
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
Yogurt w/Cinnamon Bitz	1 EACH	226	4	104	2.10	1.28	343.00	681	1.67	25.90	5.30	42.30	4.51	0.60
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, Chocolate FF	EACH	120	5	150	0.00	0.00	300.00	500	1.80	20.00	8.00	22.00	0.00	0.00
1% Milk	EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Strawberries	SERVING, 3 oz	27	0	1	1.70	0.35	13.61	10	50.01	4.16	0.57	6.53	0.26	0.13
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	1 EACH	26	0	7	0.44	0.20	6.24	0	0.00	*N/A*	0.20	5.99	0.12	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00

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# SSO Breakfast Menu

Tuesday, Jun 26, 2018

Recipes	Portion Size	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
Oatmeal Choc. Chip Bar	1 EACH	290	20	240	3.00	1.80	20.00	0	0.00	*N/A*	5.00	47.00	9.00	3.00
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
Yogurt w/Cinnamon Bitz	1 EACH	226	4	104	2.10	1.28	343.00	681	1.67	25.90	5.30	42.30	4.51	0.60
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, Chocolate FF	EACH	120	5	150	0.00	0.00	300.00	500	1.80	20.00	8.00	22.00	0.00	0.00
1% Milk	EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Plums	SVG.	59	0	0	1.79	0.22	7.65	440	12.12	12.66	0.89	14.57	0.36	0.02
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	1 EACH	26	0	7	0.44	0.20	6.24	0	0.00	*N/A*	0.20	5.99	0.12	0.00
Baby Carrots	EACH- 3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00

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# SSO Breakfast Menu

Wednesday, Jun 27, 2018

Recipes	Portion Size	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
Mini Maple Pancakes	1 EACH	230	0	150	3.00	0.72	40.00	0	0.00	14.00	4.00	41.00	7.00	0.50
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
Yogurt w/Cinnamon Bitz	1 EACH	226	4	104	2.10	1.28	343.00	681	1.67	25.90	5.30	42.30	4.51	0.60
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, Chocolate FF	EACH	120	5	150	0.00	0.00	300.00	500	1.80	20.00	8.00	22.00	0.00	0.00
1% Milk	EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Peaches	EACH, 3.5 oz	39	0	0	1.51	0.25	6.05	329	6.65	6.51	0.92	9.61	0.25	0.02
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	1 EACH	26	0	7	0.44	0.20	6.24	0	0.00	*N/A*	0.20	5.99	0.12	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00

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# SSO Breakfast Menu

Thursday, Jun 28, 2018

Recipes	Portion Size	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
Turkey,Egg Cheese Pizza	1 Each	200	45	320	2.00	1.44	150.00	200	0.00	4.00	9.00	26.00	7.00	2.00
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
Yogurt & Pretzels	SERVING	302	9	358	1.20	1.12	646.00	1362	3.34	33.80*	8.60	56.60	3.52	1.20
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, Chocolate FF	EACH	120	5	150	0.00	0.00	300.00	500	1.80	20.00	8.00	22.00	0.00	0.00
1% Milk	EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Nectarine	EACH	46	0	0	1.80	0.30	5.99	42	*N/A*	8.45	1.14	11.30	0.34	0.00
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	1 EACH	26	0	7	0.44	0.20	6.24	0	0.00	*N/A*	0.20	5.99	0.12	0.00
Baby Carrots	EACH-3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00

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# SSO Breakfast Menu

Friday, Jun 29, 2018

Recipes	Portion Size	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 & Chorizo Burrito	1 EACH	200	40	370	3.00	2.70	150.00	500	1.20	0.00	9.00	22.00	9.00	3.50
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
Yogurt w/Cinnamon Bitz	1 EACH	226	4	104	2.10	1.28	343.00	681	1.67	25.90	5.30	42.30	4.51	0.60
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, Chocolate FF	EACH	120	5	150	0.00	0.00	300.00	500	1.80	20.00	8.00	22.00	0.00	0.00
1% Milk	EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Fresh Fruit	EACH	307	0	5	11.25	0.61	18.24	105	20.33	48.37	2.30	79.59	0.74	0.18
Green Apples	EACH 1.9 oz	32	0	1	1.00	0.00	0.00	0	0.00	6.00	0.00	8.00	0.00	0.00
Sliced Red Apples	1 EACH	26	0	7	0.44	0.20	6.24	0	0.00	*N/A*	0.20	5.99	0.12	0.00
Baby Carrots	EACH- 3.0 OZ	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	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.