

# Quantum Breakfast 4-8

Monday, Dec 3, 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
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
Breakfast "Jax" Sandwich	1 EACH	400	147	811	0.00	1.10	165.28	414	1.21*	2.00*	19.31	33.10	21.65	7.26
Breakfast Burrito, bacon	1 EACH	349	195	716	5.05	2.49	161.90	354	1.35	1.00	12.75	35.38	16.25	5.87
Breakfast Sausage Pizza	1 EACH	185	16	355	1.87	0.83	191.00	245	7.50	1.87	9.95	18.47	8.66	4.18
Sau,Egg,Cheese,Biscuit	1 each	335	147	581	2.00	2.18	215.28	439	0.01*	6.00*	16.81	29.10	16.65	5.51
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 Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinnamon Applesauce	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.09	8	2.17	18.72	0.21	22.33	0.22	0.04
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	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
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01

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# Quantum Breakfast 4-8

Tuesday, Dec 4, 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
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
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
Breakfast Taco w Bacon	1 EACH	259	195	546	3.05	1.77	121.90	354	1.35	1.00	10.75	21.38	13.75	4.87
Home Run Breakfast	SVG	570	316	1109	5.48	3.41	66.44	427	6.40	6.00*	22.81	63.29	25.93	4.83
Cinn.Fr.Tst/Turk.Sausage	SVG.	300	40	350	2.00	1.08	40.00	0	0.00	10.00	12.00	38.00	11.00	2.00
Cinnamon Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mixed Fruit, Light Syrup	SERVING, 3.5 oz	72	0	8	1.40	0.40	7.60	132	2.40	*N/A*	0.60	18.80	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	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
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01

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# Quantum Breakfast 4-8

Wednesday, Dec 5, 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
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
Sau,Egg,Cheese,Biscuit	1 each	335	147	581	2.00	2.18	215.28	439	0.01*	6.00*	16.81	29.10	16.65	5.51
Pancake Sandwich w/ Chicken Sausage	1 EACH	150	10	360	1.00	1.08	40.00	33	0.00	5.00	9.00	18.00	6.00	1.00
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
Breakfast Burrito, bacon	1 EACH	349	195	716	5.05	2.49	161.90	354	1.35	1.00	12.75	35.38	16.25	5.87
Cinnamon Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
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
Bagels & Cream Cheese	1 EACH	264	30	273	3.30	1.80	33.25	202	0.00	3.00*	7.93	35.53	9.72	6.13
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can,Lt Syrup	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.82	0	12.07	18.78	1.01	22.80	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	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
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01

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# Quantum Breakfast 4-8

Thursday, Dec 6, 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
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
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 Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
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
Breakfast Sausage Pizza	1 EACH	185	16	355	1.87	0.83	191.00	245	7.50	1.87	9.95	18.47	8.66	4.18
Sau,Egg,Cheese,Biscuit	1 each	335	147	581	2.00	2.18	215.28	439	0.01*	6.00*	16.81	29.10	16.65	5.51
Bagels & Cream Cheese	1 EACH	264	30	273	3.30	1.80	33.25	202	0.00	3.00*	7.93	35.53	9.72	6.13
Mini Maple Pancakes	SERVING	242	0	202	3.02	1.09	40.32	0	0.00	14.11	4.03	40.32	8.06	2.02
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin Oranges	SERVING 4 oz	31	0	4	0.44	0.32	8.87	133	94.19	7.54	0.44	7.54	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	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
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01

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# Quantum Breakfast 4-8

Friday, Dec 7, 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
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
Potato & Soy Chorizo Breakfast Burrito	1 EACH	608	61	1329	8.40	3.27	524.99	907	1.80	3.00	27.17	44.52	35.23	16.15
Cinn.Fr.Tst/Turk.Sausage	SVG.	300	40	350	2.00	1.08	40.00	0	0.00	10.00	12.00	38.00	11.00	2.00
Breakfast Burrito - Ham	1 EACH	408	151	839	5.05	2.31	322.82	469	1.35	1.00*	17.13	36.74	20.60	9.80
Cinnamon Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
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
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
Bagels & Cream Cheese	1 EACH	264	30	273	3.30	1.80	33.25	202	0.00	3.00*	7.93	35.53	9.72	6.13
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pears, Can,Light Syrup	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.00	74	0.00	14.78	0.00	17.24	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	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
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01

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# Quantum Breakfast 4-8

Monday, Dec 10, 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
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
Breakfast "Jax" Sandwich	1 EACH	400	147	811	0.00	1.10	165.28	414	1.21*	2.00*	19.31	33.10	21.65	7.26
Breakfast Burrito, bacon	1 EACH	349	195	716	5.05	2.49	161.90	354	1.35	1.00	12.75	35.38	16.25	5.87
Breakfast Sausage Pizza	1 EACH	185	16	355	1.87	0.83	191.00	245	7.50	1.87	9.95	18.47	8.66	4.18
Sau,Egg,Cheese,Biscuit	1 each	335	147	581	2.00	2.18	215.28	439	0.01*	6.00*	16.81	29.10	16.65	5.51
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 Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinnamon Applesauce	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.09	8	2.17	18.72	0.21	22.33	0.22	0.04
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	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
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01

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# Quantum Breakfast 4-8

Tuesday, Dec 11, 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
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
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
Breakfast Taco w Bacon	1 EACH	259	195	546	3.05	1.77	121.90	354	1.35	1.00	10.75	21.38	13.75	4.87
Home Run Breakfast	SVG	570	316	1109	5.48	3.41	66.44	427	6.40	6.00*	22.81	63.29	25.93	4.83
Cinn.Fr.Tst/Turk.Sausage	SVG.	300	40	350	2.00	1.08	40.00	0	0.00	10.00	12.00	38.00	11.00	2.00
Cinnamon Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mixed Fruit, Light Syrup	SERVING, 3.5 oz	72	0	8	1.40	0.40	7.60	132	2.40	*N/A*	0.60	18.80	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	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
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01

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# Quantum Breakfast 4-8

Wednesday, Dec 12, 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
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
Sau,Egg,Cheese,Biscuit	1 each	335	147	581	2.00	2.18	215.28	439	0.01*	6.00*	16.81	29.10	16.65	5.51
Pancake Sandwich w/ Chicken Sausage	1 EACH	150	10	360	1.00	1.08	40.00	33	0.00	5.00	9.00	18.00	6.00	1.00
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
Breakfast Burrito, bacon	1 EACH	349	195	716	5.05	2.49	161.90	354	1.35	1.00	12.75	35.38	16.25	5.87
Cinnamon Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
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
Bagels & Cream Cheese	1 EACH	264	30	273	3.30	1.80	33.25	202	0.00	3.00*	7.93	35.53	9.72	6.13
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can,Lt Syrup	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.82	0	12.07	18.78	1.01	22.80	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	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
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01

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# Quantum Breakfast 4-8

Thursday, Dec 13, 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
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
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 Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
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
Breakfast Sausage Pizza	1 EACH	185	16	355	1.87	0.83	191.00	245	7.50	1.87	9.95	18.47	8.66	4.18
Sau,Egg,Cheese,Biscuit	1 each	335	147	581	2.00	2.18	215.28	439	0.01*	6.00*	16.81	29.10	16.65	5.51
Bagels & Cream Cheese	1 EACH	264	30	273	3.30	1.80	33.25	202	0.00	3.00*	7.93	35.53	9.72	6.13
Mini Maple Pancakes	SERVING	242	0	202	3.02	1.09	40.32	0	0.00	14.11	4.03	40.32	8.06	2.02
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin Oranges	SERVING 4 oz	31	0	4	0.44	0.32	8.87	133	94.19	7.54	0.44	7.54	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	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
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01

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# Quantum Breakfast 4-8

Friday, Dec 14, 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
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
Potato & Soy Chorizo Breakfast Burrito	1 EACH	608	61	1329	8.40	3.27	524.99	907	1.80	3.00	27.17	44.52	35.23	16.15
Cinn.Fr.Tst/Turk.Sausage	SVG.	300	40	350	2.00	1.08	40.00	0	0.00	10.00	12.00	38.00	11.00	2.00
Breakfast Burrito - Ham	1 EACH	408	151	839	5.05	2.31	322.82	469	1.35	1.00*	17.13	36.74	20.60	9.80
Cinnamon Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
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
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
Bagels & Cream Cheese	1 EACH	264	30	273	3.30	1.80	33.25	202	0.00	3.00*	7.93	35.53	9.72	6.13
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pears, Can,Light Syrup	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.00	74	0.00	14.78	0.00	17.24	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	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
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01

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# Quantum Breakfast 4-8

Monday, Dec 17, 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
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
Breakfast "Jax" Sandwich	1 EACH	400	147	811	0.00	1.10	165.28	414	1.21*	2.00*	19.31	33.10	21.65	7.26
Breakfast Burrito, bacon	1 EACH	349	195	716	5.05	2.49	161.90	354	1.35	1.00	12.75	35.38	16.25	5.87
Breakfast Sausage Pizza	1 EACH	185	16	355	1.87	0.83	191.00	245	7.50	1.87	9.95	18.47	8.66	4.18
Sau,Egg,Cheese,Biscuit	1 each	335	147	581	2.00	2.18	215.28	439	0.01*	6.00*	16.81	29.10	16.65	5.51
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 Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinnamon Applesauce	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.09	8	2.17	18.72	0.21	22.33	0.22	0.04
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	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
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01

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# Quantum Breakfast 4-8

Tuesday, Dec 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
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
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
Breakfast Taco w Bacon	1 EACH	259	195	546	3.05	1.77	121.90	354	1.35	1.00	10.75	21.38	13.75	4.87
Home Run Breakfast	SVG	570	316	1109	5.48	3.41	66.44	427	6.40	6.00*	22.81	63.29	25.93	4.83
Cinn.Fr.Tst/Turk.Sausage	SVG.	300	40	350	2.00	1.08	40.00	0	0.00	10.00	12.00	38.00	11.00	2.00
Cinnamon Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mixed Fruit, Light Syrup	SERVING, 3.5 oz	72	0	8	1.40	0.40	7.60	132	2.40	*N/A*	0.60	18.80	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	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
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01

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# Quantum Breakfast 4-8

Wednesday, Dec 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
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
Sau,Egg,Cheese,Biscuit	1 each	335	147	581	2.00	2.18	215.28	439	0.01*	6.00*	16.81	29.10	16.65	5.51
Pancake Sandwich w/ Chicken Sausage	1 EACH	150	10	360	1.00	1.08	40.00	33	0.00	5.00	9.00	18.00	6.00	1.00
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
Breakfast Burrito, bacon	1 EACH	349	195	716	5.05	2.49	161.90	354	1.35	1.00	12.75	35.38	16.25	5.87
Cinnamon Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
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
Bagels & Cream Cheese	1 EACH	264	30	273	3.30	1.80	33.25	202	0.00	3.00*	7.93	35.53	9.72	6.13
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can,Lt Syrup	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.82	0	12.07	18.78	1.01	22.80	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	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
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01

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# Quantum Breakfast 4-8

Thursday, Dec 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
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
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 Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
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
Breakfast Sausage Pizza	1 EACH	185	16	355	1.87	0.83	191.00	245	7.50	1.87	9.95	18.47	8.66	4.18
Sau,Egg,Cheese,Biscuit	1 each	335	147	581	2.00	2.18	215.28	439	0.01*	6.00*	16.81	29.10	16.65	5.51
Bagels & Cream Cheese	1 EACH	264	30	273	3.30	1.80	33.25	202	0.00	3.00*	7.93	35.53	9.72	6.13
Mini Maple Pancakes	SERVING	242	0	202	3.02	1.09	40.32	0	0.00	14.11	4.03	40.32	8.06	2.02
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin Oranges	SERVING 4 oz	31	0	4	0.44	0.32	8.87	133	94.19	7.54	0.44	7.54	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	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
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01

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# Quantum Breakfast 4-8

Friday, Dec 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
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
Potato & Soy Chorizo Breakfast Burrito	1 EACH	608	61	1329	8.40	3.27	524.99	907	1.80	3.00	27.17	44.52	35.23	16.15
Cinn.Fr.Tst/Turk.Sausage	SVG.	300	40	350	2.00	1.08	40.00	0	0.00	10.00	12.00	38.00	11.00	2.00
Breakfast Burrito - Ham	1 EACH	408	151	839	5.05	2.31	322.82	469	1.35	1.00*	17.13	36.74	20.60	9.80
Cinnamon Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
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
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
Bagels & Cream Cheese	1 EACH	264	30	273	3.30	1.80	33.25	202	0.00	3.00*	7.93	35.53	9.72	6.13
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pears, Can,Light Syrup	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.00	74	0.00	14.78	0.00	17.24	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sliced Red Apples	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	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
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01

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## Quantum Breakfast 4-8

Monday, Dec 24, 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
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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## Quantum Breakfast 4-8

Tuesday, Dec 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
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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## Quantum Breakfast 4-8

Wednesday, Dec 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
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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## Quantum Breakfast 4-8

Thursday, Dec 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
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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## Quantum Breakfast 4-8

Friday, Dec 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
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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.

## Quantum Breakfast 4-8

Monday, Dec 31, 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
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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