

Alternate Breakfast Item Menu

Tuesday, Sep 1, 2020

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
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
French Toast Bar	1 EACH	290	25	200	3.00	1.80	40.00	0	0.00	21.00	5.00	47.00	9.00	2.50
Sau,Egg,Cheese, Biscuit	1 EACH	315	138	730	2.00	2.16	119.00	45	0.00	7.00	16.50	28.00	13.50	5.25
French Toast & Sausage	SERVING	300	40	430	2.00	1.08	21.00	0	0.00	12.00	12.00	39.00	10.00	2.00
Coffee Cake WG	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
Pancake Sandwich	1 Each	213	37	390	2.00	1.49	0.00	0	0.00	3.33	9.33	28.32	7.00	1.67
UBR Cinnamon Granola	1 EACH	272	5	181	6.04	1.51	30.18	0	0.00	18.11	5.03	44.26	8.05	3.02
UBR,Oatmeal Chocolate Chip	SERVING	272	5	181	6.04	1.61	30.18	0	0.00	19.11	5.03	44.26	8.05	3.02

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Alternate Breakfast Item Menu

Wednesday, Sep 2, 2020

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
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Coffee Cake WG	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
French Toast Bar	1 EACH	290	25	200	3.00	1.80	40.00	0	0.00	21.00	5.00	47.00	9.00	2.50
UBR Cinnamon Granola	1 EACH	272	5	181	6.04	1.51	30.18	0	0.00	18.11	5.03	44.26	8.05	3.02
UBR,Oatmeal Chocolate Chip	SERVING	272	5	181	6.04	1.61	30.18	0	0.00	19.11	5.03	44.26	8.05	3.02
Sau,Egg,Cheese, Biscuit	1 EACH	315	138	730	2.00	2.16	119.00	45	0.00	7.00	16.50	28.00	13.50	5.25
Egg-Scr,Tots & Muffin	1 Each	208	208	334	1.70	0.70	43.70	30	0.50	7.50	8.40	21.80	9.20	2.60
Pancake Sandwich	1 Each	213	37	390	2.00	1.49	0.00	0	0.00	3.33	9.33	28.32	7.00	1.67
Waffle & Sausage	SERVING	140	35	275	1.00	1.08	30.00	0	0.00	2.00	8.00	13.00	6.00	1.00

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Alternate Breakfast Item Menu

Thursday, Sep 3, 2020

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
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Coffee Cake WG	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
French Toast Bar	1 EACH	290	25	200	3.00	1.80	40.00	0	0.00	21.00	5.00	47.00	9.00	2.50
UBR Cinnamon Granola	1 EACH	272	5	181	6.04	1.51	30.18	0	0.00	18.11	5.03	44.26	8.05	3.02
UBR,Oatmeal Chocolate Chip	SERVING	272	5	181	6.04	1.61	30.18	0	0.00	19.11	5.03	44.26	8.05	3.02
Sau,Egg,Cheese, Biscuit	1 EACH	315	138	730	2.00	2.16	119.00	45	0.00	7.00	16.50	28.00	13.50	5.25
Egg-Scr,Tots & Muffin	1 Each	208	208	334	1.70	0.70	43.70	30	0.50	7.50	8.40	21.80	9.20	2.60
Pancake Sandwich	1 Each	213	37	390	2.00	1.49	0.00	0	0.00	3.33	9.33	28.32	7.00	1.67
Waffle & Sausage	SERVING	140	35	275	1.00	1.08	30.00	0	0.00	2.00	8.00	13.00	6.00	1.00

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Alternate Breakfast Item Menu

Friday, Sep 4, 2020

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
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Coffee Cake WG	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
French Toast Bar	1 EACH	290	25	200	3.00	1.80	40.00	0	0.00	21.00	5.00	47.00	9.00	2.50
UBR Cinnamon Granola	1 EACH	272	5	181	6.04	1.51	30.18	0	0.00	18.11	5.03	44.26	8.05	3.02
UBR,Oatmeal Chocolate Chip	SERVING	272	5	181	6.04	1.61	30.18	0	0.00	19.11	5.03	44.26	8.05	3.02
Sau,Egg,Cheese, Biscuit	1 EACH	315	138	730	2.00	2.16	119.00	45	0.00	7.00	16.50	28.00	13.50	5.25
Egg-Scr,Tots & Muffin	1 Each	208	208	334	1.70	0.70	43.70	30	0.50	7.50	8.40	21.80	9.20	2.60
Pancake Sandwich	1 Each	213	37	390	2.00	1.49	0.00	0	0.00	3.33	9.33	28.32	7.00	1.67
Waffle & Sausage	SERVING	140	35	275	1.00	1.08	30.00	0	0.00	2.00	8.00	13.00	6.00	1.00

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Alternate Breakfast Item Menu

Monday, Sep 7, 2020

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
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Coffee Cake WG	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
French Toast Bar	1 EACH	290	25	200	3.00	1.80	40.00	0	0.00	21.00	5.00	47.00	9.00	2.50
UBR Cinnamon Granola	1 EACH	272	5	181	6.04	1.51	30.18	0	0.00	18.11	5.03	44.26	8.05	3.02
UBR,Oatmeal Chocolate Chip	SERVING	272	5	181	6.04	1.61	30.18	0	0.00	19.11	5.03	44.26	8.05	3.02
Sau,Egg,Cheese, Biscuit	1 EACH	315	138	730	2.00	2.16	119.00	45	0.00	7.00	16.50	28.00	13.50	5.25
Egg-Scr,Tots & Muffin	1 Each	208	208	334	1.70	0.70	43.70	30	0.50	7.50	8.40	21.80	9.20	2.60
Pancake Sandwich	1 Each	213	37	390	2.00	1.49	0.00	0	0.00	3.33	9.33	28.32	7.00	1.67
Waffle & Sausage	SERVING	140	35	275	1.00	1.08	30.00	0	0.00	2.00	8.00	13.00	6.00	1.00

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Alternate Breakfast Item Menu

Tuesday, Sep 8, 2020

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
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Coffee Cake WG	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
French Toast Bar	1 EACH	290	25	200	3.00	1.80	40.00	0	0.00	21.00	5.00	47.00	9.00	2.50
UBR Cinnamon Granola	1 EACH	272	5	181	6.04	1.51	30.18	0	0.00	18.11	5.03	44.26	8.05	3.02
UBR,Oatmeal Chocolate Chip	SERVING	272	5	181	6.04	1.61	30.18	0	0.00	19.11	5.03	44.26	8.05	3.02
Sau,Egg,Cheese, Biscuit	1 EACH	315	138	730	2.00	2.16	119.00	45	0.00	7.00	16.50	28.00	13.50	5.25
Egg-Scr,Tots & Muffin	1 Each	208	208	334	1.70	0.70	43.70	30	0.50	7.50	8.40	21.80	9.20	2.60
Pancake Sandwich	1 Each	213	37	390	2.00	1.49	0.00	0	0.00	3.33	9.33	28.32	7.00	1.67
Waffle & Sausage	SERVING	140	35	275	1.00	1.08	30.00	0	0.00	2.00	8.00	13.00	6.00	1.00

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Alternate Breakfast Item Menu

Wednesday, Sep 9, 2020

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
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Coffee Cake WG	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
French Toast Bar	1 EACH	290	25	200	3.00	1.80	40.00	0	0.00	21.00	5.00	47.00	9.00	2.50
UBR Cinnamon Granola	1 EACH	272	5	181	6.04	1.51	30.18	0	0.00	18.11	5.03	44.26	8.05	3.02
UBR,Oatmeal Chocolate Chip	SERVING	272	5	181	6.04	1.61	30.18	0	0.00	19.11	5.03	44.26	8.05	3.02
Sau,Egg,Cheese, Biscuit	1 EACH	315	138	730	2.00	2.16	119.00	45	0.00	7.00	16.50	28.00	13.50	5.25
Egg-Scr,Tots & Muffin	1 Each	208	208	334	1.70	0.70	43.70	30	0.50	7.50	8.40	21.80	9.20	2.60
Pancake Sandwich	1 Each	213	37	390	2.00	1.49	0.00	0	0.00	3.33	9.33	28.32	7.00	1.67
Waffle & Sausage	SERVING	140	35	275	1.00	1.08	30.00	0	0.00	2.00	8.00	13.00	6.00	1.00

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Alternate Breakfast Item Menu

Thursday, Sep 10, 2020

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
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Coffee Cake WG	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
French Toast Bar	1 EACH	290	25	200	3.00	1.80	40.00	0	0.00	21.00	5.00	47.00	9.00	2.50
UBR Cinnamon Granola	1 EACH	272	5	181	6.04	1.51	30.18	0	0.00	18.11	5.03	44.26	8.05	3.02
UBR,Oatmeal Chocolate Chip	SERVING	272	5	181	6.04	1.61	30.18	0	0.00	19.11	5.03	44.26	8.05	3.02
Sau,Egg,Cheese, Biscuit	1 EACH	315	138	730	2.00	2.16	119.00	45	0.00	7.00	16.50	28.00	13.50	5.25
Egg-Scr,Tots & Muffin	1 Each	208	208	334	1.70	0.70	43.70	30	0.50	7.50	8.40	21.80	9.20	2.60
Pancake Sandwich	1 Each	213	37	390	2.00	1.49	0.00	0	0.00	3.33	9.33	28.32	7.00	1.67
Waffle & Sausage	SERVING	140	35	275	1.00	1.08	30.00	0	0.00	2.00	8.00	13.00	6.00	1.00

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Alternate Breakfast Item Menu

Friday, Sep 11, 2020

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
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Coffee Cake WG	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
French Toast Bar	1 EACH	290	25	200	3.00	1.80	40.00	0	0.00	21.00	5.00	47.00	9.00	2.50
UBR Cinnamon Granola	1 EACH	272	5	181	6.04	1.51	30.18	0	0.00	18.11	5.03	44.26	8.05	3.02
UBR,Oatmeal Chocolate Chip	SERVING	272	5	181	6.04	1.61	30.18	0	0.00	19.11	5.03	44.26	8.05	3.02
Sau,Egg,Cheese, Biscuit	1 EACH	315	138	730	2.00	2.16	119.00	45	0.00	7.00	16.50	28.00	13.50	5.25
Egg-Scr,Tots & Muffin	1 Each	208	208	334	1.70	0.70	43.70	30	0.50	7.50	8.40	21.80	9.20	2.60
Pancake Sandwich	1 Each	213	37	390	2.00	1.49	0.00	0	0.00	3.33	9.33	28.32	7.00	1.67
Waffle & Sausage	SERVING	140	35	275	1.00	1.08	30.00	0	0.00	2.00	8.00	13.00	6.00	1.00

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Alternate Breakfast Item Menu

Monday, Sep 14, 2020

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
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Coffee Cake WG	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
French Toast Bar	1 EACH	290	25	200	3.00	1.80	40.00	0	0.00	21.00	5.00	47.00	9.00	2.50
UBR Cinnamon Granola	1 EACH	272	5	181	6.04	1.51	30.18	0	0.00	18.11	5.03	44.26	8.05	3.02
UBR,Oatmeal Chocolate Chip	SERVING	272	5	181	6.04	1.61	30.18	0	0.00	19.11	5.03	44.26	8.05	3.02
Sau,Egg,Cheese, Biscuit	1 EACH	315	138	730	2.00	2.16	119.00	45	0.00	7.00	16.50	28.00	13.50	5.25
Egg-Scr,Tots & Muffin	1 Each	208	208	334	1.70	0.70	43.70	30	0.50	7.50	8.40	21.80	9.20	2.60
Pancake Sandwich	1 Each	213	37	390	2.00	1.49	0.00	0	0.00	3.33	9.33	28.32	7.00	1.67
Waffle & Sausage	SERVING	140	35	275	1.00	1.08	30.00	0	0.00	2.00	8.00	13.00	6.00	1.00

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Alternate Breakfast Item Menu

Tuesday, Sep 15, 2020

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
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Coffee Cake WG	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
French Toast Bar	1 EACH	290	25	200	3.00	1.80	40.00	0	0.00	21.00	5.00	47.00	9.00	2.50
UBR Cinnamon Granola	1 EACH	272	5	181	6.04	1.51	30.18	0	0.00	18.11	5.03	44.26	8.05	3.02
UBR,Oatmeal Chocolate Chip	SERVING	272	5	181	6.04	1.61	30.18	0	0.00	19.11	5.03	44.26	8.05	3.02
Sau,Egg,Cheese, Biscuit	1 EACH	315	138	730	2.00	2.16	119.00	45	0.00	7.00	16.50	28.00	13.50	5.25
Egg-Scr,Tots & Muffin	1 Each	208	208	334	1.70	0.70	43.70	30	0.50	7.50	8.40	21.80	9.20	2.60
Pancake Sandwich	1 Each	213	37	390	2.00	1.49	0.00	0	0.00	3.33	9.33	28.32	7.00	1.67
Waffle & Sausage	SERVING	140	35	275	1.00	1.08	30.00	0	0.00	2.00	8.00	13.00	6.00	1.00

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Alternate Breakfast Item Menu

Wednesday, Sep 16, 2020

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
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Coffee Cake WG	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
French Toast Bar	1 EACH	290	25	200	3.00	1.80	40.00	0	0.00	21.00	5.00	47.00	9.00	2.50
UBR Cinnamon Granola	1 EACH	272	5	181	6.04	1.51	30.18	0	0.00	18.11	5.03	44.26	8.05	3.02
UBR,Oatmeal Chocolate Chip	SERVING	272	5	181	6.04	1.61	30.18	0	0.00	19.11	5.03	44.26	8.05	3.02
Sau,Egg,Cheese, Biscuit	1 EACH	315	138	730	2.00	2.16	119.00	45	0.00	7.00	16.50	28.00	13.50	5.25
Egg-Scr,Tots & Muffin	1 Each	208	208	334	1.70	0.70	43.70	30	0.50	7.50	8.40	21.80	9.20	2.60
Pancake Sandwich	1 Each	213	37	390	2.00	1.49	0.00	0	0.00	3.33	9.33	28.32	7.00	1.67
Waffle & Sausage	SERVING	140	35	275	1.00	1.08	30.00	0	0.00	2.00	8.00	13.00	6.00	1.00

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Alternate Breakfast Item Menu

Thursday, Sep 17, 2020

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
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Coffee Cake WG	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
French Toast Bar	1 EACH	290	25	200	3.00	1.80	40.00	0	0.00	21.00	5.00	47.00	9.00	2.50
UBR Cinnamon Granola	1 EACH	272	5	181	6.04	1.51	30.18	0	0.00	18.11	5.03	44.26	8.05	3.02
UBR,Oatmeal Chocolate Chip	SERVING	272	5	181	6.04	1.61	30.18	0	0.00	19.11	5.03	44.26	8.05	3.02
Sau,Egg,Cheese, Biscuit	1 EACH	315	138	730	2.00	2.16	119.00	45	0.00	7.00	16.50	28.00	13.50	5.25
Egg-Scr,Tots & Muffin	1 Each	208	208	334	1.70	0.70	43.70	30	0.50	7.50	8.40	21.80	9.20	2.60
Pancake Sandwich	1 Each	213	37	390	2.00	1.49	0.00	0	0.00	3.33	9.33	28.32	7.00	1.67
Waffle & Sausage	SERVING	140	35	275	1.00	1.08	30.00	0	0.00	2.00	8.00	13.00	6.00	1.00

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Alternate Breakfast Item Menu

Friday, Sep 18, 2020

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
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Coffee Cake WG	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
French Toast Bar	1 EACH	290	25	200	3.00	1.80	40.00	0	0.00	21.00	5.00	47.00	9.00	2.50
UBR Cinnamon Granola	1 EACH	272	5	181	6.04	1.51	30.18	0	0.00	18.11	5.03	44.26	8.05	3.02
UBR,Oatmeal Chocolate Chip	SERVING	272	5	181	6.04	1.61	30.18	0	0.00	19.11	5.03	44.26	8.05	3.02
Sau,Egg,Cheese, Biscuit	1 EACH	315	138	730	2.00	2.16	119.00	45	0.00	7.00	16.50	28.00	13.50	5.25
Egg-Scr,Tots & Muffin	1 Each	208	208	334	1.70	0.70	43.70	30	0.50	7.50	8.40	21.80	9.20	2.60
Pancake Sandwich	1 Each	213	37	390	2.00	1.49	0.00	0	0.00	3.33	9.33	28.32	7.00	1.67
Waffle & Sausage	SERVING	140	35	275	1.00	1.08	30.00	0	0.00	2.00	8.00	13.00	6.00	1.00

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Alternate Breakfast Item Menu

Monday, Sep 21, 2020

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
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Coffee Cake WG	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
French Toast Bar	1 EACH	290	25	200	3.00	1.80	40.00	0	0.00	21.00	5.00	47.00	9.00	2.50
UBR Cinnamon Granola	1 EACH	272	5	181	6.04	1.51	30.18	0	0.00	18.11	5.03	44.26	8.05	3.02
UBR,Oatmeal Chocolate Chip	SERVING	272	5	181	6.04	1.61	30.18	0	0.00	19.11	5.03	44.26	8.05	3.02
Sau,Egg,Cheese, Biscuit	1 EACH	315	138	730	2.00	2.16	119.00	45	0.00	7.00	16.50	28.00	13.50	5.25
Egg-Scr,Tots & Muffin	1 Each	208	208	334	1.70	0.70	43.70	30	0.50	7.50	8.40	21.80	9.20	2.60
Pancake Sandwich	1 Each	213	37	390	2.00	1.49	0.00	0	0.00	3.33	9.33	28.32	7.00	1.67
Waffle & Sausage	SERVING	140	35	275	1.00	1.08	30.00	0	0.00	2.00	8.00	13.00	6.00	1.00

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Alternate Breakfast Item Menu

Tuesday, Sep 22, 2020

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
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Coffee Cake WG	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
French Toast Bar	1 EACH	290	25	200	3.00	1.80	40.00	0	0.00	21.00	5.00	47.00	9.00	2.50
UBR Cinnamon Granola	1 EACH	272	5	181	6.04	1.51	30.18	0	0.00	18.11	5.03	44.26	8.05	3.02
UBR,Oatmeal Chocolate Chip	SERVING	272	5	181	6.04	1.61	30.18	0	0.00	19.11	5.03	44.26	8.05	3.02
Sau,Egg,Cheese, Biscuit	1 EACH	315	138	730	2.00	2.16	119.00	45	0.00	7.00	16.50	28.00	13.50	5.25
Egg-Scr,Tots & Muffin	1 Each	208	208	334	1.70	0.70	43.70	30	0.50	7.50	8.40	21.80	9.20	2.60
Pancake Sandwich	1 Each	213	37	390	2.00	1.49	0.00	0	0.00	3.33	9.33	28.32	7.00	1.67
Waffle & Sausage	SERVING	140	35	275	1.00	1.08	30.00	0	0.00	2.00	8.00	13.00	6.00	1.00

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Alternate Breakfast Item Menu

Wednesday, Sep 23, 2020

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
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Coffee Cake WG	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
French Toast Bar	1 EACH	290	25	200	3.00	1.80	40.00	0	0.00	21.00	5.00	47.00	9.00	2.50
UBR Cinnamon Granola	1 EACH	272	5	181	6.04	1.51	30.18	0	0.00	18.11	5.03	44.26	8.05	3.02
UBR,Oatmeal Chocolate Chip	SERVING	272	5	181	6.04	1.61	30.18	0	0.00	19.11	5.03	44.26	8.05	3.02
Sau,Egg,Cheese, Biscuit	1 EACH	315	138	730	2.00	2.16	119.00	45	0.00	7.00	16.50	28.00	13.50	5.25
Egg-Scr,Tots & Muffin	1 Each	208	208	334	1.70	0.70	43.70	30	0.50	7.50	8.40	21.80	9.20	2.60
Pancake Sandwich	1 Each	213	37	390	2.00	1.49	0.00	0	0.00	3.33	9.33	28.32	7.00	1.67
Waffle & Sausage	SERVING	140	35	275	1.00	1.08	30.00	0	0.00	2.00	8.00	13.00	6.00	1.00

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Alternate Breakfast Item Menu

Thursday, Sep 24, 2020

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
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Coffee Cake WG	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
French Toast Bar	1 EACH	290	25	200	3.00	1.80	40.00	0	0.00	21.00	5.00	47.00	9.00	2.50
UBR Cinnamon Granola	1 EACH	272	5	181	6.04	1.51	30.18	0	0.00	18.11	5.03	44.26	8.05	3.02
UBR,Oatmeal Chocolate Chip	SERVING	272	5	181	6.04	1.61	30.18	0	0.00	19.11	5.03	44.26	8.05	3.02
Sau,Egg,Cheese, Biscuit	1 EACH	315	138	730	2.00	2.16	119.00	45	0.00	7.00	16.50	28.00	13.50	5.25
Egg-Scr,Tots & Muffin	1 Each	208	208	334	1.70	0.70	43.70	30	0.50	7.50	8.40	21.80	9.20	2.60
Pancake Sandwich	1 Each	213	37	390	2.00	1.49	0.00	0	0.00	3.33	9.33	28.32	7.00	1.67
Waffle & Sausage	SERVING	140	35	275	1.00	1.08	30.00	0	0.00	2.00	8.00	13.00	6.00	1.00

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Alternate Breakfast Item Menu

Friday, Sep 25, 2020

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
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Coffee Cake WG	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
French Toast Bar	1 EACH	290	25	200	3.00	1.80	40.00	0	0.00	21.00	5.00	47.00	9.00	2.50
UBR Cinnamon Granola	1 EACH	272	5	181	6.04	1.51	30.18	0	0.00	18.11	5.03	44.26	8.05	3.02
UBR,Oatmeal Chocolate Chip	SERVING	272	5	181	6.04	1.61	30.18	0	0.00	19.11	5.03	44.26	8.05	3.02
Sau,Egg,Cheese, Biscuit	1 EACH	315	138	730	2.00	2.16	119.00	45	0.00	7.00	16.50	28.00	13.50	5.25
Egg-Scr,Tots & Muffin	1 Each	208	208	334	1.70	0.70	43.70	30	0.50	7.50	8.40	21.80	9.20	2.60
Pancake Sandwich	1 Each	213	37	390	2.00	1.49	0.00	0	0.00	3.33	9.33	28.32	7.00	1.67
Waffle & Sausage	SERVING	140	35	275	1.00	1.08	30.00	0	0.00	2.00	8.00	13.00	6.00	1.00

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Alternate Breakfast Item Menu

Monday, Sep 28, 2020

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
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Coffee Cake WG	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
French Toast Bar	1 EACH	290	25	200	3.00	1.80	40.00	0	0.00	21.00	5.00	47.00	9.00	2.50
UBR Cinnamon Granola	1 EACH	272	5	181	6.04	1.51	30.18	0	0.00	18.11	5.03	44.26	8.05	3.02
UBR,Oatmeal Chocolate Chip	SERVING	272	5	181	6.04	1.61	30.18	0	0.00	19.11	5.03	44.26	8.05	3.02
Sau,Egg,Cheese, Biscuit	1 EACH	315	138	730	2.00	2.16	119.00	45	0.00	7.00	16.50	28.00	13.50	5.25
Egg-Scr,Tots & Muffin	1 Each	208	208	334	1.70	0.70	43.70	30	0.50	7.50	8.40	21.80	9.20	2.60
Pancake Sandwich	1 Each	213	37	390	2.00	1.49	0.00	0	0.00	3.33	9.33	28.32	7.00	1.67
Waffle & Sausage	SERVING	140	35	275	1.00	1.08	30.00	0	0.00	2.00	8.00	13.00	6.00	1.00

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Alternate Breakfast Item Menu

Tuesday, Sep 29, 2020

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
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Coffee Cake WG	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
French Toast Bar	1 EACH	290	25	200	3.00	1.80	40.00	0	0.00	21.00	5.00	47.00	9.00	2.50
UBR Cinnamon Granola	1 EACH	272	5	181	6.04	1.51	30.18	0	0.00	18.11	5.03	44.26	8.05	3.02
UBR,Oatmeal Chocolate Chip	SERVING	272	5	181	6.04	1.61	30.18	0	0.00	19.11	5.03	44.26	8.05	3.02
Sau,Egg,Cheese, Biscuit	1 EACH	315	138	730	2.00	2.16	119.00	45	0.00	7.00	16.50	28.00	13.50	5.25
Egg-Scr,Tots & Muffin	1 Each	208	208	334	1.70	0.70	43.70	30	0.50	7.50	8.40	21.80	9.20	2.60
Pancake Sandwich	1 Each	213	37	390	2.00	1.49	0.00	0	0.00	3.33	9.33	28.32	7.00	1.67
Waffle & Sausage	SERVING	140	35	275	1.00	1.08	30.00	0	0.00	2.00	8.00	13.00	6.00	1.00

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Alternate Breakfast Item Menu

Wednesday, Sep 30, 2020

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
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Coffee Cake WG	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
French Toast Bar	1 EACH	290	25	200	3.00	1.80	40.00	0	0.00	21.00	5.00	47.00	9.00	2.50
UBR Cinnamon Granola	1 EACH	272	5	181	6.04	1.51	30.18	0	0.00	18.11	5.03	44.26	8.05	3.02
UBR,Oatmeal Chocolate Chip	SERVING	272	5	181	6.04	1.61	30.18	0	0.00	19.11	5.03	44.26	8.05	3.02
Sau,Egg,Cheese, Biscuit	1 EACH	315	138	730	2.00	2.16	119.00	45	0.00	7.00	16.50	28.00	13.50	5.25
Egg-Scr,Tots & Muffin	1 Each	208	208	334	1.70	0.70	43.70	30	0.50	7.50	8.40	21.80	9.20	2.60
Pancake Sandwich	1 Each	213	37	390	2.00	1.49	0.00	0	0.00	3.33	9.33	28.32	7.00	1.67
Waffle & Sausage	SERVING	140	35	275	1.00	1.08	30.00	0	0.00	2.00	8.00	13.00	6.00	1.00

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