

Elementary Breakfast K-5

Friday, Mar 1, 2019

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
Green Eggs, Ham Tos & Muffin	SVG.	342	314	697	2.71	0.82	91.69	30*	2.33*	7.48	14.70	31.23	16.47	4.46
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
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
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
Yogurt with Granola	EACH	226	4	129	2.10	0.20	323.00	681	1.67	22.90	6.30	40.30	4.51	0.60
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice,4 oz. Assorted	1 EACH	110	0	29	0.00	0.00	10.00	230	30.00	27.00	1.00	27.50	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
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	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
Orange Smiles	SERVING 4.75	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
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
.....	...	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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Elementary Breakfast K-5

Monday, Mar 4, 2019

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
Pancake Sandwich	1 Each	283*	146*	416*	2.00*	1.94*	16.78*	181*	0.01*	3.33*	12.64*	28.42*	13.65*	2.93*
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
Yogurt w/Fun & Fitness Cracker	SVG	236	4	149	1.10	2.00	323.00	681	1.67	24.90	5.30	42.30	5.01	1.60
.....	...	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
.....	...	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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	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
Orange Smiles	SERVING 4.75	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
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
.....	...	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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Elementary Breakfast K-5

Tuesday, Mar 5, 2019

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
Yogurt Parfait	1 EACH	277	7	172	3.73	1.97	162.94	651*	23.54*	26.41*	7.85	56.27	3.94	1.10
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
Home Run Breakfast	SVG	461	30	917	5.48	2.43	0.00	0*	6.27*	6.00	13.49	61.11	19.20	2.74
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Orange Juice	1 EACH	55	0	14	0.00	0.00	10.00	100	30.00	14.00	1.00	14.00	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
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	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
Orange Smiles	SERVING 4.75	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
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
.....	...	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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Elementary Breakfast K-5

Wednesday, Mar 6, 2019

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
Breakfast Pocket	1 EACH	380	155	836	4.00	2.54	316.78	464	0.01	2.00*	20.31	31.10	18.65	6.76
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Breakfast Burrito - Ham	1 EACH	407	136	844	4.76	1.93	344.38	300*	1.37*	1.00	17.05	36.45	20.52	9.73
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
Egg-Scr,Tots & Muffin	Each	274	208	491	2.71	0.70	70.17	30*	2.33*	7.48	9.41	29.88	12.24	3.11
Yogurt w/Fun & Fitness Cracker	SVG	236	4	149	1.10	2.00	323.00	681	1.67	24.90	5.30	42.30	5.01	1.60
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
.....	...	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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Peaches, canned	SERVING, 4.5 oz	71	0	10	1.01	0.00	0.00	304	1.21	16.20	0.00	17.21	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
Salsa	.125 CUP	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	0.00
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	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
Orange Smiles	SERVING 4.75	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
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
.....	...	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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Elementary Breakfast K-5

Thursday, Mar 7, 2019

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 Scrambler with Bacon	5.40 oz. svg.	340*	390*	779*	1.64*	1.47*	171.88*	1062*	3.81*	0.00*	17.64*	14.31*	22.57*	7.76*
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Breakfast "Jax" Sandwich	1 EACH	422	162	834	0.00	0.92	115.28	414	0.01*	2.50*	23.31	33.60	21.15	7.51
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
Peanut Butter Bar	1 EACH	304	0	206	4.91	1.06	19.63	0	0.00	12.76	9.82	30.43	17.67	3.93
Yogurt Parfait	1 EACH	277	7	172	3.73	1.97	162.94	651*	23.54*	26.41*	7.85	56.27	3.94	1.10
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Orange Juice	1 EACH	55	0	14	0.00	0.00	10.00	100	30.00	14.00	1.00	14.00	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
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	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
Orange Smiles	SERVING 4.75	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
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
.....	...	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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Elementary Breakfast K-5

Friday, Mar 8, 2019

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
Yogurt Parfait	1 EACH	277	7	172	3.73	1.97	162.94	651*	23.54*	26.41*	7.85	56.27	3.94	1.10
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
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
FARR ONLY	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Green Eggs, Ham Tos & Muffin	SVG.	342	314	697	2.71	0.82	91.69	30*	2.33*	7.48	14.70	31.23	16.47	4.46
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice,4 oz. Assorted	1 EACH	110	0	29	0.00	0.00	10.00	230	30.00	27.00	1.00	27.50	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
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	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
Orange Smiles	SERVING 4.75	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
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
.....	...	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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Elementary Breakfast K-5

Monday, Mar 11, 2019

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
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
Yogurt with Granola	EACH	226	4	129	2.10	0.20	323.00	681	1.67	22.90	6.30	40.30	4.51	0.60
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
.....	...	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
.....	...	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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	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
Orange Smiles	SERVING 4.75	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
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
.....	...	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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Elementary Breakfast K-5

Tuesday, Mar 12, 2019

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
Home Run Breakfast	SVG	461	30	917	5.48	2.43	0.00	0*	6.27*	6.00	13.49	61.11	19.20	2.74
Crumb Cake	1 EACH	283	32	215	3.00	1.20	16.00	0	0.10	24.00	3.40	47.00	9.00	1.20
Peanut Butter Bar	1 EACH	304	0	206	4.91	1.06	19.63	0	0.00	12.76	9.82	30.43	17.67	3.93
Yogurt with Granola	EACH	226	4	129	2.10	0.20	323.00	681	1.67	22.90	6.30	40.30	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
Orange Juice	1 EACH	55	0	14	0.00	0.00	10.00	100	30.00	14.00	1.00	14.00	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
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	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
Orange Smiles	SERVING 4.75	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
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
.....	...	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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Elementary Breakfast K-5

Wednesday, Mar 13, 2019

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 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
Mini Maple Pancakes	1 EACH	242	0	202	3.02	1.09	40.32	0	0.00	14.11	4.03	40.32	8.06	2.02
Yogurt with Granola	EACH	226	4	129	2.10	0.20	323.00	681	1.67	22.90	6.30	40.30	4.51	0.60
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
.....	...	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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Peaches, canned	SERVING, 4.5 oz	71	0	10	1.01	0.00	0.00	304	1.21	16.20	0.00	17.21	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
Salsa	.125 CUP	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	0.00
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	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
Orange Smiles	SERVING 4.75	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
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
.....	...	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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Elementary Breakfast K-5

Thursday, Mar 14, 2019

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	422	162	834	0.00	0.92	115.28	414	0.01*	2.50*	23.31	33.60	21.15	7.51
Breakfast Sausage Pizza	EACH	203	20	380	2.00	1.23	1148.00	32	9.00	3.00	12.00	24.00	6.60	2.60
Yogurt with Granola	EACH	226	4	129	2.10	0.20	323.00	681	1.67	22.90	6.30	40.30	4.51	0.60
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Orange Juice	1 EACH	55	0	14	0.00	0.00	10.00	100	30.00	14.00	1.00	14.00	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
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	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
Orange Smiles	SERVING 4.75	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
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
.....	...	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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Elementary Breakfast K-5

Friday, Mar 15, 2019

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
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
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
Yogurt with Granola	EACH	226	4	129	2.10	0.20	323.00	681	1.67	22.90	6.30	40.30	4.51	0.60
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice,4 oz. Assorted	1 EACH	110	0	29	0.00	0.00	10.00	230	30.00	27.00	1.00	27.50	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
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	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
Orange Smiles	SERVING 4.75	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
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
.....	...	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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Elementary Breakfast K-5

Monday, Mar 18, 2019

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
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
Yogurt with Granola	EACH	226	4	129	2.10	0.20	323.00	681	1.67	22.90	6.30	40.30	4.51	0.60
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
.....	...	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
.....	...	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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	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
Orange Smiles	SERVING 4.75	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
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
.....	...	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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professional for assistance in planning for or treating medical conditions.

Elementary Breakfast K-5

Tuesday, Mar 19, 2019

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
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
Home Run Breakfast	SVG	461	30	917	5.48	2.43	0.00	0*	6.27*	6.00	13.49	61.11	19.20	2.74
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
Yogurt with Granola	EACH	226	4	129	2.10	0.20	323.00	681	1.67	22.90	6.30	40.30	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
Orange Juice	1 EACH	55	0	14	0.00	0.00	10.00	100	30.00	14.00	1.00	14.00	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
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	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
Orange Smiles	SERVING 4.75	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
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
.....	...	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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Elementary Breakfast K-5

Wednesday, Mar 20, 2019

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 Burrito - Ham	1 EACH	407	136	844	4.76	1.93	344.38	300*	1.37*	1.00	17.05	36.45	20.52	9.73
Egg-Scr, Tots & Muffin	Each	274	208	491	2.71	0.70	70.17	30*	2.33*	7.48	9.41	29.88	12.24	3.11
Yogurt with Granola	EACH	226	4	129	2.10	0.20	323.00	681	1.67	22.90	6.30	40.30	4.51	0.60
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
.....	...	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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Peaches, canned	SERVING, 4.5 oz	71	0	10	1.01	0.00	0.00	304	1.21	16.20	0.00	17.21	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
Salsa	.125 CUP	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	0.00
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	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
Orange Smiles	SERVING 4.75	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
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
.....	...	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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Elementary Breakfast K-5

Thursday, Mar 21, 2019

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	422	162	834	0.00	0.92	115.28	414	0.01*	2.50*	23.31	33.60	21.15	7.51
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
Peanut Butter Bar	1 EACH	304	0	206	4.91	1.06	19.63	0	0.00	12.76	9.82	30.43	17.67	3.93
Yogurt with Granola	EACH	226	4	129	2.10	0.20	323.00	681	1.67	22.90	6.30	40.30	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
Orange Juice	1 EACH	55	0	14	0.00	0.00	10.00	100	30.00	14.00	1.00	14.00	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
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	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
Orange Smiles	SERVING 4.75	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
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
.....	...	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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professional for assistance in planning for or treating medical conditions.

Elementary Breakfast K-5

Friday, Mar 22, 2019

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
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
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
Yogurt with Granola	EACH	226	4	129	2.10	0.20	323.00	681	1.67	22.90	6.30	40.30	4.51	0.60
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice,4 oz. Assorted	1 EACH	110	0	29	0.00	0.00	10.00	230	30.00	27.00	1.00	27.50	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
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	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
Orange Smiles	SERVING 4.75	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
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
.....	...	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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Elementary Breakfast K-5

Monday, Mar 25, 2019

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
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
Yogurt with Granola	EACH	226	4	129	2.10	0.20	323.00	681	1.67	22.90	6.30	40.30	4.51	0.60
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
.....	...	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
.....	...	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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	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
Orange Smiles	SERVING 4.75	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
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
.....	...	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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Elementary Breakfast K-5

Tuesday, Mar 26, 2019

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
Home Run Breakfast	SVG	461	30	917	5.48	2.43	0.00	0*	6.27*	6.00	13.49	61.11	19.20	2.74
Crumb Cake	1 EACH	283	32	215	3.00	1.20	16.00	0	0.10	24.00	3.40	47.00	9.00	1.20
Peanut Butter Bar	1 EACH	304	0	206	4.91	1.06	19.63	0	0.00	12.76	9.82	30.43	17.67	3.93
Yogurt with Granola	EACH	226	4	129	2.10	0.20	323.00	681	1.67	22.90	6.30	40.30	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
Orange Juice	1 EACH	55	0	14	0.00	0.00	10.00	100	30.00	14.00	1.00	14.00	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
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	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
Orange Smiles	SERVING 4.75	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
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
.....	...	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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Elementary Breakfast K-5

Wednesday, Mar 27, 2019

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 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
Mini Maple Pancakes	1 EACH	242	0	202	3.02	1.09	40.32	0	0.00	14.11	4.03	40.32	8.06	2.02
Yogurt with Granola	EACH	226	4	129	2.10	0.20	323.00	681	1.67	22.90	6.30	40.30	4.51	0.60
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
.....	...	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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Peaches, canned	SERVING, 4.5 oz	71	0	10	1.01	0.00	0.00	304	1.21	16.20	0.00	17.21	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
Salsa	.125 CUP	2	0	12	0.11*	0.02	1.09	27	0.76	0.22*	0.05	0.35*	0.00	0.00
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	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
Orange Smiles	SERVING 4.75	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
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
.....	...	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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Elementary Breakfast K-5

Thursday, Mar 28, 2019

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	422	162	834	0.00	0.92	115.28	414	0.01*	2.50*	23.31	33.60	21.15	7.51
Breakfast Sausage Pizza	EACH	203	20	380	2.00	1.23	1148.00	32	9.00	3.00	12.00	24.00	6.60	2.60
Yogurt with Granola	EACH	226	4	129	2.10	0.20	323.00	681	1.67	22.90	6.30	40.30	4.51	0.60
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Orange Juice	1 EACH	55	0	14	0.00	0.00	10.00	100	30.00	14.00	1.00	14.00	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
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	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
Orange Smiles	SERVING 4.75	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
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
.....	...	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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Elementary Breakfast K-5

Friday, Mar 29, 2019

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
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
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
Yogurt with Granola	EACH	226	4	129	2.10	0.20	323.00	681	1.67	22.90	6.30	40.30	4.51	0.60
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice,4 oz. Assorted	1 EACH	110	0	29	0.00	0.00	10.00	230	30.00	27.00	1.00	27.50	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
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
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	EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING 4.75	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
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
.....	...	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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