

# Middle School Breakfast 6-8

Tuesday, Jan 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 |
|---------|--------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| 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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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Middle School Breakfast 6-8

Wednesday, Jan 2, 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 |
|---------|--------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| 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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# Middle School Breakfast 6-8

Thursday, Jan 3, 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 |
|---------|--------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| 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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# Middle School Breakfast 6-8

Friday, Jan 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 |
|---------|--------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| 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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## Middle School Breakfast 6-8

Monday, Jan 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 |
|---------|--------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| 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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## Middle School Breakfast 6-8

Tuesday, Jan 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 |
|--------------------------|-----------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| 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            |
| Breakfast "Jax" Sandwich | 1 EACH          | 385      | 147            | 601       | 0.00            | 0.74    | 115.28     | 414          | 0.01*        | 1.00*    | 18.81     | 32.10          | 20.65       | 7.01            |
| 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            |
| Mexican Sweetbread       | EACH            | 200      | 5              | 90        | 2.00            | 1.80    | 40.00      | 0            | 0.00         | 8.00     | 5.00      | 34.00          | 6.00        | 1.50            |
| 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            |
| Oatmeal Choc. Chip Bar   | 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            |
| 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            |
| 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            |
| 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, 4.75oz | 40       | 0              | 1         | 2.00            | *N/A*   | *N/A*      | *N/A*        | *N/A*        | 7.00     | 1.00      | 10.00          | 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            |
| 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            |
| .....                    | ...             | 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            |
| 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            |
| Tapatio Sauce            | OZ              | 0        | 0              | 4         | 0.01            | 0.01    | 0.08       | 3            | 0.12         | *N/A*    | 0.01      | 0.07           | 0.00        | 0.00            |

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# Middle School Breakfast 6-8

Wednesday, Jan 9, 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            |
| 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            |
| 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            |
| Mexican Sweetbread       | EACH            | 200      | 5              | 90        | 2.00            | 1.80    | 40.00      | 0            | 0.00         | 8.00     | 5.00      | 34.00          | 6.00        | 1.50            |
| 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            |
| 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            |
| Oatmeal Choc. Chip Bar   | 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            |
| 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            |
| 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            |
| 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            |
| 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            |
| Juice/Appleberry         | 45 EACH         | 2475     | 0              | 675       | 0.00            | 0.00    | 0.00       | 5850         | 0.00         | 585.00   | 0.00      | 607.50         | 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            |
| .....                    | ...             | 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            |
| 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            |
| Tapatio Sauce            | OZ              | 0        | 0              | 4         | 0.01            | 0.01    | 0.08       | 3            | 0.12         | *N/A*    | 0.01      | 0.07           | 0.00        | 0.00            |

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# Middle School Breakfast 6-8

Thursday, Jan 10, 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            |
| 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            |
| Mexican Sweetbread       | EACH            | 200      | 5              | 90        | 2.00            | 1.80    | 40.00      | 0            | 0.00         | 8.00     | 5.00      | 34.00          | 6.00        | 1.50            |
| 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            |
| 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            |
| 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            |
| Oatmeal Choc. Chip Bar   | EACH            | 290      | 20             | 240       | 3.00            | 1.80    | 20.00      | 0            | 0.00         | *N/A*    | 5.00      | 47.00          | 9.00        | 3.00            |
| 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            |
| 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            |
| 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            |
| 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            |
| Juice/Appleberry         | 20 EACH         | 1100     | 0              | 300       | 0.00            | 0.00    | 0.00       | 2600         | 0.00         | 260.00   | 0.00      | 270.00         | 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            |
| .....                    | ...             | 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            |
| 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            |
| Tapatio Sauce            | OZ              | 0        | 0              | 4         | 0.01            | 0.01    | 0.08       | 3            | 0.12         | *N/A*    | 0.01      | 0.07           | 0.00        | 0.00            |

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# Middle School Breakfast 6-8

Friday, Jan 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           |
| Egg-Scr,Tots & Muffin                  | Each            | 273      | 238            | 479       | 3.10            | 1.46    | 37.29      | 360          | 2.30         | 7.48*    | 9.39      | 30.25          | 12.19       | 3.10            |
| Mexican Sweetbread                     | EACH            | 200      | 5              | 90        | 2.00            | 1.80    | 40.00      | 0            | 0.00         | 8.00     | 5.00      | 34.00          | 6.00        | 1.50            |
| 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            |
| 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            |
| Peanut Butter Bar                      | 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            |
| 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            |
| 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            |
| 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            |
| Juice/Appleberry                       | 25 EACH         | 1375     | 0              | 375       | 0.00            | 0.00    | 0.00       | 3250         | 0.00         | 325.00   | 0.00      | 337.50         | 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            |
| .....                                  | ...             | 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            |
| 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            |
| Tapatio Sauce                          | OZ              | 0        | 0              | 4         | 0.01            | 0.01    | 0.08       | 3            | 0.12         | *N/A*    | 0.01      | 0.07           | 0.00        | 0.00            |

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\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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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.

# Middle School Breakfast 6-8

Monday, Jan 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            |
| 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            |
| 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            |
| 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                  | 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              | 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            |
| 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            |
| 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            |
| 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            |
| 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, 4.75oz | 40       | 0              | 1         | 2.00            | *N/A*   | *N/A*      | *N/A*        | *N/A*        | 7.00     | 1.00      | 10.00          | 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            |
| 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            |
| .....                               | ...             | 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            |
| 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            |
| Tapatio Sauce                       | OZ              | 0        | 0              | 4         | 0.01            | 0.01    | 0.08       | 3            | 0.12         | *N/A*    | 0.01      | 0.07           | 0.00        | 0.00            |

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## Middle School Breakfast 6-8

Tuesday, Jan 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            |
| Breakfast "Jax" Sandwich | 1 EACH          | 385      | 147            | 601       | 0.00            | 0.74    | 115.28     | 414          | 0.01*        | 1.00*    | 18.81     | 32.10          | 20.65       | 7.01            |
| 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            |
| Mexican Sweetbread       | EACH            | 200      | 5              | 90        | 2.00            | 1.80    | 40.00      | 0            | 0.00         | 8.00     | 5.00      | 34.00          | 6.00        | 1.50            |
| 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            |
| Oatmeal Choc. Chip Bar   | 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            |
| 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            |
| 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            |
| 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, 4.75oz | 40       | 0              | 1         | 2.00            | *N/A*   | *N/A*      | *N/A*        | *N/A*        | 7.00     | 1.00      | 10.00          | 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            |
| 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            |
| .....                    | ...             | 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            |
| 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            |
| Tapatio Sauce            | OZ              | 0        | 0              | 4         | 0.01            | 0.01    | 0.08       | 3            | 0.12         | *N/A*    | 0.01      | 0.07           | 0.00        | 0.00            |

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# Middle School Breakfast 6-8

Wednesday, Jan 16, 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            |
| 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            |
| 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            |
| Mexican Sweetbread       | EACH               | 200      | 5              | 90        | 2.00            | 1.80    | 40.00      | 0            | 0.00         | 8.00     | 5.00      | 34.00          | 6.00        | 1.50            |
| 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            |
| 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            |
| Oatmeal Choc. Chip Bar   | 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            |
| 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            |
| Mandarin Oranges         | SERVING<br>4 oz    | 31       | 0              | 4         | 0.44            | 0.32    | 8.87       | 133          | 94.19        | 7.54     | 0.44      | 7.54           | 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<br>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,<br>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            |
| 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            |
| Juice/Appleberry         | 45 EACH            | 2475     | 0              | 675       | 0.00            | 0.00    | 0.00       | 5850         | 0.00         | 585.00   | 0.00      | 607.50         | 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            |
| .....                    | ...                | 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            |
| 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            |
| Tapatio Sauce            | OZ                 | 0        | 0              | 4         | 0.01            | 0.01    | 0.08       | 3            | 0.12         | *N/A*    | 0.01      | 0.07           | 0.00        | 0.00            |

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# Middle School Breakfast 6-8

Thursday, Jan 17, 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            |
| 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            |
| Mexican Sweetbread       | EACH            | 200      | 5              | 90        | 2.00            | 1.80    | 40.00      | 0            | 0.00         | 8.00     | 5.00      | 34.00          | 6.00        | 1.50            |
| 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            |
| 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            |
| 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            |
| Oatmeal Choc. Chip Bar   | EACH            | 290      | 20             | 240       | 3.00            | 1.80    | 20.00      | 0            | 0.00         | *N/A*    | 5.00      | 47.00          | 9.00        | 3.00            |
| 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            |
| 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            |
| 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            |
| 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            |
| Juice/Appleberry         | 20 EACH         | 1100     | 0              | 300       | 0.00            | 0.00    | 0.00       | 2600         | 0.00         | 260.00   | 0.00      | 270.00         | 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            |
| .....                    | ...             | 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            |
| 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            |
| Tapatio Sauce            | OZ              | 0        | 0              | 4         | 0.01            | 0.01    | 0.08       | 3            | 0.12         | *N/A*    | 0.01      | 0.07           | 0.00        | 0.00            |

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# Middle School Breakfast 6-8

Friday, Jan 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            |
| 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           |
| Egg-Scr,Tots & Muffin                  | Each            | 273      | 238            | 479       | 3.10            | 1.46    | 37.29      | 360          | 2.30         | 7.48*    | 9.39      | 30.25          | 12.19       | 3.10            |
| Mexican Sweetbread                     | EACH            | 200      | 5              | 90        | 2.00            | 1.80    | 40.00      | 0            | 0.00         | 8.00     | 5.00      | 34.00          | 6.00        | 1.50            |
| 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            |
| 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            |
| Peanut Butter Bar                      | 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            |
| 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            |
| 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            |
| 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            |
| Juice/Appleberry                       | 25 EACH         | 1375     | 0              | 375       | 0.00            | 0.00    | 0.00       | 3250         | 0.00         | 325.00   | 0.00      | 337.50         | 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            |
| .....                                  | ...             | 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            |
| 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            |
| Tapatio Sauce                          | OZ              | 0        | 0              | 4         | 0.01            | 0.01    | 0.08       | 3            | 0.12         | *N/A*    | 0.01      | 0.07           | 0.00        | 0.00            |

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## Middle School Breakfast 6-8

Monday, Jan 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 |
|---------|--------------|----------|----------------|-----------|-----------------|---------|------------|--------------|--------------|----------|-----------|----------------|-------------|-----------------|
| 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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## Middle School Breakfast 6-8

Tuesday, Jan 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            |
| Breakfast "Jax" Sandwich | 1 EACH          | 385      | 147            | 601       | 0.00            | 0.74    | 115.28     | 414          | 0.01*        | 1.00*    | 18.81     | 32.10          | 20.65       | 7.01            |
| 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            |
| Mexican Sweetbread       | EACH            | 200      | 5              | 90        | 2.00            | 1.80    | 40.00      | 0            | 0.00         | 8.00     | 5.00      | 34.00          | 6.00        | 1.50            |
| 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            |
| Oatmeal Choc. Chip Bar   | 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            |
| 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            |
| 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            |
| 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, 4.75oz | 40       | 0              | 1         | 2.00            | *N/A*   | *N/A*      | *N/A*        | *N/A*        | 7.00     | 1.00      | 10.00          | 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            |
| 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            |
| .....                    | ...             | 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            |
| 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            |
| Tapatio Sauce            | OZ              | 0        | 0              | 4         | 0.01            | 0.01    | 0.08       | 3            | 0.12         | *N/A*    | 0.01      | 0.07           | 0.00        | 0.00            |

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# Middle School Breakfast 6-8

Wednesday, Jan 23, 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            |
| 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            |
| 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            |
| Mexican Sweetbread       | EACH               | 200      | 5              | 90        | 2.00            | 1.80    | 40.00      | 0            | 0.00         | 8.00     | 5.00      | 34.00          | 6.00        | 1.50            |
| 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            |
| 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            |
| Oatmeal Choc. Chip Bar   | 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            |
| 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            |
| Mandarin Oranges         | SERVING<br>4 oz    | 31       | 0              | 4         | 0.44            | 0.32    | 8.87       | 133          | 94.19        | 7.54     | 0.44      | 7.54           | 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<br>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,<br>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            |
| 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            |
| Juice/Appleberry         | 45 EACH            | 2475     | 0              | 675       | 0.00            | 0.00    | 0.00       | 5850         | 0.00         | 585.00   | 0.00      | 607.50         | 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            |
| .....                    | ...                | 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            |
| 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            |
| Tapatio Sauce            | OZ                 | 0        | 0              | 4         | 0.01            | 0.01    | 0.08       | 3            | 0.12         | *N/A*    | 0.01      | 0.07           | 0.00        | 0.00            |

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\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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planning for or treating medical conditions.

# Middle School Breakfast 6-8

Thursday, Jan 24, 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            |
| 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            |
| Mexican Sweetbread       | EACH            | 200      | 5              | 90        | 2.00            | 1.80    | 40.00      | 0            | 0.00         | 8.00     | 5.00      | 34.00          | 6.00        | 1.50            |
| 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            |
| 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            |
| 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            |
| Oatmeal Choc. Chip Bar   | EACH            | 290      | 20             | 240       | 3.00            | 1.80    | 20.00      | 0            | 0.00         | *N/A*    | 5.00      | 47.00          | 9.00        | 3.00            |
| 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            |
| 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            |
| 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            |
| 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            |
| Juice/Appleberry         | 20 EACH         | 1100     | 0              | 300       | 0.00            | 0.00    | 0.00       | 2600         | 0.00         | 260.00   | 0.00      | 270.00         | 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            |
| .....                    | ...             | 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            |
| 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            |
| Tapatio Sauce            | OZ              | 0        | 0              | 4         | 0.01            | 0.01    | 0.08       | 3            | 0.12         | *N/A*    | 0.01      | 0.07           | 0.00        | 0.00            |

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# Middle School Breakfast 6-8

Friday, Jan 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           |
| Egg-Scr,Tots & Muffin                  | Each            | 273      | 238            | 479       | 3.10            | 1.46    | 37.29      | 360          | 2.30         | 7.48*    | 9.39      | 30.25          | 12.19       | 3.10            |
| Mexican Sweetbread                     | EACH            | 200      | 5              | 90        | 2.00            | 1.80    | 40.00      | 0            | 0.00         | 8.00     | 5.00      | 34.00          | 6.00        | 1.50            |
| 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            |
| 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            |
| Peanut Butter Bar                      | 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            |
| 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            |
| 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            |
| 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            |
| Juice/Appleberry                       | 25 EACH         | 1375     | 0              | 375       | 0.00            | 0.00    | 0.00       | 3250         | 0.00         | 325.00   | 0.00      | 337.50         | 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            |
| .....                                  | ...             | 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            |
| 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            |
| Tapatio Sauce                          | OZ              | 0        | 0              | 4         | 0.01            | 0.01    | 0.08       | 3            | 0.12         | *N/A*    | 0.01      | 0.07           | 0.00        | 0.00            |

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# Middle School Breakfast 6-8

Monday, Jan 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            |
| 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            |
| 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            |
| 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                  | 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              | 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            |
| 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            |
| 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            |
| 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            |
| 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, 4.75oz | 40       | 0              | 1         | 2.00            | *N/A*   | *N/A*      | *N/A*        | *N/A*        | 7.00     | 1.00      | 10.00          | 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            |
| 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            |
| .....                               | ...             | 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            |
| 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            |
| Tapatio Sauce                       | OZ              | 0        | 0              | 4         | 0.01            | 0.01    | 0.08       | 3            | 0.12         | *N/A*    | 0.01      | 0.07           | 0.00        | 0.00            |

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## Middle School Breakfast 6-8

Tuesday, Jan 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            |
| Breakfast "Jax" Sandwich | 1 EACH          | 385      | 147            | 601       | 0.00            | 0.74    | 115.28     | 414          | 0.01*        | 1.00*    | 18.81     | 32.10          | 20.65       | 7.01            |
| 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            |
| Mexican Sweetbread       | EACH            | 200      | 5              | 90        | 2.00            | 1.80    | 40.00      | 0            | 0.00         | 8.00     | 5.00      | 34.00          | 6.00        | 1.50            |
| 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            |
| Oatmeal Choc. Chip Bar   | 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            |
| 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            |
| 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            |
| 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, 4.75oz | 40       | 0              | 1         | 2.00            | *N/A*   | *N/A*      | *N/A*        | *N/A*        | 7.00     | 1.00      | 10.00          | 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            |
| 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            |
| .....                    | ...             | 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            |
| 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            |
| Tapatio Sauce            | OZ              | 0        | 0              | 4         | 0.01            | 0.01    | 0.08       | 3            | 0.12         | *N/A*    | 0.01      | 0.07           | 0.00        | 0.00            |

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# Middle School Breakfast 6-8

Wednesday, Jan 30, 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            |
| 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            |
| 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            |
| Mexican Sweetbread       | EACH               | 200      | 5              | 90        | 2.00            | 1.80    | 40.00      | 0            | 0.00         | 8.00     | 5.00      | 34.00          | 6.00        | 1.50            |
| 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            |
| 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            |
| Oatmeal Choc. Chip Bar   | 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            |
| 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            |
| Mandarin Oranges         | SERVING<br>4 oz    | 31       | 0              | 4         | 0.44            | 0.32    | 8.87       | 133          | 94.19        | 7.54     | 0.44      | 7.54           | 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<br>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,<br>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            |
| 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            |
| Juice/Appleberry         | 45 EACH            | 2475     | 0              | 675       | 0.00            | 0.00    | 0.00       | 5850         | 0.00         | 585.00   | 0.00      | 607.50         | 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            |
| .....                    | ...                | 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            |
| 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            |
| Tapatio Sauce            | OZ                 | 0        | 0              | 4         | 0.01            | 0.01    | 0.08       | 3            | 0.12         | *N/A*    | 0.01      | 0.07           | 0.00        | 0.00            |

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planning for or treating medical conditions.

# Middle School Breakfast 6-8

Thursday, Jan 31, 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            |
| 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            |
| Mexican Sweetbread       | EACH            | 200      | 5              | 90        | 2.00            | 1.80    | 40.00      | 0            | 0.00         | 8.00     | 5.00      | 34.00          | 6.00        | 1.50            |
| 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            |
| 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            |
| 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            |
| Oatmeal Choc. Chip Bar   | EACH            | 290      | 20             | 240       | 3.00            | 1.80    | 20.00      | 0            | 0.00         | *N/A*    | 5.00      | 47.00          | 9.00        | 3.00            |
| 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            |
| 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            |
| 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            |
| 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            |
| Juice/Appleberry         | 20 EACH         | 1100     | 0              | 300       | 0.00            | 0.00    | 0.00       | 2600         | 0.00         | 260.00   | 0.00      | 270.00         | 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            |
| .....                    | ...             | 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            |
| 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            |
| Tapatio Sauce            | OZ              | 0        | 0              | 4         | 0.01            | 0.01    | 0.08       | 3            | 0.12         | *N/A*    | 0.01      | 0.07           | 0.00        | 0.00            |

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