

Preschool Breakfast

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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Preschool Breakfast

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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Preschool Breakfast

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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Preschool Breakfast

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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Preschool Breakfast

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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Preschool Breakfast

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
Yogurt with Granola	1 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
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Cinnamon Applesauce	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.09	8	2.17	18.72	0.21	22.33	0.22	0.04
Orange Smiles	SERVING 4.95	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
ROSE ONLY	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, PK-ONLY, 1/2 GAL/6 oz.	6 oz svg	71	9	75	0.00	0.00	200.00	350	0.00	8.85	5.73	8.49	1.65	1.08

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Preschool Breakfast

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
Breakfast Burrito	EACH	382	126	692	5.05	2.32	324.64	446	1.39	1.00*	14.94	36.12	18.61	9.14
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sugar Snap Peas	SVG	50	0	70	3.00	1.08	20.00	1500	12.00	3.00	3.00	9.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Peaches, canned	SERVING, 4.5 oz	71	0	10	1.01	0.00	0.00	304	1.21	16.20	0.00	17.21	0.00	0.00
Fresh Fruit	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
ROSE ONLY	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, PK-ONLY, 1/2 GAL/6 oz.	6 oz svg	71	9	75	0.00	0.00	200.00	350	0.00	8.85	5.73	8.49	1.65	1.08

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Preschool Breakfast

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
Breakfast Sausage Pizza	EACH	203	20	380	2.00	1.23	1148.00	32	9.00	3.00	12.00	24.00	6.60	2.60
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Celery Sticks	SERVING- 2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
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
Fresh Fruit	1 EACH	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
ROSE ONLY	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, PK-ONLY, 1/2 GAL/6 oz.	6 oz svg	71	9	75	0.00	0.00	200.00	350	0.00	8.85	5.73	8.49	1.65	1.08

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Preschool Breakfast

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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	SERVING, 2.5 OZ	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	0.00	0.00
Peas and Corn	.50 cup	76	0	31	2.47	0.53	7.96	704	310.97	4.71	3.62	16.75	0.72	0.02
Fresh Fruit	1 EACH	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Apricots	SERVING, 4.25oz	101	0	3	3.31	4.30	41.32	91	4.30	18.18	1.65	24.79	0.00	0.00
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
ROSE ONLY	203 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, PK-ONLY, 1/2 GAL/6 oz.	6 oz svg	71	9	75	0.00	0.00	200.00	350	0.00	8.85	5.73	8.49	1.65	1.08

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Preschool Breakfast

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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	3.0 SVG	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	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
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
ROSE ONLY	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, PK-ONLY, 1/2 GAL/6 oz.	6 oz svg	71	9	75	0.00	0.00	200.00	350	0.00	8.85	5.73	8.49	1.65	1.08

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Preschool Breakfast

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
Home Run Breakfast	SVG	370	316	695	2.74	2.37	66.44	427	3.26	3.00*	19.06	32.74	18.33	3.96
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Cinnamon Applesauce	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.09	8	2.17	18.72	0.21	22.33	0.22	0.04
Orange Smiles	SERVING 4.95	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50

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Preschool Breakfast

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
PK,Burr,Turk/Ham Eggs,Chs & Tots	EACH	367	136	857	5.05	2.31	317.32	665	1.35*	3.00*	17.04	37.73	15.48	6.23
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sugar Snap Peas	SVG	50	0	70	3.00	1.08	20.00	1500	12.00	3.00	3.00	9.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Peaches, canned	SERVING, 4.5 oz	71	0	10	1.01	0.00	0.00	304	1.21	16.20	0.00	17.21	0.00	0.00
Fresh Fruit	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50

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Preschool Breakfast

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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Celery Sticks	SERVING- 2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
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
Fresh Fruit	1 EACH	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50

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Preschool Breakfast

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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	SERVING, 2.5 OZ	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	0.00	0.00
Peas and Corn	.50 cup	76	0	31	2.47	0.53	7.96	704	310.97	4.71	3.62	16.75	0.72	0.02
Fresh Fruit	1 EACH	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Apricots	SERVING, 4.25oz	101	0	3	3.31	4.30	41.32	91	4.30	18.18	1.65	24.79	0.00	0.00
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50

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Preschool Breakfast

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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Preschool Breakfast

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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Cinnamon Applesauce	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.09	8	2.17	18.72	0.21	22.33	0.22	0.04
Orange Smiles	SERVING 4.95	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50

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Preschool Breakfast

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
Breakfast Burrito	EACH	382	126	692	5.05	2.32	324.64	446	1.39	1.00*	14.94	36.12	18.61	9.14
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sugar Snap Peas	SVG	50	0	70	3.00	1.08	20.00	1500	12.00	3.00	3.00	9.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Peaches, canned	SERVING, 4.5 oz	71	0	10	1.01	0.00	0.00	304	1.21	16.20	0.00	17.21	0.00	0.00
Fresh Fruit	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50

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Preschool Breakfast

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
Breakfast Sausage Pizza	EACH	203	20	380	2.00	1.23	1148.00	32	9.00	3.00	12.00	24.00	6.60	2.60
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Celery Sticks	SERVING- 2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
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
Fresh Fruit	1 EACH	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50

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Preschool Breakfast

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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	SERVING, 2.5 OZ	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	0.00	0.00
Peas and Corn	.50 cup	76	0	31	2.47	0.53	7.96	704	310.97	4.71	3.62	16.75	0.72	0.02
Fresh Fruit	1 EACH	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Apricots	SERVING, 4.25oz	101	0	3	3.31	4.30	41.32	91	4.30	18.18	1.65	24.79	0.00	0.00
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50

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Preschool Breakfast

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
Home Run Breakfast	SVG	370	316	695	2.74	2.37	66.44	427	3.26	3.00*	19.06	32.74	18.33	3.96
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Baby Carrots	3.0 SVG	25	0	56	2.53	7.59	0.63	9773	1.90	3.80	0.00	6.33	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
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50

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Preschool Breakfast

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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Cinnamon Applesauce	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.09	8	2.17	18.72	0.21	22.33	0.22	0.04
Orange Smiles	SERVING 4.95	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50

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Preschool Breakfast

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
PK,Burr,Turk/Ham Eggs,Chs & Tots	EACH	367	136	857	5.05	2.31	317.32	665	1.35*	3.00*	17.04	37.73	15.48	6.23
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sugar Snap Peas	SVG	50	0	70	3.00	1.08	20.00	1500	12.00	3.00	3.00	9.00	0.00	0.00
Grape Tomatoes	SVG. 2.66 OZ.	13	0	3	0.88	0.26	4.89	611	9.09	1.92	0.64	2.85	0.15	0.03
Peaches, canned	SERVING, 4.5 oz	71	0	10	1.01	0.00	0.00	304	1.21	16.20	0.00	17.21	0.00	0.00
Fresh Fruit	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50

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Preschool Breakfast

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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cucumber	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.91	202	2.72	1.17	0.50	1.84	0.14	0.00
Celery Sticks	SERVING- 2.5 oz	9	0	44	0.88	0.11	21.88	40	1.75	0.00	0.38	1.64	0.10	0.02
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
Fresh Fruit	1 EACH	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
1% Milk	CARTON	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50

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