

Preschool Breakfast

Monday, Sep 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

[Print This Page](#)

[Close This Page](#)

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Preschool Breakfast

Tuesday, Sep 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
Cinnamon Toast Crunch	1 EACH	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
Grape Tomatoes	SERVING, 2.61oz	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
Applesauce Cups	1 EACH	53	0	2	1.05	0.00	0.00	0	0.00	11.50	0.00	14.64	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

[Print This Page](#)

[Close This Page](#)

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Preschool Breakfast

Wednesday, Sep 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
PK,Burr,Turk/Ham Eggs,Chs & Tots	1 EACH	355	121	840	4.71	26.97	389.53	500	1.37	2.99	17.00	35.13	15.46	5.71
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	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
Orange Smiles	SERVING 4.75	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	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

[Print This Page](#)

[Close This Page](#)

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Preschool Breakfast

Thursday, Sep 5, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Breakfast "Jax" Sandwich	1 EACH	403	153	852	0.00	0.90	118.50	250	0.00	2.50	23.00	32.50	19.00	7.25
.....	...	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
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	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

[Print This Page](#)

[Close This Page](#)

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Preschool Breakfast

Friday, Sep 6, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Yogurt with Granola	EACH	210	5	137	1.74	1.04	150.57	650	0.69	20.10	6.31	40.14	2.74	1.29
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Veggie Medley	1/2 Cup	11	0	32	1.09	2.46	7.20	3140	1.17	1.21	0.12	2.55	0.03	0.01
Orange Smiles	SERVING 4.75	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	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
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

[Print This Page](#)

[Close This Page](#)

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Preschool Breakfast

Monday, Sep 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
Home Run Breakfast	SVG	271	35	499	1.74	1.03	40.00	0	3.14	5.00	9.74	31.55	11.60	1.87
.....	...	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
Orange Smiles	SERVING 4.75	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	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

[Print This Page](#)

[Close This Page](#)

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Preschool Breakfast

Tuesday, Sep 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
Sau,Egg,Cheese,Biscuit	1 each	314	138	599	1.99	2.15	217.97	250	0.00	6.97	16.48	27.86	14.47	5.24
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Grape Tomatoes	SERVING, 2.61oz	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
Applesauce Cups	1 EACH	53	0	2	1.05	0.00	0.00	0	0.00	11.50	0.00	14.64	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

[Print This Page](#)

[Close This Page](#)

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Preschool Breakfast

Wednesday, Sep 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
Mini Maple Pancakes	SERVING	210	10	320	4.00	2.70	59.93	499	0.00	10.99	4.00	34.96	5.99	1.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	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
Orange Smiles	SERVING 4.75	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	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

[Print This Page](#)

[Close This Page](#)

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Preschool Breakfast

Thursday, Sep 12, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Breakfast Sausage Pizza	1 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
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	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

[Print This Page](#)

[Close This Page](#)

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Preschool Breakfast

Friday, Sep 13, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinn.Fr.Tst/Turk.Sausage	SVG.	60	30	90	0.00	0.36	0.00	0	0.00	0.00	6.00	0.00	4.00	1.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Veggie Medley	1/2 Cup	11	0	32	1.09	2.46	7.20	3140	1.17	1.21	0.12	2.55	0.03	0.01
Orange Smiles	SERVING 4.75	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	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
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

[Print This Page](#)

[Close This Page](#)

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Preschool Breakfast

Monday, Sep 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	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
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
Orange Smiles	SERVING 4.75	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	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

[Print This Page](#)

[Close This Page](#)

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Preschool Breakfast

Tuesday, Sep 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
Yogurt Parfait w/Strawberries	EACH	277	7	172	3.73	1.97	162.94	651	23.54	26.41*	7.85	56.27	3.94	1.10
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Grape Tomatoes	SERVING, 2.61oz	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
Applesauce Cups	1 EACH	53	0	2	1.05	0.00	0.00	0	0.00	11.50	0.00	14.64	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

[Print This Page](#)

[Close This Page](#)

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Preschool Breakfast

Wednesday, Sep 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
Waffle Sandwich	1 EACH	190	35	450	3.00	1.44	60.00	0	0.00	4.00	10.00	23.00	7.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	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
Orange Smiles	SERVING 4.75	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	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

[Print This Page](#)

[Close This Page](#)

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Preschool Breakfast

Thursday, Sep 19, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Breakfast "Jax" Sandwich	1 EACH	403	153	852	0.00	0.90	118.50	250	0.00	2.50	23.00	32.50	19.00	7.25
.....	...	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
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	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

[Print This Page](#)

[Close This Page](#)

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Preschool Breakfast

Friday, Sep 20, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinn.Fr.Tst/Turk.Sausage	SERVING	60	30	90	0.00	0.36	0.00	0	0.00	0.00	6.00	0.00	4.00	1.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Veggie Medley	1/2 Cup	11	0	32	1.09	2.46	7.20	3140	1.17	1.21	0.12	2.55	0.03	0.01
Orange Smiles	SERVING 4.75	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	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
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

[Print This Page](#)

[Close This Page](#)

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Preschool Breakfast

Monday, Sep 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
Home Run Breakfast	SVG	585	207	1607	5.48	1.83	40.00	0	6.27	3.33	18.82	62.43	28.20	6.41
.....	...	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
Orange Smiles	SERVING 4.75	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	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

[Print This Page](#)

[Close This Page](#)

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Preschool Breakfast

Tuesday, Sep 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	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
Grape Tomatoes	SERVING, 2.61oz	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
Applesauce Cups	1 EACH	53	0	2	1.05	0.00	0.00	0	0.00	11.50	0.00	14.64	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

[Print This Page](#)

[Close This Page](#)

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Preschool Breakfast

Wednesday, Sep 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
PK,Burr,Turk/Ham Eggs,Chs & Tots	1 EACH	355	121	840	4.71	26.97	389.53	500	1.37	2.99	17.00	35.13	15.46	5.71
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Jicama sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.50	15	14.32	1.28	0.51	6.25	0.06	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
Orange Smiles	SERVING 4.75	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	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

[Print This Page](#)

[Close This Page](#)

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Preschool Breakfast

Thursday, Sep 26, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
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
.....	...	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
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	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

[Print This Page](#)

[Close This Page](#)

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Preschool Breakfast

Friday, Sep 27, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Yogurt with Granola	EACH	210	5	137	1.74	1.04	150.57	650	0.69	20.10	6.31	40.14	2.74	1.29
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Veggie Medley	1/2 Cup	11	0	32	1.09	2.46	7.20	3140	1.17	1.21	0.12	2.55	0.03	0.01
Orange Smiles	SERVING 4.75	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	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
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

[Print This Page](#)

[Close This Page](#)

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Preschool Breakfast

Monday, Sep 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
Home Run Breakfast	SVG	271	35	499	1.74	1.03	40.00	0	3.14	5.00	9.74	31.55	11.60	1.87
.....	...	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
Orange Smiles	SERVING 4.75	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	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

[Print This Page](#)

[Close This Page](#)

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.