

Quantum Breakfast 4-8

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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Quantum Breakfast 4-8

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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Quantum Breakfast 4-8

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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Quantum Breakfast 4-8

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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Quantum Breakfast 4-8

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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Quantum Breakfast 4-8

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
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
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
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
Cinnamon Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
Egg & Chorizo Burrito	1 EACH	200	40	370	3.00	2.70	150.00	500	1.20	0.00	9.00	22.00	9.00	3.50
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mixed Fruit, Light Syrup	SERVING, 3.5 oz	72	0	8	1.40	0.40	7.60	132	2.40	*N/A*	0.60	18.80	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
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

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Quantum Breakfast 4-8

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
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
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
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
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
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Bagels & Cream Cheese	1 EACH	264	30	273	3.30	1.80	33.25	202	0.00	3.00*	7.93	35.53	9.72	6.13
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can,Lt Syrup	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.82	0	12.07	18.78	1.01	22.80	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
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

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Quantum Breakfast 4-8

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
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
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
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
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
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
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
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
Breakfast Taco w Bacon	1 EACH	259	195	546	3.05	1.77	121.90	354	1.35	1.00	10.75	21.38	13.75	4.87
.....	...	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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
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

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Quantum Breakfast 4-8

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
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
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 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
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
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pears, Can,Light Syrup	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.00	74	0.00	14.78	0.00	17.24	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
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

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Quantum Breakfast 4-8

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
Breakfast "Jax" Sandwich	1 EACH	422	162	834	0.00	0.92	115.28	414	0.01*	2.50*	23.31	33.60	21.15	7.51
Breakfast 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
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
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
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
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
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinnamon Applesauce	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.09	8	2.17	18.72	0.21	22.33	0.22	0.04
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
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

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Quantum Breakfast 4-8

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
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
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
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
Cinnamon Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
Egg & Chorizo Burrito	1 EACH	200	40	370	3.00	2.70	150.00	500	1.20	0.00	9.00	22.00	9.00	3.50
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mixed Fruit, Light Syrup	SERVING, 3.5 oz	72	0	8	1.40	0.40	7.60	132	2.40	*N/A*	0.60	18.80	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
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

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Quantum Breakfast 4-8

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
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
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
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
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
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Bagels & Cream Cheese	1 EACH	264	30	273	3.30	1.80	33.25	202	0.00	3.00*	7.93	35.53	9.72	6.13
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can,Lt Syrup	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.82	0	12.07	18.78	1.01	22.80	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
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

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Quantum Breakfast 4-8

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
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
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
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
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
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
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
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
Breakfast Taco w Bacon	1 EACH	259	195	546	3.05	1.77	121.90	354	1.35	1.00	10.75	21.38	13.75	4.87
.....	...	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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
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

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Quantum Breakfast 4-8

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
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
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 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
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
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pears, Can,Light Syrup	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.00	74	0.00	14.78	0.00	17.24	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
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

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Quantum Breakfast 4-8

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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Quantum Breakfast 4-8

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
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
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
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
Cinnamon Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
Egg & Chorizo Burrito	1 EACH	200	40	370	3.00	2.70	150.00	500	1.20	0.00	9.00	22.00	9.00	3.50
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mixed Fruit, Light Syrup	SERVING, 3.5 oz	72	0	8	1.40	0.40	7.60	132	2.40	*N/A*	0.60	18.80	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
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

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Quantum Breakfast 4-8

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
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
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
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
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
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Bagels & Cream Cheese	1 EACH	264	30	273	3.30	1.80	33.25	202	0.00	3.00*	7.93	35.53	9.72	6.13
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can,Lt Syrup	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.82	0	12.07	18.78	1.01	22.80	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
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

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Quantum Breakfast 4-8

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
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
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
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
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
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
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
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
Breakfast Taco w Bacon	1 EACH	259	195	546	3.05	1.77	121.90	354	1.35	1.00	10.75	21.38	13.75	4.87
.....	...	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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
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

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planning for or treating medical conditions.

Quantum Breakfast 4-8

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
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
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 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
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
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pears, Can,Light Syrup	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.00	74	0.00	14.78	0.00	17.24	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
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

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Quantum Breakfast 4-8

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
Breakfast "Jax" Sandwich	1 EACH	422	162	834	0.00	0.92	115.28	414	0.01*	2.50*	23.31	33.60	21.15	7.51
Breakfast 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
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
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
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
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
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinnamon Applesauce	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.09	8	2.17	18.72	0.21	22.33	0.22	0.04
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
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

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Quantum Breakfast 4-8

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
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
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
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
Cinnamon Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
Egg & Chorizo Burrito	1 EACH	200	40	370	3.00	2.70	150.00	500	1.20	0.00	9.00	22.00	9.00	3.50
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mixed Fruit, Light Syrup	SERVING, 3.5 oz	72	0	8	1.40	0.40	7.60	132	2.40	*N/A*	0.60	18.80	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
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

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Quantum Breakfast 4-8

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
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
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
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
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
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Bagels & Cream Cheese	1 EACH	264	30	273	3.30	1.80	33.25	202	0.00	3.00*	7.93	35.53	9.72	6.13
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can,Lt Syrup	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.82	0	12.07	18.78	1.01	22.80	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
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

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Quantum Breakfast 4-8

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
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
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
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
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
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
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
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
Breakfast Taco w Bacon	1 EACH	259	195	546	3.05	1.77	121.90	354	1.35	1.00	10.75	21.38	13.75	4.87
.....	...	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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	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
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
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	15	0.00	0.00	0.00	130	0.00	13.00	0.00	13.50	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	63	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk,FF,Carton,8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Tapatio Sauce	1 OZ	0	0	4	0.01	0.01	0.08	3	0.12	*N/A*	0.01	0.07	0.00	0.00
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

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