

Quantum Breakfast 4-8

Friday, Mar 1, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Green Eggs, Ham Tos & Muffin	SVG.	342	314	697	2.71	0.82	91.69	30*	2.33*	7.48	14.70	31.23	16.47	4.46
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
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	407	136	844	4.76	1.93	344.38	300*	1.37*	1.00	17.05	36.45	20.52	9.73
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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, Mar 4, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Pancake Sandwich	1 Each	283*	146*	416*	2.00*	1.94*	16.78*	181*	0.01*	3.33*	12.64*	28.42*	13.65*	2.93*
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
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
Yogurt w/Fun & Fitness Cracker	SVG	236	4	149	1.10	2.00	323.00	681	1.67	24.90	5.30	42.30	5.01	1.60
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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, Mar 5, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Yogurt Parfait	1 EACH	277	7	172	3.73	1.97	162.94	651*	23.54*	26.41*	7.85	56.27	3.94	1.10
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
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	461	30	917	5.48	2.43	0.00	0*	6.27*	6.00	13.49	61.11	19.20	2.74
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
.....	...	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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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, Mar 6, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Breakfast Pocket	1 EACH	380	155	836	4.00	2.54	316.78	464	0.01	2.00*	20.31	31.10	18.65	6.76
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
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
Yogurt w/Fun & Fitness Cracker	SVG	236	4	149	1.10	2.00	323.00	681	1.67	24.90	5.30	42.30	5.01	1.60
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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, Mar 7, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Egg Scrambler with Bacon	5.40 oz. svg.	340*	390*	779*	1.64*	1.47*	171.88*	1062*	3.81*	0.00*	17.64*	14.31*	22.57*	7.76*
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
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
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
Yogurt Parfait	1 EACH	277	7	172	3.73	1.97	162.94	651*	23.54*	26.41*	7.85	56.27	3.94	1.10
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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, Mar 8, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
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	407	136	844	4.76	1.93	344.38	300*	1.37*	1.00	17.05	36.45	20.52	9.73
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
Yogurt Parfait	1 EACH	277	7	172	3.73	1.97	162.94	651*	23.54*	26.41*	7.85	56.27	3.94	1.10
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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, Mar 11, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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, Mar 12, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
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	461	30	917	5.48	2.43	0.00	0*	6.27*	6.00	13.49	61.11	19.20	2.74
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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, Mar 13, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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, Mar 14, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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, Mar 15, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
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	407	136	844	4.76	1.93	344.38	300*	1.37*	1.00	17.05	36.45	20.52	9.73
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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, Mar 18, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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, Mar 19, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
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	461	30	917	5.48	2.43	0.00	0*	6.27*	6.00	13.49	61.11	19.20	2.74
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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, Mar 20, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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, Mar 21, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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, Mar 22, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
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	407	136	844	4.76	1.93	344.38	300*	1.37*	1.00	17.05	36.45	20.52	9.73
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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, Mar 25, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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, Mar 26, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
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	461	30	917	5.48	2.43	0.00	0*	6.27*	6.00	13.49	61.11	19.20	2.74
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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, Mar 27, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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, Mar 28, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
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
Red Apples	EACH	76	0	2	2.37	0.00	0.00	0	0.00	14.23	0.00	18.97	0.00	0.00
Orange Smiles	SERVING 4.75	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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, Mar 29, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.00	0	0.00	11.00	5.00	46.00	1.00	0.00
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	407	136	844	4.76	1.93	344.38	300*	1.37*	1.00	17.05	36.45	20.52	9.73
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 4.75	40	0	1	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.00	1.00	10.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
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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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.