

## Middle & QA Breakfast

Wednesday, Sep 1, 2021

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
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Coffee Cake	1 EACH	251	34	241	1.93	1.39	57.93	0	0.00	18.35	4.83	37.65	8.69	0.97
Mandarin Oranges Cupped	1 EACH	45	0	5	3.00	0.00	10.00	0	0.00	1.30	0.00	11.00	0.00	0.00
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	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

[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.

## Middle & QA Breakfast

Thursday, Sep 2, 2021

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
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Cinnamon BK Round	1 EACH	283	10	243	4.05	1.62	30.36	0	0.00	14.17	5.06	38.45	12.14	4.55
Apple Juice	EACH	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	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

[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.

## Middle & QA Breakfast

Friday, Sep 3, 2021

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
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Oatmeal, Banana, Chocolate Chip	1 EACH	283	10	243	4.05	1.62	30.36	0	0.00	14.17	5.06	38.45	12.14	4.05
Apple Juice	EACH	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[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.

## Middle & QA Breakfast

Monday, Sep 6, 2021

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.

## Middle & QA Breakfast

Tuesday, Sep 7, 2021

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
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Honey Bun	1 Each	350	0	270	2.00	1.40	100.00	0	0.00	17.00	4.00	40.00	19.00	10.00
Apple Juice	EACH	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	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

[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.

## Middle & QA Breakfast

Wednesday, Sep 8, 2021

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
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Crumb Cake	1 EACH	280	32	213	2.97	1.19	15.85	0	0.10	23.78	3.37	46.57	8.92	1.19
Pears, Diced Cupped	SVG	59	0	5	1.96	0.00	0.00	0	0.00	11.78	0.00	15.70	0.00	0.00
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	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

[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.

## Middle & QA Breakfast

Thursday, Sep 9, 2021

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
GRAB & GO MEALS	1 EACH	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	233	0	324	6.07	8.20	404.99	1012	9.11	11.14	3.04	44.55	5.06	1.01
Sour Pineapple Dried Fruit	1 EACH	140	0	0	1.00	36.00	0.00	0	4.80	32.00	1.00	35.00	0.00	0.00
1% Milk	1 EACH	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[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.

## Middle & QA Breakfast

Friday, Sep 10, 2021

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
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Croissant w/Strawberry Jam	1 EACH	255	5	300	2.00	1.80	20.00	0	0.00	13.10	6.00	39.11	9.00	3.50
Diced Peaches Cupped	1 EACH	51	0	4	4.00	0.00	20.00	0	0.00	7.20	0.40	12.00	0.00	0.00
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	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

[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.



## Middle & QA Breakfast

Monday, Sep 13, 2021

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
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt with Grahams Bk-4 oz.	1 EACH	355	4	293	3.08	1.99	621.42	681	1.67	31.82	7.28	61.08	8.97	1.10
Apple Juice	EACH	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	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

[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.

## Middle & QA Breakfast

Tuesday, Sep 14, 2021

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
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Honeynut Cherrios	1 EACH	210	0	320	4.00	5.40	150.00	750	9.00	19.00	5.00	45.00	2.50	0.50
Nectarine	EACH	68	0	0	2.67	0.36	9.89	494	0.00	11.86	1.68	15.82	0.50	0.00
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	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.

## Middle & QA Breakfast

Wednesday, Sep 15, 2021

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
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Concha	1 EACH	200	0	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Pears, Diced Cupped	SVG	59	0	5	1.96	0.00	0.00	0	0.00	11.78	0.00	15.70	0.00	0.00
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	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

[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.

## Middle & QA Breakfast

Thursday, Sep 16, 2021

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
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Cinnamon BK Round	1 EACH	283	10	243	4.05	1.62	30.36	0	0.00	14.17	5.06	38.45	12.14	4.55
Apple Juice	EACH	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	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

[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.

## Middle & QA Breakfast

Friday, Sep 17, 2021

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
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Strawberry Scone	1 EACH	276	12	187	3.10	1.62	110.00	0	0.00	23.00	3.80	50.00	7.60	3.00
Apple Juice	EACH	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
1% Milk	1 EACH	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[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.

## Middle & QA Breakfast

Monday, Sep 20, 2021

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
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Oatmeal Choc. Chip Bar	1 EACH	290	20	240	3.00	1.80	20.00	0	0.00	22.00	5.00	47.00	9.00	3.00
Apple Juice	EACH	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	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

[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.

## Middle & QA Breakfast

Tuesday, Sep 21, 2021

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
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Honey Bun	1 Each	350	0	270	2.00	1.40	100.00	0	0.00	17.00	4.00	40.00	19.00	10.00
Apple Juice	EACH	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	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

[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.

## Middle & QA Breakfast

Wednesday, Sep 22, 2021

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
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Crumb Cake	1 EACH	280	32	213	2.97	1.19	15.85	0	0.10	23.78	3.37	46.57	8.92	1.19
Pears, Diced Cupped	SVG	59	0	5	1.96	0.00	0.00	0	0.00	11.78	0.00	15.70	0.00	0.00
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	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

[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.



## Middle & QA Breakfast

Thursday, Sep 23, 2021

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
GRAB & GO MEALS	1 EACH	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	233	0	324	6.07	8.20	404.99	1012	9.11	11.14	3.04	44.55	5.06	1.01
Sour Pineapple Dried Fruit	1 EACH	140	0	0	1.00	36.00	0.00	0	4.80	32.00	1.00	35.00	0.00	0.00
1% Milk	1 EACH	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[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.

## Middle & QA Breakfast

Friday, Sep 24, 2021

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
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Croissant w/Strawberry Jam	1 EACH	255	5	300	2.00	1.80	20.00	0	0.00	13.10	6.00	39.11	9.00	3.50
Diced Peaches Cupped	1 EACH	51	0	4	4.00	0.00	20.00	0	0.00	7.20	0.40	12.00	0.00	0.00
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	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

[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.

## Middle & QA Breakfast

Monday, Sep 27, 2021

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
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt with Grahams Bk-4 oz.	1 EACH	355	4	293	3.08	1.99	621.42	681	1.67	31.82	7.28	61.08	8.97	1.10
Apple Juice	EACH	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	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

[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.

## Middle & QA Breakfast

Tuesday, Sep 28, 2021

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
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Honeynut Cherrios	1 EACH	210	0	320	4.00	5.40	150.00	750	9.00	19.00	5.00	45.00	2.50	0.50
Nectarine	EACH	68	0	0	2.67	0.36	9.89	494	0.00	11.86	1.68	15.82	0.50	0.00
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	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.

## Middle & QA Breakfast

Wednesday, Sep 29, 2021

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
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Concha	1 EACH	200	0	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Pears, Diced Cupped	SVG	59	0	5	1.96	0.00	0.00	0	0.00	11.78	0.00	15.70	0.00	0.00
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	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

[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.

# Middle & QA Breakfast

Thursday, Sep 30, 2021

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
GRAB & GO MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Cinnamon BK Round	1 EACH	283	10	243	4.05	1.62	30.36	0	0.00	14.17	5.06	38.45	12.14	4.55
Apple Juice	EACH	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
Chocolate Milk	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	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

[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.