

Elementary Breakfast - Monday

Recipes	Portion Size	Calories	Cholesterol Mg	Sodium Mg	Dietary Fiber G	Iron Mg	Calcium Mg	Vitamin A IU	Vitamin C Mg	Protein G	Carbohydrate G	Total Fat G	Saturated Fat G
CEREAL ASSORTED	1 EACH	97	0	155	1.00	4.20	73.33	0	4.40	1.33	19.00	1.67	0.02
French Toast	1 EACH	240	135	350	0.00	0.36	580.00	0	0.00	9.00	34.00	8.00	1.50
BREAKFAST PIZZA-TONY'S	1 EACH	227	14	628	1.10	1.75	139.68	281	0.42	9.41	22.51	11.60	3.37
EGGS, SCRAMBLED	2 OZ	91	223	253	0.00	8.10	34.42	334	0.00	6.07	2.02	6.07	2.02
SAUSAGE LINK 1 oz	1 LINK	70	20	250	0.00	.360	0.00	0	0.00	4.00	0.00	5	2
ORANGES	1 EACH	62	0	0	3.14	0.13	52.40	269	69.69	1.23	15.39	0.16	0.02
Juice- Apple and Orange	4 OZ	60	0	20	0.00	0.00	0.00	0	24.00	0.50	14.50	0.00	0.00
SYRUP PANCAKE	Package	120	0	30	0.00	0.00	0.00	0	0.00	0.00	29.95	0.00	0.00
KETCHUP PACKET	1 EACH	10	0	100	0.00	0.00	0.00	0	0.00	0.00	2.00	0.00	0.00
Salsa-Picante Mild	2 OZ	19	0	454	0.00	0.00	0.00	189	6.80	0.00	3.78	0.00	0.00
MILK 1% CHOCOLATE 1/2 PINT	1/2 PT	160	10	210	0.00	0.00	300.00	0	0.00	8.00	26.00	2.50	1.50
MILK 1% STRAWBERRY 1/2 PINT	1/2 PT	160	10	115	0.00	1.08	300.00	500	2.40	7.00	27.00	2.50	1.50
MILK 2% 1/2 PT	1/2 PT	120	20	125	0.00	0.00	0.00	0	0.00	0.00	0.00	5.00	3.00

Breakfast Continue ▼

Elementary Breakfast - Tuesday

Recipes	Portion Size	Calories	Cholesterol Mg	Sodium Mg	Dietary Fiber G	Iron Mg	Calcium Mg	Vitamin A IU	Vitamin C Mg	Protein G	Carbohydrate G	Total Fat G	Saturated Fat G
CEREAL ASSORTED	1 EACH	97	0	155	1.00	4.20	73.33	0	4.40	1.33	19.00	1.67	0.02
BREAKFAST TACO	2 ounce	193	195	532	0.61	1.58	122.87	355	0.00	9.83	12.57	11.13	4.11
DONUT	1 EACH	240	0	221	1.00	1.36	11.43	56	0.00	4.11	29.94	11.01	2.00
EGG-BOILED	1 EACH	75	213	63	0.00	0.60	25.00	280	0.00	6.30	0.55	5.25	1.60
Sausage Turkey Patties	1 each	57	25	168	0.00	0.59	16.37	41	0.49	6.14	0.00	3.68	1.02
Apples	1 each	81	0	0	3.73	0.25	9.66	73	7.87	0.26	21.04	0.00	0.00
Juice- Apple and Orange	4 OZ	60	0	20	0.00	0.00	0.00	0	24.00	0.50	14.50	0.00	0.00
KETCHUP PACKET	1 EACH	10	0	100	0.00	0.00	0.00	0	0.00	0.00	2.00	0.00	0.00
MILK 1% CHOCOLATE 1/2 PINT	1/2 PT	160	10	210	0.00	0.00	300.00	0	0.00	8.00	26.00	2.50	1.50
MILK 1% STRAWBERRY 1/2 PINT	1/2 PT	160	10	115	0.00	1.08	300.00	500	2.40	7.00	27.00	2.50	1.50
MILK 2% 1/2 PT	1/2 PT	120	20	125	0.00	0.00	0.00	0	0.00	0.00	0.00	5.00	3.00

Breakfast Continue ▼

Elementary Breakfast - Wednesday

Recipes	Portion Size	Calories	Cholesterol Mg	Sodium Mg	Dietary Fiber G	Iron Mg	Calcium Mg	Vitamin A IU	Vitamin C Mg	Protein G	Carbohydrate G	Total Fat G	Saturated Fat G
CEREAL ASSORTED	1 EACH	97	0	155	1.00	4.20	73.33	0	4.40	1.33	19.00	1.67	0.02
Bagel w/ Sausage & Gravy	1 EACH	180	15	480	1.00	1.44	200.00	100	0.00	9.00	19.00	7.00	2.00
YOGURT, GO GURT	1 EACH	80	5	40	0.00	0.00	99.67	0	0.00	1.99	12.96	1.99	1.00
EGGS, SCRAMBLED	2 OZ	91	223	253	0.00	8.10	34.42	334	0.00	6.07	2.02	6.07	2.02
BACON	2 EACH	90	15	240	0.00	0.00	0.00	0	0.00	5.00	0.00	7.00	2.50
Banana	1 EACH	105	0	1	2.74	0.35	6.84	92	10.37	1.17	26.71	0.55	0.21
Juice- Apple and Orange	4 OZ	60	0	20	0.00	0.00	0.00	0	24.00	0.50	14.50	0.00	0.00
KETCHUP PACKET	1 EACH	10	0	100	0.00	0.00	0.00	0	0.00	0.00	2.00	0.00	0.00
Salsa-Picante Mild	2 OZ	19	0	454	0.00	0.00	0.00	189	6.80	0.00	3.78	0.00	0.00
MILK 1% CHOCOLATE 1/2 PINT	1/2 PT	160	10	210	0.00	0.00	300.00	0	0.00	8.00	26.00	2.50	1.50
MILK 1% STRAWBERRY 1/2 PINT	1/2 PT	160	10	115	0.00	1.08	300.00	500	2.40	7.00	27.00	2.50	1.50
MILK 2% 1/2 PT	1/2 PT	120	20	125	0.00	0.00	0.00	0	0.00	0.00	0.00	5.00	3.00

Breakfast Continue ▼

Elementary Breakfast - Thursday

Recipes	Portion Size	Calories	Cholesterol Mg	Sodium Mg	Dietary Fiber G	Iron Mg	Calcium Mg	Vitamin A IU	Vitamin C Mg	Protein G	Carbohydrate G	Total Fat G	Saturated Fat G
CEREAL ASSORTED	1 EACH	97	0	155	1.00	4.20	73.33	0	4.40	1.33	19.00	1.67	0.02
PANCAKE ON A STICK	1 EACH	210	26	455	0.00	0.63	0.00	0	0.00	6.12	19.25	12.25	6.12
HAM & CHEESE BREAKFAST SAND.	1 EACH	258	15	761	1.02	1.47	261.09	777	0.00	11.09	27.49	10.13	4.11
EGG-BOILED	1 EACH	75	213	63	0.00	0.60	25.00	280	0.00	6.30	0.55	5.25	1.60
SAUSAGE LINK 1 oz	1 LINK	70	20	250	0.00	.360	0.00	0	0.00	4.00	0.00	5	2
ORANGES	1 EACH	62	0	0	3.14	0.13	52.40	269	69.69	1.23	15.39	0.16	0.02
Juice- Apple and Orange	4 OZ	60	0	20	0.00	0.00	0.00	0	24.00	0.50	14.50	0.00	0.00
SYRUP PANCAKE	Package	120	0	30	0.00	0.00	0.00	0	0.00	0.00	29.95	0.00	0.00
MILK 1% CHOCOLATE 1/2 PINT	1/2 PT	160	10	210	0.00	0.00	300.00	0	0.00	8.00	26.00	2.50	1.50
MILK 1% STRAWBERRY 1/2 PINT	1/2 PT	160	10	115	0.00	1.08	300.00	500	2.40	7.00	27.00	2.50	1.50
MILK 2% 1/2 PT	1/2 PT	120	20	125	0.00	0.00	0.00	0	0.00	0.00	0.00	5.00	3.00

Breakfast Continue ▼

Elementary Breakfast - Friday

Recipes	Portion Size	Calories	Cholesterol Mg	Sodium Mg	Dietary Fiber G	Iron Mg	Calcium Mg	Vitamin A IU	Vitamin C Mg	Protein G	Carbohydrate G	Total Fat G	Saturated Fat G
CEREAL ASSORTED	1 EACH	97	0	155	1.00	4.20	73.33	0	4.40	1.33	19.00	1.67	0.02
CINNAMON ROLL W/ ICING	1 EACH	190	0	182	1.00	0.00	6.20	10	0.00	4.17	37.41	3.01	0.51
MORNING SAUSAGE ROLL	1 EACH	89	6	178	0.00	0.00	0.00	0	0.00	3.00	8.00	5.00	0.00
EGGS, SCRAMBLED	2 OZ	91	223	253	0.00	8.10	34.42	334	0.00	6.07	2.02	6.07	2.02
Sausage Turkey Patties	1 each	57	25	168	0.00	0.59	16.37	41	0.49	6.14	0.00	3.68	1.02
Banana	1 EACH	105	0	1	2.74	0.35	6.84	92	10.37	1.17	26.71	0.55	0.21
Juice- Apple and Orange	4 OZ	60	0	20	0.00	0.00	0.00	0	24.00	0.50	14.50	0.00	0.00
KETCHUP PACKET	1 EACH	10	0	100	0.00	0.00	0.00	0	0.00	0.00	2.00	0.00	0.00
MILK 1% CHOCOLATE 1/2 PINT	1/2 PT	160	10	210	0.00	0.00	300.00	0	0.00	8.00	26.00	2.50	1.50
MILK 1% STRAWBERRY 1/2 PINT	1/2 PT	160	10	115	0.00	1.08	300.00	500	2.40	7.00	27.00	2.50	1.50
MILK 2% 1/2 PT	1/2 PT	120	20	125	0.00	0.00	0.00	0	0.00	0.00	0.00	5.00	3.00