

Dutch Waffle	1 Each	300	13	3	0	20	350	43	3			4	0		0		40		1.8	
Syrup Sugar Free	1 Each	10	0	0	0	0	80	4	0			0			0		0		0	
Cinnamon Toast Crunch	1 Each	210	5	0.5	0	0	320	44	7			3	500		6		100		4.5	
Trix Cereal	1 Each	220	3	0.5	0	0	320	46	3	12		3	500		6		160		4.9	
Lucky Charms Cereal	1 Each	210	2.6	0.5	0	0	440	45	5			5			*N/...		200		5.6	
Cinnamon Chex	1 Each	230	5	1	0	0	340	46	3			3			0		100		14.4	
Very Berry Juice	1 Each	60	0	0	0	0	10	17	0	15		0	0		0		10		0	
Apple Slices	1 Each	30	0	0	0	0	0	7	1	5		0	0		39		0		0	
Whole Nectarine	1 Each	60	0.5	0	0	0	0	15	2	11		1	400		9		0		0.4	
Whole Peach	1 Each	60	0.5	0	0	0	0	15	2	13		1	300		9		0		0.4	
Whole Plum	1 Each	39	0	0	0	0	0	9	1	8		0	300		7.8		0		0.2	
Fruit Splash Raisels	1 Each	140	0	0	0	0	0	34	1	27		1	0		60		20		0.8	
Applesauce Cun	1 Each	51	0	0	0	0	2	14	1	11		0	0		0		0		0	

Tuesday Sep 2

Item Name	Portion Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Includes Added Su	Protein (g)	Vitamin A IU (IU)	Vitamin A RE (RE)	Vitamin C (mg)	Vitamin D (mg)	Calcium (mg)	Potassium (mg)	Iron (mg)	Special Meal Acc
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Breakfast Empanada	1 Each	230	5	2	0	80	230	37	2			12			0		81		2	
Cinnamon Toast Crunch	1 Each	210	5	0.5	0	0	320	44	7			3	500		6		100		4.5	
Trix Cereal	1 Each	220	3	0.5	0	0	320	46	3	12		3	500		6		160		4.9	
Lucky Charms Cereal	1 Each	210	2.6	0.5	0	0	440	45	5			5			*N/...		200		5.6	
Cinnamon Chex	1 Each	230	5	1	0	0	340	46	3			3			0		100		14.4	
Very Berry Juice	1 Each	60	0	0	0	0	10	17	0	15		0	0		0		10		0	
Apple Slices	1 Each	30	0	0	0	0	0	7	1	5		0	0		39		0		0	
Whole Nectarine	1 Each	60	0.5	0	0	0	0	15	2	11		1	400		9		0		0.4	
Whole Peach	1 Each	60	0.5	0	0	0	0	15	2	13		1	300		9		0		0.4	
Whole Plum	1 Each	39	0	0	0	0	0	9	1	8		0	300		7.8		0		0.2	
Fruit Solash Raisels	1 Each	140	0	0	0	0	0	34	1	27		1	0		60		20		0.8	

Wednesday Sep 3

Item Name	Portion Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Includes Added Su	Protein (g)	Vitamin A IU (IU)	Vitamin A RE (RE)	Vitamin C (mg)	Vitamin D (mg)	Calcium (mg)	Potassium (mg)	Iron (mg)	Special Meal Acc
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Oatmeal Choc Chip Bar	1 Each	290	9	3	0	20	240	47	3	22		5	0		0		20		1.8	
Cinnamon Toast Crunch	1 Each	210	5	0.5	0	0	320	44	7			3	500		6		100		4.5	
Trix Cereal	1 Each	220	3	0.5	0	0	320	46	3	12		3	500		6		160		4.9	
Lucky Charms Cereal	1 Each	210	2.6	0.5	0	0	440	45	5			5			*N/...		200		5.6	
Cinnamon Chex	1 Each	230	5	1	0	0	340	46	3			3			0		100		14.4	
Very Berry Juice	1 Each	60	0	0	0	0	10	17	0	15		0	0		0		10		0	
Apple Slices	1 Each	30	0	0	0	0	0	7	1	5		0	0		39		0		0	
Whole Nectarine	1 Each	60	0.5	0	0	0	0	15	2	11		1	400		9		0		0.4	
Whole Peach	1 Each	60	0.5	0	0	0	0	15	2	13		1	300		9		0		0.4	
Whole Plum	1 Each	39	0	0	0	0	0	9	1	8		0	300		7.8		0		0.2	
Fruit Solash Raisels	1 Each	140	0	0	0	0	0	34	1	27		1	0		60		20		0.8	

Thursday Sep 4

Item Name	Portion Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Includes Added Su	Protein (g)	Vitamin A IU (IU)	Vitamin A RE (RE)	Vitamin C (mg)	Vitamin D (mg)	Calcium (mg)	Potassium (mg)	Iron (mg)	Special Meal Acc
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Chicken Sausage & Cheese W	1 Each	190	8	4	0	55	330	23	1			9			0		50		1.1	
Cinnamon Toast Crunch	1 Each	210	5	0.5	0	0	320	44	7			3	500		6		100		4.5	
Trix Cereal	1 Each	220	3	0.5	0	0	320	46	3	12		3	500		6		160		4.9	
Lucky Charms Cereal	1 Each	210	2.6	0.5	0	0	440	45	5			5			*N/...		200		5.6	
Cinnamon Chex	1 Each	230	5	1	0	0	340	46	3			3			0		100		14.4	
Very Berry Juice	1 Each	60	0	0	0	0	10	17	0	15		0	0		0		10		0	
Apple Slices	1 Each	30	0	0	0	0	0	7	1	5		0	0		39		0		0	
Whole Nectarine	1 Each	60	0.5	0	0	0	0	15	2	11		1	400		9		0		0.4	
Whole Peach	1 Each	60	0.5	0	0	0	0	15	2	13		1	300		9		0		0.4	
Whole Plum	1 Each	39	0	0	0	0	0	9	1	8		0	300		7.8		0		0.2	
Fruit Solash Raisels	1 Each	140	0	0	0	0	0	34	1	27		1	0		60		20		0.8	

Friday Sep 5

Item Name	Portion Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Includes Added Su	Protein (g)	Vitamin A IU (IU)	Vitamin A RE (RE)	Vitamin C (mg)	Vitamin D (mg)	Calcium (mg)	Potassium (mg)	Iron (mg)	Special Meal Acc
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Biscuit	1 Each	210	10	6	0	0	370	26	2	3		1	0		0		100		1.5	
Egg Patty	1 Each	50	3	1	0	120	50	1	0			4	300		0		23		1	
Chicken Sausage Patty	1 Each	100	6	1.5	0	40	250	1	0	0		11	0		0		10		1	
Cinnamon Toast Crunch	1 Each	210	5	0.5	0	0	320	44	7			3	500		6		100		4.5	
Trix Cereal	1 Each	220	3	0.5	0	0	320	46	3	12		3	500		6		160		4.9	
Lucky Charms Cereal	1 Each	210	2.6	0.5	0	0	440	45	5			5			*N/...		200		5.6	
Cinnamon Chex	1 Each	230	5	1	0	0	340	46	3			3			0		100		14.4	
Very Berry Juice	1 Each	60	0	0	0	0	10	17	0	15		0	0		0		10		0	
Apple Slices	1 Each	30	0	0	0	0	0	7	1	5		0	0		39		0		0	
Whole Nectarine	1 Each	60	0.5	0	0	0	0	15	2	11		1	400		9		0		0.4	
Whole Peach	1 Each	60	0.5	0	0	0	0	15	2	13		1	300		9		0		0.4	
Whole Plum	1 Each	39	0	0	0	0	0	9	1	8		0	300		7.8		0		0.2	
Fruit Splash Raisels	1 Each	140	0	0	0	0	0	34	1	27		1	0		60		20		0.8	

Monday Sep 8

Item Name	Portion Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Includes Added Su	Protein (g)	Vitamin A IU (IU)	Vitamin A RE (RE)	Vitamin C (mg)	Vitamin D (mg)	Calcium (mg)	Potassium (mg)	Iron (mg)	Special Meal Acc
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Blueberry Muffin	1 Each	357	14	1.5	0	33.2	18...	55.4	3.3			4.6	0		0		97.5		1.8	
Cinnamon Toast Crunch	1 Each	210	5	0.5	0	0	320	44	7			3	500		6		100		4.5	
Trix Cereal	1 Each	220	3	0.5	0	0	320	46	3	12		3	500		6		160		4.9	
Lucky Charms Cereal	1 Each	210	2.6	0.5	0	0	440	45	5			5			*N/...		200		5.6	
Cinnamon Chex	1 Each	230	5	1	0	0	340	46	3			3			0		100		14.4	
Very Berry Juice	1 Each	60	0	0	0	0	10	17	0	15		0	0		0		10		0	
Apple Slices	1 Each	30	0	0	0	0	0	7	1	5		0	0		39		0		0	
Whole Nectarine	1 Each	60	0.5	0	0	0	0	15	2	11		1	400		9		0		0.4	
Whole Peach	1 Each	60	0.5	0	0	0	0	15	2	13		1	300		9		0		0.4	
Whole Plum	1 Each	39	0	0	0	0	0	9	1	8		0	300		7.8		0		0.2	
Fruit Solash Raisels	1 Each	140	0	0	0	0	0	34	1	27		1	0		60		20		0.8	

Tuesday Sep 9

Item Name	Portion Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Includes Added Su	Protein (g)	Vitamin A IU (IU)	Vitamin A RE (RE)	Vitamin C (mg)	Vitamin D (mg)	Calcium (mg)	Potassium (mg)	Iron (mg)	Special Meal Acc
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Oatmeal Choc Chip Bar	1 Each	290	9	3	0	20	240	47	3	22		5	0		0		20		1.8	
Cinnamon Toast Crunch	1 Each	210	5	0.5	0	0	320	44	7			3	500		6		100		4.5	
Trix Cereal	1 Each	220	3	0.5	0	0	320	46	3	12		3	500		6		160		4.9	
Lucky Charms Cereal	1 Each	210	2.6	0.5	0	0	440	45	5			5			*N/...		200		5.6	
Cinnamon Chex	1 Each	230	5	1	0	0	340	46	3			3			0		100		14.4	
Very Berry Juice	1 Each	60	0	0	0	0	10	17	0	15		0	0		0		10		0	
Apple Slices	1 Each	30	0	0	0	0	0	7	1	5		0	0		39		0		0	
Whole Nectarine	1 Each	60	0.5	0	0	0	0	15	2	11		1	400		9		0		0.4	
Whole Peach	1 Each	60	0.5	0	0	0	0	15	2	13		1	300		9		0		0.4	
Whole Plum	1 Each	39	0	0	0	0	0	9	1	8		0	300		7.8		0		0.2	
Fruit Solash Raisels	1 Each	140	0	0	0	0	0	34	1	27		1	0		60		20		0.8	

Thursday Sep 11

Item Name	Portion Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Includes Added Su	Protein (g)	Vitamin A IU (IU)	Vitamin A RE (RE)	Vitamin C (mg)	Vitamin D (mg)	Calcium (mg)	Potassium (mg)	Iron (mg)	Special Meal Acc
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French Toast	1 Each	240	7	1	0	10	260	38	2	12		6	0		0		21		0.6	
Syrup Sugar Free	1 Each	10	0	0	0	0	80	4	0			0			0		0		0	
Cinnamon Toast Crunch	1 Each	210	5	0.5	0	0	320	44	7			3	500		6		100		4.5	
Trix Cereal	1 Each	220	3	0.5	0	0	320	46	3	12		3	500		6		160		4.9	
Lucky Charms Cereal	1 Each	210	2.6	0.5	0	0	440	45	5			5			*N/...		200		5.6	
Cinnamon Chex	1 Each	230	5	1	0	0	340	46	3			3			0		100		14.4	
Very Berry Juice	1 Each	60	0	0	0	0	10	17	0	15		0	0		0		10		0	
Apple Slices	1 Each	30	0	0	0	0	0	7	1	5		0	0		39		0		0	
Whole Nectarine	1 Each	60	0.5	0	0	0	0	15	2	11		1	400		9		0		0.4	
Whole Peach	1 Each	60	0.5	0	0	0	0	15	2	13		1	300		9		0		0.4	
Whole Plum	1 Each	39	0	0	0	0	0	9	1	8		0	300		7.8		0		0.2	
Fruit Solash Raisels	1 Each	140	0	0	0	0	0	34	1	27		1	0		60		20		0.8	

Friday Sep 12

Item Name	Portion Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Includes Added Su	Protein (g)	Vitamin A IU (IU)	Vitamin A RE (RE)	Vitamin C (mg)	Vitamin D (mg)	Calcium (mg)	Potassium (mg)	Iron (mg)	Special Meal Acc
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Assorted Concha	1 Each	200	6	1.5	0	5	90	34	2	8		5	0		0		40		1.8	
Cinnamon Toast Crunch	1 Each	210	5	0.5	0	0	320	44	7			3	500		6		100		4.5	
Trix Cereal	1 Each	220	3	0.5	0	0	320	46	3	12		3	500		6		160		4.9	
Lucky Charms Cereal	1 Each	210	2.6	0.5	0	0	440	45	5			5			*N/...		200		5.6	
Cinnamon Chex	1 Each	230	5	1	0	0	340	46	3			3			0		100		14.4	
Very Berry Juice	1 Each	60	0	0	0	0	10	17	0	15		0	0		0		10		0	
Apple Slices	1 Each	30	0	0	0	0	0	7	1	5		0	0		39		0		0	
Whole Nectarine	1 Each	60	0.5	0	0	0	0	15	2	11		1	400		9		0		0.4	
Whole Peach	1 Each	60	0.5	0	0	0	0	15	2	13		1	300		9		0		0.4	
Whole Plum	1 Each	39	0	0	0	0	0	9	1	8		0	300		7.8		0		0.2	
Fruit Solash Raisels	1 Each	140	0	0	0	0	0	34	1	27		1	0		60		20		0.8	

Monday Sep 15

Item Name	Portion Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Includes Added Su	Protein (g)	Vitamin A IU (IU)	Vitamin A RE (RE)	Vitamin C (mg)	Vitamin D (mg)	Calcium (mg)	Potassium (mg)	Iron (mg)	Special Meal Acc
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Double Cocoa Muffin	1 Each	409	17.1	3	0	35.4	19...	62.7	4.2			5.5			*N/...		10...		2.4	
Cinnamon Toast Crunch	1 Each	210	5	0.5	0	0	320	44	7			3	500		6		100		4.5	
Trix Cereal	1 Each	220	3	0.5	0	0	320	46	3	12		3	500		6		160		4.9	
Lucky Charms Cereal	1 Each	210	2.6	0.5	0	0	440	45	5			5			*N/...		200		5.6	
Cinnamon Chex	1 Each	230	5	1	0	0	340	46	3			3			0		100		14.4	
Very Berry Juice	1 Each	60	0	0	0	0	10	17	0	15		0	0		0		10		0	
Apple Slices	1 Each	30	0	0	0	0	0	7	1	5		0	0		39		0		0	
Whole Nectarine	1 Each	60	0.5	0	0	0	0	15	2	11		1	400		9		0		0.4	
Whole Peach	1 Each	60	0.5	0	0	0	0	15	2	13		1	300		9		0		0.4	
Whole Plum	1 Each	39	0	0	0	0	0	9	1	8		0	300		7.8		0		0.2	
Fruit Solash Raisels	1 Each	140	0	0	0	0	0	34	1	27		1	0		60		20		0.8	

Tuesday Sep 16

Item Name	Portion Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Includes Added Su	Protein (g)	Vitamin A IU (IU)	Vitamin A RE (RE)	Vitamin C (mg)	Vitamin D (mg)	Calcium (mg)	Potassium (mg)	Iron (mg)	Special Meal Acc
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Strawberry Parfait	1 Each	402	9.8	1.5	0	2.5	24...	73.4	5.2			7.5			76.2		11...		1.8	
Cinnamon Toast Crunch	1 Each	210	5	0.5	0	0	320	44	7			3	500		6		100		4.5	
Trix Cereal	1 Each	220	3	0.5	0	0	320	46	3	12		3	500		6		160		4.9	
Lucky Charms Cereal	1 Each	210	2.6	0.5	0	0	440	45	5			5			*N/...		200		5.6	
Cinnamon Chex	1 Each	230	5	1	0	0	340	46	3			3			0		100		14.4	
Very Berry Juice	1 Each	60	0	0	0	0	10	17	0	15		0	0		0		10		0	
Apple Slices	1 Each	30	0	0	0	0	0	7	1	5		0	0		39		0		0	
Whole Nectarine	1 Each	60	0.5	0	0	0	0	15	2	11		1	400		9		0		0.4	
Whole Peach	1 Each	60	0.5	0	0	0	0	15	2	13		1	300		9		0		0.4	
Whole Plum	1 Each	39	0	0	0	0	0	9	1	8		0	300		7.8		0		0.2	
Fruit Solash Raisels	1 Each	140	0	0	0	0	0	34	1	27		1	0		60		20		0.8	

Wednesday Sep 17

Item Name	Portion Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Includes Added Su	Protein (g)	Vitamin A IU (IU)	Vitamin A RE (RE)	Vitamin C (mg)	Vitamin D (mg)	Calcium (mg)	Potassium (mg)	Iron (mg)	Special Meal Acc
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Oatmeal Choc Chip Bar	1 Each	290	9	3	0	20	240	47	3	22		5	0		0		20		1.8	
Cinnamon Toast Crunch	1 Each	210	5	0.5	0	0	320	44	7			3	500		6		100		4.5	
Trix Cereal	1 Each	220	3	0.5	0	0	320	46	3	12		3	500		6		160		4.9	
Lucky Charms Cereal	1 Each	210	2.6	0.5	0	0	440	45	5			5			*N/...		200		5.6	
Cinnamon Chex	1 Each	230	5	1	0	0	340	46	3			3			0		100		14.4	
Very Berry Juice	1 Each	60	0	0	0	0	10	17	0	15		0	0		0		10		0	
Apple Slices	1 Each	30	0	0	0	0	0	7	1	5		0	0		39		0		0	
Whole Nectarine	1 Each	60	0.5	0	0	0	0	15	2	11		1	400		9		0		0.4	
Whole Peach	1 Each	60	0.5	0	0	0	0	15	2	13		1	300		9		0		0.4	
Whole Plum	1 Each	39	0	0	0	0	0	9	1	8		0	300		7.8		0		0.2	
Fruit Solash Raisels	1 Each	140	0	0	0	0	0	34	1	27		1	0		60		20		0.8	

Thursday Sep 18

Item Name	Portion Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Includes Added Su	Protein (g)	Vitamin A IU (IU)	Vitamin A RE (RE)	Vitamin C (mg)	Vitamin D (mg)	Calcium (mg)	Potassium (mg)	Iron (mg)	Special Meal Acc
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Breakfast Nachos	1 3 oz	287	17.6	3	0	170	63...	22.3	0	2		10.1	6		0		26.3		4.7	
Cinnamon Toast Crunch	1 Each	210	5	0.5	0	0	320	44	7			3	500		6		100		4.5	
Trix Cereal	1 Each	220	3	0.5	0	0	320	46	3	12		3	500		6		160		4.9	
Lucky Charms Cereal	1 Each	210	2.6	0.5	0	0	440	45	5			5			*N/...		200		5.6	
Cinnamon Chex	1 Each	230	5	1	0	0	340	46	3			3			0		100		14.4	
Very Berry Juice	1 Each	60	0	0	0	0	10	17	0	15		0	0		0		10		0	
Apple Slices	1 Each	30	0	0	0	0	0	7	1	5		0	0		39		0		0	
Whole Nectarine	1 Each	60	0.5	0	0	0	0	15	2	11		1	400		9		0		0.4	
Whole Peach	1 Each	60	0.5	0	0	0	0	15	2	13		1	300		9		0		0.4	
Whole Plum	1 Each	39	0	0	0	0	0	9	1	8		0	300		7.8		0		0.2	
Fruit Solash Raisels	1 Each	140	0	0	0	0	0	34	1	27		1	0		60		20		0.8	

Friday Sep 19

Item Name	Portion Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Includes Added Su	Protein (g)	Vitamin A IU (IU)	Vitamin A RE (RE)	Vitamin C (mg)	Vitamin D (mg)	Calcium (mg)	Potassium (mg)	Iron (mg)	Special Meal Acc
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Breakfast Scrambler	1 Each	230	9	4	0	85	390	31	3			10			0		80		2.1	
Cinnamon Toast Crunch	1 Each	210	5	0.5	0	0	320	44	7			3	500		6		100		4.5	
Trix Cereal	1 Each	220	3	0.5	0	0	320	46	3	12		3	500		6		160		4.9	
Lucky Charms Cereal	1 Each	210	2.6	0.5	0	0	440	45	5			5			*N/...		200		5.6	
Cinnamon Chex	1 Each	230	5	1	0	0	340	46	3			3			0		100		14.4	
Very Berry Juice	1 Each	60	0	0	0	0	10	17	0	15		0	0		0		10		0	
Apple Slices	1 Each	30	0	0	0	0	0	7	1	5		0	0		39		0		0	
Whole Nectarine	1 Each	60	0.5	0	0	0	0	15	2	11		1	400		9		0		0.4	
Whole Peach	1 Each	60	0.5	0	0	0	0	15	2	13		1	300		9		0		0.4	
Whole Plum	1 Each	39	0	0	0	0	0	9	1	8		0	300		7.8		0		0.2	
Fruit Splash Raisels	1 Each	140	0	0	0	0	0	34	1	27		1	0		60		20		0.8	

Monday Sep 22

Item Name	Portion Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Includes Added Su	Protein (g)	Vitamin A IU (IU)	Vitamin A RE (RE)	Vitamin C (mg)	Vitamin D (mg)	Calcium (mg)	Potassium (mg)	Iron (mg)	Special Meal Acc
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Lemon Muffin	1 Each	384	14.7	1.6	0	35.1	19...	59.4	2.7			4.8	0		0		14.9		1.7	
Cinnamon Toast Crunch	1 Each	210	5	0.5	0	0	320	44	7			3	500		6		100		4.5	
Trix Cereal	1 Each	220	3	0.5	0	0	320	46	3	12		3	500		6		160		4.9	
Lucky Charms Cereal	1 Each	210	2.6	0.5	0	0	440	45	5			5			*N/...		200		5.6	
Cinnamon Chex	1 Each	230	5	1	0	0	340	46	3			3			0		100		14.4	
Very Berry Juice	1 Each	60	0	0	0	0	10	17	0	15		0	0		0		10		0	
Apple Slices	1 Each	30	0	0	0	0	0	7	1	5		0	0		39		0		0	
Whole Nectarine	1 Each	60	0.5	0	0	0	0	15	2	11		1	400		9		0		0.4	
Whole Peach	1 Each	60	0.5	0	0	0	0	15	2	13		1	300		9		0		0.4	
Whole Plum	1 Each	39	0	0	0	0	0	9	1	8		0	300		7.8		0		0.2	
Fruit Solash Raisels	1 Each	140	0	0	0	0	0	34	1	27		1	0		60		20		0.8	

Tuesday Sep 23

Item Name	Portion Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Includes Added Su	Protein (g)	Vitamin A IU (IU)	Vitamin A RE (RE)	Vitamin C (mg)	Vitamin D (mg)	Calcium (mg)	Potassium (mg)	Iron (mg)	Special Meal Acc
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*Breakfast Bowl	1 Each	299	15.4	4.7	0	170	69...	28	2			10.7			0		42		5.3	
Cinnamon Toast Crunch	1 Each	210	5	0.5	0	0	320	44	7			3	500		6		100		4.5	
Trix Cereal	1 Each	220	3	0.5	0	0	320	46	3	12		3	500		6		160		4.9	
Lucky Charms Cereal	1 Each	210	2.6	0.5	0	0	440	45	5			5			*N/...		200		5.6	
Cinnamon Chex	1 Each	230	5	1	0	0	340	46	3			3			0		100		14.4	
Very Berry Juice	1 Each	60	0	0	0	0	10	17	0	15		0	0		0		10		0	
Apple Slices	1 Each	30	0	0	0	0	0	7	1	5		0	0		39		0		0	
Whole Nectarine	1 Each	60	0.5	0	0	0	0	15	2	11		1	400		9		0		0.4	
Whole Peach	1 Each	60	0.5	0	0	0	0	15	2	13		1	300		9		0		0.4	
Whole Plum	1 Each	39	0	0	0	0	0	9	1	8		0	300		7.8		0		0.2	
Fruit Solash Raisels	1 Each	140	0	0	0	0	0	34	1	27		1	0		60		20		0.8	

Wednesday Sep 24

Item Name	Portion Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Includes Added Su	Protein (g)	Vitamin A IU (IU)	Vitamin A RE (RE)	Vitamin C (mg)	Vitamin D (mg)	Calcium (mg)	Potassium (mg)	Iron (mg)	Special Meal Acc
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Oatmeal Choc Chip Bar	1 Each	290	9	3	0	20	240	47	3	22		5	0		0		20		1.8	
Cinnamon Toast Crunch	1 Each	210	5	0.5	0	0	320	44	7			3	500		6		100		4.5	
Trix Cereal	1 Each	220	3	0.5	0	0	320	46	3	12		3	500		6		160		4.9	
Lucky Charms Cereal	1 Each	210	2.6	0.5	0	0	440	45	5			5			*N/...		200		5.6	
Cinnamon Chex	1 Each	230	5	1	0	0	340	46	3			3			0		100		14.4	
Very Berry Juice	1 Each	60	0	0	0	0	10	17	0	15		0	0		0		10		0	
Apple Slices	1 Each	30	0	0	0	0	0	7	1	5		0	0		39		0		0	
Whole Nectarine	1 Each	60	0.5	0	0	0	0	15	2	11		1	400		9		0		0.4	
Whole Peach	1 Each	60	0.5	0	0	0	0	15	2	13		1	300		9		0		0.4	
Whole Plum	1 Each	39	0	0	0	0	0	9	1	8		0	300		7.8		0		0.2	
Fruit Solash Raisels	1 Each	140	0	0	0	0	0	34	1	27		1	0		60		20		0.8	

Thursday Sep 25

Item Name	Portion Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Includes Added Su	Protein (g)	Vitamin A IU (IU)	Vitamin A RE (RE)	Vitamin C (mg)	Vitamin D (mg)	Calcium (mg)	Potassium (mg)	Iron (mg)	Special Meal Acc
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Pancakes w/Cinnamon Glaze	1 Each	220	7	1.5	0	10	260	35	2	11		4	0		0		10		8	
Syrup Sugar Free	1 Each	10	0	0	0	0	80	4	0			0			0		0		0	
Cinnamon Toast Crunch	1 Each	210	5	0.5	0	0	320	44	7			3	500		6		100		4.5	
Trix Cereal	1 Each	220	3	0.5	0	0	320	46	3	12		3	500		6		160		4.9	
Lucky Charms Cereal	1 Each	210	2.6	0.5	0	0	440	45	5			5			*N/...		200		5.6	
Cinnamon Chex	1 Each	230	5	1	0	0	340	46	3			3			0		100		14.4	
Very Berry Juice	1 Each	60	0	0	0	0	10	17	0	15		0	0		0		10		0	
Apple Slices	1 Each	30	0	0	0	0	0	7	1	5		0	0		39		0		0	
Whole Nectarine	1 Each	60	0.5	0	0	0	0	15	2	11		1	400		9		0		0.4	
Whole Peach	1 Each	60	0.5	0	0	0	0	15	2	13		1	300		9		0		0.4	
Whole Plum	1 Each	39	0	0	0	0	0	9	1	8		0	300		7.8		0		0.2	
Fruit Splash Raisels	1 Each	140	0	0	0	0	0	34	1	27		1	0		60		20		0.8	

Friday Sep 26

Item Name	Portion Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Includes Added Su	Protein (g)	Vitamin A IU (IU)	Vitamin A RE (RE)	Vitamin C (mg)	Vitamin D (mg)	Calcium (mg)	Potassium (mg)	Iron (mg)	Special Meal Acc
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Chorizo Breakfast Burrito	1 Each	210	9	3	0	65	340	22	3	3	0	10	10		2	0	15	0	10	
Cinnamon Toast Crunch	1 Each	210	5	0.5	0	0	320	44	7			3	500		6		100		4.5	
Trix Cereal	1 Each	220	3	0.5	0	0	320	46	3	12		3	500		6		160		4.9	
Lucky Charms Cereal	1 Each	210	2.6	0.5	0	0	440	45	5			5			*N/...		200		5.6	
Cinnamon Chex	1 Each	230	5	1	0	0	340	46	3			3			0		100		14.4	
Very Berry Juice	1 Each	60	0	0	0	0	10	17	0	15		0	0		0		10		0	
Apple Slices	1 Each	30	0	0	0	0	0	7	1	5		0	0		39		0		0	
Whole Nectarine	1 Each	60	0.5	0	0	0	0	15	2	11		1	400		9		0		0.4	
Whole Peach	1 Each	60	0.5	0	0	0	0	15	2	13		1	300		9		0		0.4	
Whole Plum	1 Each	39	0	0	0	0	0	9	1	8		0	300		7.8		0		0.2	
Fruit Solash Raisels	1 Each	140	0	0	0	0	0	34	1	27		1	0		60		20		0.8	

Monday Sep 29

Item Name	Portion Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Includes Added Su	Protein (g)	Vitamin A IU (IU)	Vitamin A RE (RE)	Vitamin C (mg)	Vitamin D (mg)	Calcium (mg)	Potassium (mg)	Iron (mg)	Special Meal Acc
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Tuesday Sep 30

Item Name	Portion Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Includes Added Sugar	Protein (g)	Vitamin A IU (IU)	Vitamin A RE (RE)	Vitamin C (mg)	Vitamin D (mg)	Calcium (mg)	Potassium (mg)	Iron (mg)	Special Meal Accredited
Lucky Charms Cereal	1 Each	210	2.6	0.5	0	0	440	45	5			5		*N/A		200		5.6		
Cinnamon Chex	1 Each	230	5	1	0	0	340	46	3			3		0		100		14.4		
Very Berry Juice	1 Each	60	0	0	0	0	10	17	0	15		0	0	0		10		0		
Apple Slices	1 Each	30	0	0	0	0	0	7	1	5		0	0	39		0		0		
Whole Nectarine	1 Each	60	0.5	0	0	0	0	15	2	11		1	400	9		0		0.4		
Whole Peach	1 Each	60	0.5	0	0	0	0	15	2	13		1	300	9		0		0.4		
Whole Plum	1 Each	39	0	0	0	0	0	9	1	8		0	300	7.8		0		0.2		
Fruit Splash Raisels	1 Each	140	0	0	0	0	0	34	1	27		1	0	60		20		0.8		
Applesauce Cup	1 Each	51	0	0	0	0	2	14	1	11		0	0	0		0		0		
Peach Cup	1 Each	50	0	0	0	0	5	12	1	8		0	0	0		13		0.3		
1% White Milk	1 Each	130	2.5	1.5	0	15	160	16	0	15		11	150	0		380		0.2		
Chocolate Milk	1 Each	120	0	0	0	5	125	20	0			9	150	0		330		0.2		
Medical Meal	1 Each	*N/A	*N/A	*N/A	*N/A	*N/A	*N/A	*N/A	*N/A	*N/A		*N/A	*N/A	*N/A		*N/A		*N/A		