

# NUTRITION FACTS - BREAKFAST K TO 7<sup>TH</sup>

Recipe Description	Portion Size	Cals	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
BAGEL WHOLE WHEAT - 3.35 OZ	BAGEL	125	0	255	4	1.35	75	0	0	6	25.5	0.75	0.25	0
BANANA BREAD WG [K12]	1 EACH	116	23	199	1.34	0.71	8.8	43	0.93	2.44	25.49	0.84	0.26	0
BLUEBERRY BREAD WG [K12]	1 EACH	111	23	199	1.27	0.69	8.8	40	0.28	2.37	24.13	0.85	0.25	0
CHEERIOS WG	CUP (PKG)	23	0	36	0.6	2.1	25.4	209	1.37	0.77	4.64	0.43	0.09	0
CINN TOAST CRUNCH WG RS	CUP (PKG)	37	0	53	1	2.4	150	133	1.6	0.67	7	0.67	0	0
CREAM CHEESE	1 OZ	50	15	45	0	0	0	0	0	1	0.45	5	3	0
FRESH BANANA	1 EACH	25	0	0	0.73	0.07	1.4	18	2.45	0.31	6.42	0.09	0.03	0
FRESH CRISP APPLE	1 EACH	26	0	1	1.21	0.06	3	27	2.32	0.13	6.97	0.09	0.01	0
FRESH CRISP PEAR	1 EACH	40	0	1	2.15	0.12	6.3	16	2.92	0.26	10.74	0.08	0.01	0
FRESH NAVEL ORANGE	1 EACH	21	0	0	1.05	0.04	17.5	98	23.23	0.41	5.13	0.05	0	0
FROSTED FLAKES MULT RED SUG WG	BOWL	33	0	53	0.67	2.7	0	250	7	0.67	8	0	0	0
FROSTED MINI WHEATS CHOC WG	BOWL	33	0	35	1	2.7	0	0	0	1	7.67	0.33	0	0
FROSTED MINI WHEATS WG	CUP (PKG)	32	0	0	1.01	2.61	3.1	0	0	0.86	7.88	0.15	0.04	0
FRUIT LOOPS REDUCED SUGAR WG	BOWL	37	0	57	1	0.12	0	133	4	0.67	8	0.33	0.17	0
HONEY CINNAMON CHEX WG	1 CUP	61	0	117	0.02	3.7	41.4	205	2.48	0.83	14.37	0	0	0
JUICE BOX APPLE 100%	1 EACH	45	0	3	0	0	50	250	30	0	10.5	0	0	0
JUICE BOX FRUIT PUNCH 100%	1 EACH	50	0	12	0	0.18	50	250	30	0	12	0	0	0
JUICE BOX FRUITABLES 100%	1 EACH	13	0	8	0	0	0	167	20	0	3	0	0	0
JUICE BOX GRAPE 100%	1 EACH	55	0	10	0	0	50	0	30	0	14.5	0	0	0
JUICE BOX ORANGE TANGARIN 100%	1 EACH	50	0	10	0	0.27	50	250	30	0	12.5	0	0	0
PUMPKIN BREAD WG [K12]	1 EACH	111	23	199	1.42	0.73	9.6	1000	0.19	2.47	23.92	0.84	0.25	0
RICE KRISPIES WG	BOWL	33	0	57	0.3	2.7	0	333	4	0.67	7.67	0.17	0	0
SKIM MILK 100% FAT FREE	1 EACH	45	2	63	0	0	150	250	1.2	4	6.5	0	0	0
WHITE MILK 99% FAT FREE	1 EACH	55	5	63	0	0	150	250	0.6	4	6.5	1.25	0.75	0