

Date	Day	Menu Item	Calories (kcal)	Sodium (mg)	Fiber (g)	Protein (g)	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)
3/1/23	Wednesday	Cinnamon Roll	210.00	220.00	2.00	4.00	33.00	8.00	1.50	0.00
3/2/23	Thursday	Scrambled Egg Breakfast Sandwich	230.00	380.00	5.26	9.00	30.00	9.50	2.00	0.00
3/3/23	Friday	Blueberry Muffin	180.00	95.00	1.00	4.00	21.00	9.00	1.50	0.00
3/6/23	Monday	Banana Muffin	270.00	20.00	3.00	6.00	32.00	13.00	2.50	0.00
3/7/23	Tuesday	Pancake Stack	185.00	95.00	4.00	2.00	40.00	2.00	0.00	0.00
3/8/23	Wednesday	Pan Dulce	199.33	89.70	1.99	4.98	33.89	5.98	1.50	0.00
3/9/23	Thursday	Chicken Sausage Breakfast Sandwich	260.98	380.96	2.59	10.16	28.59	11.66	2.47	0.00
3/10/23	Friday	Cinnamon Delight	280.00	150.00	2.00	4.00	34.00	15.00	3.00	0.00
3/13/23	Monday	Mantecada	360.00	310.00	2.00	5.00	47.00	17.00	3.00	0.00
3/14/23	Tuesday	Breakfast Cheese Tamale	221.00	317.00	2.00	5.00	19.00	14.00	6.00	0.00
3/15/23	Wednesday	Apple Berry ZeeZee	250.00	80.00	3.00	4.00	41.00	8.00	2.00	0.00
3/16/23	Thursday	Mini Maple Eggo Waffles	190.00	210.00	4.00	4.00	36.00	5.00	1.50	0.00
3/17/23	Friday	Cranberry Oatmeal	320.00	95.00	4.00	5.00	53.00	10.00	4.00	0.00

Fruit										
		100% Fruit Juice	60.00	10.00	0.00	0.00	15.00	0.00	0.00	0.00
		Orange	61.57	0.00	3.14	1.23	15.39	0.16	0.02	0.00
		Banana	105.02	1.18	3.07	1.29	26.95	0.39	0.13	0.00
		Apple	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
		Apple Sauce	53.33	2.08	1.03	0.00	14.63	0.00	0.00	0.00

Cereal										
		Frosted Flakes w/ Cinnamon Grahams	220.00	265.00	3.00	4.00	45.00	4.00	1.00	0.00
		Apple Jacks w /Honey Grahams	220.00	265.00	4.00	4.00	45.00	5.00	1.50	0.00
		Cheerios w/ Cinnamon Grahams	220.00	145.00	4.00	5.00	41.00	6.00	1.00	0.00
		Fruit Loops w/ Honey Grahams	200.00	255.00	3.00	4.00	41.00	3.00	0.00	0.00
		Apple Jacks w /Honey Grahams	220.00	265.00	4.00	4.00	45.00	5.00	1.50	0.00

Milk										
		Fat Free White Milk	90.00	130.00	0.00	9.00	12.00	0.00	0.00	0.00
		Fat Free Chocolate Milk	120.00	100.00	0.00	8.00	22.00	0.00	0.00	0.00
		1% White Milk	120.00	135.00	0.00	10.00	16.00	2.50	1.50	0.00