

BREAKFAST 6-8

Mon - 10/06/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
CEREAL, 1 BOWL VARIETY	SERVING	93	0	138	88.33	20.83	0.83
CEREAL, 2 BOWL VARIETY	SERVING	210	0	395	8.10	47.50	1.00
APPLESAUCE, UNSWEETEN	1 CUP	60	0	10	0.00	15.00	0.00
BAR, CHERRY APPLE CRUN	1 EACH	240	0	180	20.00	37.00	8.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.00
NUTRI-GRAIN BAR, RASPBE	BAR	160	0	130	200.00	30.00	4.00
Tue - 10/07/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
CEREAL, 2 BOWL VARIETY	SERVING	210	0	395	8.10	47.50	1.00
BURRITO, BREAKFAST EGG/	1 EACH	190	95	300	80.00	25.00	6.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
STRING CHEESE	2 OZ	182	40	192	506.24	*N/A*	14.17
YOGURT, L'L YAMI VARIETY	4 OZ	130	15	46	100.00	18.17	5.00
4 BERRY BLEND FROZEN F	4 OZ	57	*N/A*	*N/A*	16.20	13.77	*N/A*
PEACHES, LIGHT SYRUP: 1/	1/2 C	140	0	20	0.00	34.00	0.00
MAXSTIX WHOLE GRAIN	1 EACH	150	5	390	150.00	16.00	7.00
Wed - 10/08/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
CEREAL, 1 BOWL VARIETY	SERVING	93	0	138	88.33	20.83	0.83
CEREAL, 2 BOWL VARIETY	SERVING	210	0	395	8.10	47.50	1.00
BANANA CHO CHUNK	2.5 OZ	280	15	220	*N/A*	47.91	7.99
FRUIT, MIXED, CND, LIGHT: 1/	1/2 C	144	0	15	15.20	37.60	0.00
JUICE CUP, VARIETY	1 EACH	50	0	0	5.00	13.50	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
POP TART, WHOLE GRAIN S	PASTRY	190	0	160	0.00	35.00	5.00
Thu - 10/09/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
CEREAL, 1 BOWL VARIETY	SERVING	93	0	138	88.33	20.83	0.83
QUESADILLA, BREAKFAST	1 EACH	212	78	553	184.27	29.48	5.53
OATMEAL WITH BROWN SU	6 OZ	185	*N/A*	14	510.29	39.12	1.70
PEARS, SLICED :1/2 C	1/2 C	160	0	10	0.00	40.00	0.00
STRAWBERRY CUP	1 EACH	122	0	4	14.00	33.05	0.17
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00
NUTRI-GRAIN BAR, RASPBE	BAR	160	0	130	200.00	30.00	4.00
CEREAL, 2 BOWL VARIETY	SERVING	210	0	395	8.10	47.50	1.00
Fri - 10/10/2014	Portion Size	Cals	Mg Cholst	Mg Sodm	Mg Calcm	G Carb	G T-Fat
PIZZA, BREAKFAST PIZZA S	SLICE	220	10	570	150.00	24.00	10.00
CEREAL, 1 BOWL VARIETY	SERVING	93	0	138	88.33	20.83	0.83
COOKIE, VANILLA BITES	1 OZ	110	*N/A*	91	120.00	19.00	3.00
CEREAL, 2 BOWL VARIETY	SERVING	210	0	395	8.10	47.50	1.00
4 BERRY BLEND FROZEN F	4 OZ	57	*N/A*	*N/A*	16.20	13.77	*N/A*
MANDARIN ORANGE SEGM	1/2 C	180	0	0	40.00	42.00	0.00
MILK DARIGOLD WHITE 1%	HALF PINT	110	15	130	300.00	13.00	2.50
MILK, DARIGOLD CHOC FF	HALF PINT	140	5	190	300.00	28.00	0.00

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.