

K - 12 BREAKFAST

Wed - 03/01/2017	Portion Size	G Carb
EGG & CHEESE BREAKFA	1 PACKAGE	16.72
CEREAL, APPLE JACKS, W	BOWL	24.00
CEREAL, CINNAMON TOA	1 EACH	22.00
CEREAL, RICE KRISPIES,	1 EACH	23.00
GRIPZ MINI GRAHAMS	1 POUCH	19.00
FRUIT, APPLESAUCE CUP	1 EACH	22.00
ORANGE JUICE 4 OZ	1 EACH	13.00
MILK,1% LOWFAT	HALF PINT	12.00
MILK,SKIM	HALF PINT	12.00

Thu - 03/02/2017	Portion Size	G Carb
MINI MAPLE PANCAKES	1 EACH	39.00
CEREAL, APPLE JACKS, W	BOWL	24.00
CEREAL, CINNAMON TOA	1 EACH	22.00
CEREAL, RICE KRISPIES,	1 EACH	23.00
HONEY GRAHAM CRACKE	1 EACH	18.00
RAISINS	Box	33.00
FRUIT, APPLE	1 EACH	16.00
MILK,1% LOWFAT	HALF PINT	12.00
MILK,SKIM	HALF PINT	12.00

Fri - 03/03/2017	Portion Size	G Carb
EGG & CHEESE TAC-GO	1 EACH	14.00
CEREAL, APPLE JACKS, W	BOWL	24.00
CEREAL, CINNAMON TOA	1 EACH	22.00
CEREAL, RICE KRISPIES,	1 EACH	23.00
GRIPZ MINI GRAHAMS	1 POUCH	19.00
APPLE JUICE 4 OZ	1 EACH	13.00
FRUIT, ORANGE WEDGES	ORANGE (WHOLE)	15.00
MILK,1% LOWFAT	HALF PINT	12.00
MILK,SKIM	HALF PINT	12.00

Mon - 03/06/2017	Portion Size	G Carb
CRACKERS, GOLDFISH, C	1 EACH	14.00
CHEESE, MOZZARELLA ST	1 PACKAGE	0.00
CEREAL, APPLE JACKS, W	BOWL	24.00
CEREAL, CINNAMON TOA	1 EACH	22.00
CEREAL, RICE KRISPIES,	1 EACH	23.00
GRIPZ MINI GRAHAMS	1 POUCH	19.00
GRAPE JUICE 4 OZ	1 EACH	19.00
FRUIT, APPLE	1 EACH	16.00
MILK,1% LOWFAT	HALF PINT	12.00
MILK,SKIM	HALF PINT	12.00

Tue - 03/07/2017	Portion Size	G Carb
TORNADO, EGG & SAUSA	1 EACH	21.01
CEREAL, APPLE JACKS, W	BOWL	24.00
CEREAL, CINNAMON TOA	1 EACH	22.00
CEREAL, RICE KRISPIES,	1 EACH	23.00
HONEY GRAHAM CRACKE	1 EACH	18.00
CRAISINS, CHRY	1 EACH	28.00
FRUIT, ORANGE WEDGES	ORANGE (WHOLE)	15.00
MILK,1% LOWFAT	HALF PINT	12.00
MILK,SKIM	HALF PINT	12.00

--	--	--

Wed - 03/08/2017	Portion Size	G Carb
BISCUIT, SAUSAGE & CHE	1 EACH	26.00
CEREAL, APPLE JACKS, W	BOWL	24.00
CEREAL, CINNAMON TOA	1 EACH	22.00
CEREAL, RICE KRISPIES,	1 EACH	23.00
GRIPZ MINI GRAHAMS	1 POUCH	19.00
FRUIT, APPLESAUCE CUP	1 EACH	22.00
ORANGE JUICE 4 OZ	1 EACH	13.00
MILK,1% LOWFAT	HALF PINT	12.00
MILK,SKIM	HALF PINT	12.00

Thu - 03/09/2017	Portion Size	G Carb
PANCAKES, BANANA, #406	1 EACH	37.00
CEREAL, APPLE JACKS, W	BOWL	24.00
CEREAL, CINNAMON TOA	1 EACH	22.00
CEREAL, RICE KRISPIES,	1 EACH	23.00
HONEY GRAHAM CRACKE	1 EACH	18.00
RAISINS	Box	33.00
FRUIT, APPLE	1 EACH	16.00
MILK,1% LOWFAT	HALF PINT	12.00
MILK,SKIM	HALF PINT	12.00

Fri - 03/10/2017	Portion Size	G Carb
LOAF, BLUEBERRY, MINI,	1 EACH	26.00
CEREAL, APPLE JACKS, W	BOWL	24.00
CEREAL, CINNAMON TOA	1 EACH	22.00
CEREAL, RICE KRISPIES,	1 EACH	23.00
GRIPZ MINI GRAHAMS	1 POUCH	19.00
APPLE JUICE 4 OZ	1 EACH	13.00
FRUIT, ORANGE WEDGES	ORANGE (WHOLE)	15.00
MILK,1% LOWFAT	HALF PINT	12.00
MILK,SKIM	HALF PINT	12.00

Mon - 03/20/2017	Portion Size	G Carb
SUPER DONUT	1 EACH	23.00
CEREAL, APPLE JACKS, W	BOWL	24.00
CEREAL, CINNAMON TOA	1 EACH	22.00
CEREAL, RICE KRISPIES,	1 EACH	23.00
GRIPZ MINI GRAHAMS	1 POUCH	19.00
GRAPE JUICE 4 OZ	1 EACH	19.00
FRUIT, APPLE	1 EACH	16.00
MILK,1% LOWFAT	HALF PINT	12.00
MILK,SKIM	HALF PINT	12.00

Tue - 03/21/2017	Portion Size	G Carb
FRENCH TOAST TRIPLE B	1 POUCH	37.00
CEREAL, APPLE JACKS, W	BOWL	24.00
CEREAL, CINNAMON TOA	1 EACH	22.00
CEREAL, RICE KRISPIES,	1 EACH	23.00
HONEY GRAHAM CRACKE	1 EACH	18.00
CRAISINS, CHRY	1 EACH	28.00
FRUIT, ORANGE WEDGES	ORANGE (WHOLE)	15.00
MILK,1% LOWFAT	HALF PINT	12.00
MILK,SKIM	HALF PINT	12.00

Wed - 03/22/2017	Portion Size	G Carb
APPLE FRUDEL	1 EACH	36.00
CEREAL, APPLE JACKS, W	BOWL	24.00

CEREAL, CINNAMON TOA	1 EACH	22.00
CEREAL, RICE KRISPIES,	1 EACH	23.00
GRIPZ MINI GRAHAMS	1 POUCH	19.00
FRUIT, APPLESAUCE CUP	1 EACH	22.00
ORANGE JUICE 4 OZ	1 EACH	13.00
MILK,1% LOWFAT	HALF PINT	12.00
MILK,SKIM	HALF PINT	12.00

Thu - 03/23/2017	Portion Size	G Carb
MAPLE TURKEY PANCAKE	1 EACH	17.00
CEREAL, APPLE JACKS, W	BOWL	24.00
CEREAL, CINNAMON TOA	1 EACH	22.00
CEREAL, RICE KRISPIES,	1 EACH	23.00
HONEY GRAHAM CRACKE	1 EACH	18.00
RAISINS	Box	33.00
FRUIT, APPLE	1 EACH	16.00
MILK,1% LOWFAT	HALF PINT	12.00
MILK,SKIM	HALF PINT	12.00

Fri - 03/24/2017	Portion Size	G Carb
BAGEL, WHOLE WHEAT	1 EACH	29.00
CREAM CHEESE, .75 OZ P	1 EACH	1.20
CEREAL, APPLE JACKS, W	BOWL	24.00
CEREAL, CINNAMON TOA	1 EACH	22.00
CEREAL, RICE KRISPIES,	1 EACH	23.00
GRIPZ MINI GRAHAMS	1 POUCH	19.00
APPLE JUICE 4 OZ	1 EACH	13.00
FRUIT, ORANGE WEDGES	ORANGE (WHOLE)	15.00
MILK,1% LOWFAT	HALF PINT	12.00
MILK,SKIM	HALF PINT	12.00

Mon - 03/27/2017	Portion Size	G Carb
CINNAMON BUN	1 EACH	38.00
CEREAL, APPLE JACKS, W	BOWL	24.00
CEREAL, CINNAMON TOA	1 EACH	22.00
CEREAL, RICE KRISPIES,	1 EACH	23.00
GRIPZ MINI GRAHAMS	1 POUCH	19.00
GRAPE JUICE 4 OZ	1 EACH	19.00
FRUIT, APPLE	1 EACH	16.00
MILK,1% LOWFAT	HALF PINT	12.00
MILK,SKIM	HALF PINT	12.00

Tue - 03/28/2017	Portion Size	G Carb
FRENCH TOAST MINI CINN	1 POUCH	37.00
CEREAL, APPLE JACKS, W	BOWL	24.00
CEREAL, CINNAMON TOA	1 EACH	22.00
CEREAL, RICE KRISPIES,	1 EACH	23.00
HONEY GRAHAM CRACKE	1 EACH	18.00
CRAISINS, CHRY	1 EACH	28.00
FRUIT, ORANGE WEDGES	ORANGE (WHOLE)	15.00
MILK,1% LOWFAT	HALF PINT	12.00
MILK,SKIM	HALF PINT	12.00

Wed - 03/29/2017	Portion Size	G Carb
EGG & CHEESE BREAKFA	1 PACKAGE	16.72
CEREAL, APPLE JACKS, W	BOWL	24.00
CEREAL, CINNAMON TOA	1 EACH	22.00
CEREAL, RICE KRISPIES,	1 EACH	23.00
GRIPZ MINI GRAHAMS	1 POUCH	19.00
FRUIT, APPLESAUCE CUP	1 EACH	22.00

ORANGE JUICE 4 OZ	1 EACH	13.00
MILK,1% LOWFAT	HALF PINT	12.00
MILK,SKIM	HALF PINT	12.00

Thu - 03/30/2017	Portion Size	G Carb
MINI MAPLE PANCAKES	1 EACH	39.00
CEREAL, APPLE JACKS, W	BOWL	24.00
CEREAL, CINNAMON TOA	1 EACH	22.00
CEREAL, RICE KRISPIES,	1 EACH	23.00
HONEY GRAHAM CRACKE	1 EACH	18.00
RAISINS	Box	33.00
FRUIT, APPLE	1 EACH	16.00
MILK,1% LOWFAT	HALF PINT	12.00
MILK,SKIM	HALF PINT	12.00

Fri - 03/31/2017	Portion Size	G Carb
EGG & CHEESE TAC-GO	1 EACH	14.00
CEREAL, APPLE JACKS, W	BOWL	24.00
CEREAL, CINNAMON TOA	1 EACH	22.00
CEREAL, RICE KRISPIES,	1 EACH	23.00
GRIPZ MINI GRAHAMS	1 POUCH	19.00
APPLE JUICE 4 OZ	1 EACH	13.00
FRUIT, ORANGE WEDGES	ORANGE (WHOLE)	15.00
MILK,1% LOWFAT	HALF PINT	12.00
MILK,SKIM	HALF PINT	12.00

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.