



OCTOBER

Breakfast



SCHOOL DISTRICT OF PHILADELPHIA

Monday	Tuesday	Wednesday	Thursday	Friday
September 30, 2019	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019
	BREAKFAST BURRITO ^ Taco Sauce VANILLA YOGURT Granola ^ Cherry Craisins Orange Juice 1% White Milk Fat Free Chocolate Milk	EGG & CHEESE BAGEL ^ APPLE DELIGHT CRUMBLE Fresh Banana Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk	PANCAKES ^ Syrup CHOCOLATE CHIP LOAF ^ Diced Pears Apple Juice 1% White Milk Fat Free Chocolate Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ CINNAMON TOAST CRUNCH ^ Animal Grahams ^ Diced Peaches Grape Juice 1% White Milk Fat Free Chocolate Milk
October 7, 2019	October 8, 2019	October 9, 2019	October 10, 2019	October 11, 2019
EGG & CHEESE ON AN ENGLISH MUFFIN MOZZARELLA CHEESE STICK Apple Breakfast Bar ^ Diced Peaches Orange Juice 1% White Milk Fat Free Chocolate Milk	Strawberry Pancake Square ^ Applesauce Cup Grape Juice 1% White Milk Fat Free Chocolate Milk FRENCH TOAST STICKS ^ Syrup RICE CHEX ^	NO SCHOOL	COLBY CHEESE OMELET Whole Wheat Bread STRAWBERRY BANANA YOGURT Granola ^ Fresh Banana Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk	BEEF SAUSAGE SLIDER ^ LEMON LOAF ^ Diced Pears Apple Juice 1% White Milk Fat Free Chocolate Milk
October 14, 2019	October 15, 2019	October 16, 2019	October 17, 2019	October 18, 2019
Granola ^ Applesauce Cup Orange Juice 1% White Milk Fat Free Chocolate Milk BREAKFAST BURRITO ^ Taco Sauce Vanilla Yogurt	EGG & CHEESE BAGEL ^ APPLE DELIGHT CRUMBLE Diced Pears Apple Juice 1% White Milk Fat Free Chocolate Milk	PANCAKES ^ Syrup PUMPKIN LOAF ^ Fresh Banana Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ MULTI GRAIN CHEERIOS ^ Maple Breakfast Square ^ Diced Peaches Grape Juice 1% White Milk Fat Free Chocolate Milk	WAFFLES ^ Syrup MOZZARELLA CHEESE STICK Cherry Breakfast Bar ^ Sliced Apples Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk Taco Sauce
October 21, 2019	October 22, 2019	October 23, 2019	October 24, 2019	October 25, 2019
BEEF SAUSAGE SLIDER ^ CHOCOLATE CHIP LOAF ^ Diced Peaches Orange Juice 1% White Milk Fat Free Chocolate Milk	CHICKEN BISCUIT ^ Honey CHEERIOS ^ Strawberry Pancake Square ^ Sliced Apples Grape Juice 1% White Milk Fat Free Chocolate Milk	EGG & CHEESE ON AN ENGLISH MUFFIN MOZZARELLA CHEESE STICK Cherry Breakfast Bar ^ Diced Pears Apple Juice 1% White Milk Fat Free Chocolate Milk	FRENCH TOAST STICKS ^ Syrup CORN CHEX ^ Vanilla Waffle Square ^ Fresh Banana Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk	COLBY CHEESE OMELET Whole Wheat Bread RASPBERRY YOGURT Granola ^ Applesauce Cup Grape Juice 1% White Milk Fat Free Chocolate Milk
October 28, 2019	October 29, 2019	October 30, 2019	October 31, 2019	November 1, 2019
TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ CINNAMON CHEX ^ Animal Grahams ^ Diced Pears Orange Juice 1% White Milk Fat Free Chocolate Milk	PANCAKES ^ Syrup PUMPKIN LOAF ^ Applesauce Cup Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk	Fat Free Chocolate Milk 1% White Milk BREAKFAST BURRITO ^ Taco Sauce STRAWBERRY YOGURT Granola ^ Fresh Banana Apple Juice	WAFFLES ^ Syrup MOZZARELLA CHEESE STICK Cherry Breakfast Bar ^ Sliced Apples Grape Juice 1% White Milk Fat Free Chocolate Milk Taco Sauce	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

www.preferredmeals.com



Nutritional Information: SCHOOL DISTRICT OF PHILADELPHIA

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
10-01-2019	BREAKFAST BURRITO ^	185	8	3	0	73	333	22	2	3	10	26	0	94	2	MMA:1oz G/B:1.25sv WG
	Taco Sauce	5	0	0	0	0	55	1	0	0	0	20	0	0	0	
	VANILLA YOGURT	80	0	0	0	5	60	16	0	13	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Cherry Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
10-02-2019	EGG & CHEESE BAGEL ^	257	7	2	0	110	430	37	3	2	14	34	15	132	2	MMA:1oz G/B:2sv WG
	APPLE DELIGHT CRUMBLE	280	7	2	0	40	340	53	4	28	6	30	0	40	2	G/B:2sv WG F:1/2c
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
10-03-2019	PANCAKES ^	130	2	0	0	5	240	26	3	6	4	0	0	63	1	G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	CHOCOLATE CHIP LOAF ^	307	10	2	0	0	311	53	3	22	5	0	0	50	1	G/B:2.25sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Apple Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
10-04-2019	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	202	7	3	0	28	390	24	2	2	11	30	0	174	1	MMA:1oz G/B:1.75sv WG
	CINNAMON TOAST CRUNCH ^	110	3	0	0	0	160	22	3	6	1	120	5	200	4	G/B:1sv WG
	Animal Grahams ^	120	4	0	0	0	55	20	2	6	2	0	0	113	1	G/B:1sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
10-07-2019	EGG & CHEESE ON AN ENGLISH MUFFIN	212	8	3	0	115	295	25	2	2	11	64	0	191	1	MMA:1.5oz G/B:2sv WG
	MOZZARELLA CHEESE STICK	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Apple Breakfast Bar ^	170	6	1	0	0	55	26	2	9	3	0	0	20	1	G/B:1sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
10-08-2019	Strawberry Pancake Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	FRENCH TOAST STICKS ^	260	8	1	0	10	290	42	2	14	6	0	0	20	1	G/B:2.25sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	RICE CHEX ^	100	0	0	0	0	250	24	1	2	2	100	6	100	9	G/B:1sv WG
10-09-2019																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
10-10-2019	COLBY CHEESE OMELET	125	10	4	0	164	303	2	0	0	7	67	0	88	1	MMA:2oz
	Whole Wheat Bread	60	1	0	0	0	65	11	2	0	2	0	0	60	1	G/B:1sv WG
	STRAWBERRY BANANA YOGURT	70	0	0	0	5	60	14	0	10	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
10-11-2019	BEEF SAUSAGE SLIDER ^	177	9	3	0	21	234	14	1	1	10	0	0	17	2	MMA:1oz G/B:1sv WG
	LEMON LOAF ^	255	6	0	0	0	367	49	3	19	5	0	1	82	1	G/B:2.25sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Apple Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
10-14-2019	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	BREAKFAST BURRITO ^	185	8	3	0	73	333	22	2	3	10	26	0	94	2	MMA:1oz G/B:1.25sv WG
	Taco Sauce	5	0	0	0	0	55	1	0	0	0	20	0	0	0	
	Vanilla Yogurt	80	0	0	0	5	60	16	0	13	4	0	0	150	0	MMA:1oz
10-15-2019	EGG & CHEESE BAGEL ^	257	7	2	0	110	430	37	3	2	14	34	15	132	2	MMA:1oz G/B:2sv WG
	APPLE DELIGHT CRUMBLE	280	7	2	0	40	340	53	4	28	6	30	0	40	2	G/B:2sv WG F:1/2c
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Apple Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
10-16-2019	PANCAKES ^	130	2	0	0	5	240	26	3	6	4	0	0	63	1	G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	PUMPKIN LOAF ^	295	8	1	0	0	392	55	3	29	4	361	1	64	1	G/B:2sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
10-17-2019	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	202	7	3	0	28	390	24	2	2	11	30	0	174	1	MMA:1oz G/B:1.75sv WG
	MULTI GRAIN CHEERIOS^	100	1	0	0	0	115	23	2	6	2	100	5	8	7	G/B:1sv WG
	Maple Breakfast Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
10-18-2019	WAFFLES ^	140	5	0	0	0	190	22	0	2	4	0	0	0	1	G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	MOZZARELLA CHEESE STICK	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Cherry Breakfast Bar ^	170	6	2	0	0	60	27	2	9	3	0	0	0	1	G/B:1sv WG
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
Taco Sauce	5	0	0	0	0	55	1	0	0	0	20	0	0	0		
10-21-2019	BEEF SAUSAGE SLIDER ^	177	9	3	0	21	234	14	1	1	10	0	0	17	2	MMA:1oz G/B:1sv WG
	CHOCOLATE CHIP LOAF ^	307	10	2	0	0	311	53	3	22	5	0	0	50	1	G/B:2.25sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
10-22-2019	CHICKEN BISCUIT ^	265	9	2	0	12	545	34	4	5	10	0	48	120	2	MMA:1oz G/B:2.25sv WG
	Honey	25	0	0	0	0	0	7	0	7	0	0	0	0	0	
	CHEERIOS ^	100	2	0	0	0	140	20	3	1	3	10	6	10	8	G/B:1sv WG
	Strawberry Pancake Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
10-23-2019	EGG & CHEESE ON AN ENGLISH MUFFIN	212	8	3	0	115	295	25	2	2	11	64	0	191	1	MMA:1.5oz G/B:2sv WG
	MOZZARELLA CHEESE STICK	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Cherry Breakfast Bar ^	170	6	2	0	0	60	27	2	9	3	0	0	0	1	G/B:1sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Apple Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
10-24-2019	FRENCH TOAST STICKS ^	260	8	1	0	10	290	42	2	14	6	0	0	20	1	G/B:2.25sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	CORN CHEX ^	100	0	0	0	0	200	24	1	3	2	150	80	80	7	G/B:1sv WG
	Vanilla Waffle Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0		
10-25-2019	COLBY CHEESE OMELET	125	10	4	0	164	303	2	0	0	7	67	0	88	1	MMA:2oz
	Whole Wheat Bread	60	1	0	0	0	65	11	2	0	2	0	0	60	1	G/B:1sv WG
	RASPBERRY YOGURT	80	0	0	0	0	65	15	0	12	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0		
10-28-2019	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	202	7	3	0	28	390	24	2	2	11	30	0	174	1	MMA:1oz G/B:1.75sv WG
	CINNAMON CHEX ^	120	2	0	0	0	170	22	1	6	1	120	5	80	7	G/B:1sv WG
	Animal Grahams ^	120	4	0	0	0	55	20	2	6	2	0	0	113	1	G/B:1sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
10-29-2019	PANCAKES ^	130	2	0	0	5	240	26	3	6	4	0	0	63	1	G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	PUMPKIN LOAF ^	295	8	1	0	0	392	55	3	29	4	361	1	64	1	G/B:2sv WG
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
10-30-2019	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	BREAKFAST BURRITO ^	185	8	3	0	73	333	22	2	3	10	26	0	94	2	MMA:1oz G/B:1.25sv WG
	Taco Sauce	5	0	0	0	0	55	1	0	0	0	20	0	0	0	
	STRAWBERRY YOGURT	70	0	0	0	5	60	14	0	10	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Apple Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
10-31-2019	WAFFLES ^	140	5	0	0	0	190	22	0	2	4	0	0	0	1	G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	MOZZARELLA CHEESE STICK	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Cherry Breakfast Bar ^	170	6	2	0	0	60	27	2	9	3	0	0	0	1	G/B:1sv WG
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
Taco Sauce	5	0	0	0	0	55	1	0	0	0	20	0	0	0		

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other