

Menu Date	Recipe Description	Portion Size	Calories	Sat Fat (g)	Sodium (mg)	Carb (g)
12/1/2015	WG PANCAKES	POR	180	1.5	300	32
12/1/2015	SYRUP	1 OZ	80	0	20	21
12/1/2015	APPLES, FRESH MEDIUM	1 EACH	95	0.05	2	25.13
12/1/2015	MIXED FRUIT CUP	POR	68	0	0	16
12/1/2015	MILK VARIETY, BREAKFAST	8 OZ	101	0.96	123	12.87
12/2/2015	TURKEY SAUSAGE BREAKFAST TOAST	POR	180	2	350	19
12/2/2015	BANANA,PETITE	1 EACH	90	0.11	1	23.07
12/2/2015	SLICED PEACHES	POR	68	0	9	14
12/2/2015	MILK VARIETY, BREAKFAST	8 OZ	101	0.96	123	12.87
12/3/2015	WG WAFFLES	POR	150	0.5	260	26
12/3/2015	SYRUP	1 OZ	80	0	20	21
12/3/2015	BANANA,PETITE	1 EACH	90	0.11	1	23.07
12/3/2015	MEDIUM PEAR	1 EACH	101	0.04	2	27.11
12/3/2015	MILK VARIETY, BREAKFAST	8 OZ	101	0.96	123	12.87
12/4/2015	WG CHEERIOS	1 EACH	100	0.5	140	20
12/4/2015	WG HONEY BELLY GRAHAMS	PKG	130	0	100	20
12/4/2015	APPLESAUCE	1 EACH	50	0.01	20	12.23
12/4/2015	MEDIUM ORANGE	1 EACH	68	0	0	17.86
12/4/2015	MILK VARIETY, BREAKFAST	8 OZ	101	0.96	123	12.87
12/7/2015	WG BAGEL	1 POR	131	0	171	26.14
12/7/2015	CREAM CHEESE	1 OZ	60	3.5	95	1
12/7/2015	MEDIUM ORANGE	1 EACH	68	0	0	17.86
12/7/2015	MEDIUM PEAR	1 EACH	101	0.04	2	27.11
12/7/2015	MILK VARIETY, BREAKFAST	8 OZ	101	0.96	123	12.87
12/8/2015	TURKEY SAUSAGE BREAKFAST TOAST	POR	180	2	350	19
12/8/2015	APPLESAUCE	1 EACH	50	0.01	20	12.23
12/8/2015	MEDIUM ORANGE	1 EACH	68	0	0	17.86
12/8/2015	MILK VARIETY, BREAKFAST	8 OZ	101	0.96	123	12.87

12/9/2015	WG PANCAKES	POR	180	1.5	300	32
12/9/2015	SYRUP	1 OZ	80	0	20	21
12/9/2015	APPLES, FRESH MEDIUM	1 EACH	95	0.05	2	25.13
12/9/2015	BANANA,PETITE	1 EACH	90	0.11	1	23.07
12/9/2015	MILK VARIETY, BREAKFAST	8 OZ	101	0.96	123	12.87
12/10/2015	WG WAFFLES	POR	150	0.5	260	26
12/10/2015	SYRUP	1 OZ	80	0	20	21
12/10/2015	MEDIUM ORANGE	1 EACH	68	0	0	17.86
12/10/2015	APPLES, FRESH MEDIUM	1 EACH	95	0.05	2	25.13
12/10/2015	MILK VARIETY, BREAKFAST	8 OZ	101	0.96	123	12.87
12/11/2015	WG MULTIGRAIN CHEERIOS	1 EACH	100	0	115	23
12/11/2015	BANANA,PETITE	1 EACH	90	0.11	1	23.07
12/11/2015	SLICED PEACHES	POR	68	0	9	14
12/11/2015	MILK VARIETY, BREAKFAST	8 OZ	101	0.96	123	12.87
12/14/2015	WG RICE CHEX	1 EACH	100	0	250	24
12/14/2015	MEDIUM ORANGE	1 EACH	68	0	0	17.86
12/14/2015	MEDIUM PEAR	1 EACH	101	0.04	2	27.11
12/14/2015	MILK VARIETY, BREAKFAST	8 OZ	101	0.96	123	12.87
12/15/2015	WG PANCAKES	POR	180	1.5	300	32
12/15/2015	SYRUP	1 OZ	80	0	20	21
12/15/2015	APPLES, FRESH MEDIUM	1 EACH	95	0.05	2	25.13
12/15/2015	MIXED FRUIT CUP	POR	68	0	0	16
12/15/2015	MILK VARIETY, BREAKFAST	8 OZ	101	0.96	123	12.87
12/16/2015	WG FRENCH TOAST	POR	210	3	240	26
12/16/2015	SYRUP	1 OZ	80	0	20	21
12/16/2015	MEDIUM ORANGE	1 EACH	68	0	0	17.86
12/16/2015	APPLESAUCE	1 EACH	50	0.01	20	12.23
12/16/2015	MILK VARIETY, BREAKFAST	8 OZ	101	0.96	123	12.87

12/17/2015	TURKEY SAUSAGE BREAKFAST TOAST	POR	180	2	350	19
12/17/2015	BANANA,PETITE	1 EACH	90	0.11	1	23.07
12/17/2015	APPLESAUCE	1 EACH	50	0.01	20	12.23
12/17/2015	MILK VARIETY, BREAKFAST	8 OZ	101	0.96	123	12.87
12/18/2015	WG MULTIGRAIN CHEERIOS	1 EACH	100	0	115	23
12/18/2015	WG HONEY BELLY GRAHAMS	PKG	130	0	100	20
12/18/2015	MEDIUM ORANGE	1 EACH	68	0	0	17.86
12/18/2015	MEDIUM PEAR	1 EACH	101	0.04	2	27.11
12/18/2015	MILK VARIETY, BREAKFAST	8 OZ	101	0.96	123	12.87
12/21/2015	YOGURT	4 OZ	90	0	75	19
12/21/2015	WG HONEY BELLY GRAHAMS	PKG	130	0	100	20
12/21/2015	MEDIUM ORANGE	1 EACH	68	0	0	17.86
12/21/2015	APPLES, FRESH MEDIUM	1 EACH	95	0.05	2	25.13
12/21/2015	MILK VARIETY, BREAKFAST	8 OZ	101	0.96	123	12.87
12/22/2015	WG PANCAKES	POR	180	1.5	300	32
12/22/2015	SYRUP	1 OZ	80	0	20	21
12/22/2015	APPLES, FRESH MEDIUM	1 EACH	95	0.05	2	25.13
12/22/2015	MIXED FRUIT CUP	POR	68	0	0	16
12/22/2015	MILK VARIETY, BREAKFAST	8 OZ	101	0.96	123	12.87
12/23/2015	WG TRY SAUSAGE BRK TOAST	POR	180	2	350	19
12/23/2015	BANANA,PETITE	1 EACH	90	0.11	1	23.07
12/23/2015	SLICED PEACHES	POR	68	0	9	14
12/23/2015	MILK VARIETY, BREAKFAST	8 OZ	101	0.96	123	12.87