

San Lorenzo Valley USD
BCE Breakfast
HHFKA - K-5

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Jan - 8 Breakfast Burrito w/egg, Yogurt 4oz Trix Cereal Asst. BPK Genera Bagel Lenders WW IW 2 Cracker Graham LF Hon Cream Cheese Light APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	Jan - 9 French Toast WG Cinnm Yogurt 4oz Trix Cereal Asst. BPK Genera Bagel Lenders WW IW 2 Cracker Graham LF Hon Cream Cheese Light SYRUP,PANCAKE APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	Jan - 10 Muffin Blueberry WG 1.9 Yogurt 4oz Trix Cereal Asst. BPK Genera Bagel Lenders WW IW 2 Cracker Graham LF Hon Cream Cheese Light APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	Jan - 11 Pancake Mini Maple WG Yogurt 4oz Trix Cereal Asst. BPK Genera Bagel Lenders WW IW 2 Cream Cheese Light Cracker Graham LF Hon APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	Jan - 12 Pancake & Pork Sausage Yogurt 4oz Trix Cereal Asst. BPK Genera Bagel Lenders WW IW 2 Cream Cheese Light Cracker Graham LF Hon APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	Avg Nutrients Target Cals... 416 100% Sodium. 428 mg Fiber.. 5.8 g Iron... 3.2 mg Calcium 435.7 mg Vit A 1013 IU Prot 16.8g 16.2%Cal Carb 70.8g 68.0%Cal T.Fat 8.9g 19.3%Cal S.Fat 3.4g 7.3%Cal
Jan - 15	Jan - 16 French Toast WG Cinnm Yogurt 4oz Trix Cereal Asst. BPK Genera Bagel Lenders WW IW 2 Cracker Graham LF Hon Cream Cheese Light SYRUP,PANCAKE APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	Jan - 17 Muffin Blueberry WG 1.9 Yogurt 4oz Trix Cereal Asst. BPK Genera Bagel Lenders WW IW 2 Cracker Graham LF Hon Cream Cheese Light APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	Jan - 18 Pancake Mini Maple WG Yogurt 4oz Trix Cereal Asst. BPK Genera Bagel Lenders WW IW 2 Cream Cheese Light Cracker Graham LF Hon APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	Jan - 19 Pancake & Pork Sausage Yogurt 4oz Trix Cereal Asst. BPK Genera Bagel Lenders WW IW 2 Cream Cheese Light Cracker Graham LF Hon APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	Avg Nutrients Target Cals... 417 100% Sodium. 433 mg Fiber.. 5.7 g Iron... 3.2 mg Calcium 430.7 mg Vit A 998 IU Prot 16.6g 15.9%Cal Carb 71.6g 68.6%Cal T.Fat 8.8g 18.9%Cal S.Fat 3.3g 7.0%Cal

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.

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