

Monday, Nov 2, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ASSORTED CEREAL	114	0	165	1.39	5.63	58.58	348	7.52	1.33	24.62	1.4	0.05
MUFFIN	168	30	173	1	5.17	40	1250	15	3	27.25	5.25	1.13
BREAKFAST SAUSAGE PIZZA	317	31	1112	1.74	2.82	234.85	336	0.66	17.08	32.56	12.98	5.34
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Tuesday, Nov 3, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ASSORTED CEREAL	114	0	165	1.39	5.63	58.58	348	7.52	1.33	24.62	1.4	0.05
STRING CHEESE	82	16	170	0	0.08	208.65	183	0	8.09	0.71	5.26	3.18
CHEDDAR CHEESE OMELET	152	240	254	0	0.88	163.72	524	0	10.67	1.53	11.28	5.41
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Wednesday, Nov 4, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ASSORTED CEREAL	114	0	165	1.39	5.63	58.58	348	7.52	1.33	24.62	1.4	0.05
MUFFIN	168	30	173	1	5.17	40	1250	15	3	27.25	5.25	1.13
PANCAKES	254	68	410	1	2.17	178	168	0.2	6.72	32.51	10.67	1.78
SAUSAGE PATTY	160	40	315	0	0.36	0	0	0	6	2	14	5
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Thursday, Nov 5, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ASSORTED CEREAL	114	0	165	1.39	5.63	58.58	348	7.52	1.33	24.62	1.4	0.05
BAGEL & CREAM CHEESE	328	31	483	1.96	5.72	101.89	382	0.89	11.06	45.7	11.33	6.58
MUFFIN	168	30	173	1	5.17	40	1250	15	3	27.25	5.25	1.13
SCRAMBLED EGGS	96	264	96	0	0.95	60	396	0	9.59	2.4	6	2.4
SAUSAGE PATTY	160	40	315	0	0.36	0	0	0	6	2	14	5
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Friday, Nov 6, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ASSORTED CEREAL	114	0	165	1.39	5.63	58.58	348	7.52	1.33	24.62	1.4	0.05
CINNAMON ROLL	280	1	200	1.59	1.6	31.52	124	0	4.8	52.67	5.82	1.8
BREAKFAST BAR	200	70	420	0	0.72	40	0	0	7	8.99	15	5
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Monday, Nov 9, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ASSORTED CEREAL	114	0	165	1.39	5.63	58.58	348	7.52	1.33	24.62	1.4	0.05
BREAKFAST SAUSAGE PIZZA	317	31	1112	1.74	2.82	234.85	336	0.66	17.08	32.56	12.98	5.34
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Tuesday, Nov 10, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ASSORTED CEREAL	114	0	165	1.39	5.63	58.58	348	7.52	1.33	24.62	1.4	0.05
MUFFIN	168	30	173	1	5.17	40	1250	15	3	27.25	5.25	1.13
SAUSAGE PATTY	160	40	315	0	0.36	0	0	0	6	2	14	5
EGG PATTY	45	115	120	0	0.4	20	175	0	3	1	3.5	1
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Wednesday, Nov 11, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ASSORTED CEREAL	114	0	165	1.39	5.63	58.58	348	7.52	1.33	24.62	1.4	0.05
BAGEL & CREAM CHEESE	328	31	483	1.96	5.72	101.89	382	0.89	11.06	45.7	11.33	6.58
MUFFIN	168	30	173	1	5.17	40	1250	15	3	27.25	5.25	1.13
BISCUIT & GRAVY	195	1	568	0.6	1.4	18.3	4	0	4	26.2	8.3	2.3
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Thursday, Nov 12, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ASSORTED CEREAL	114	0	165	1.39	5.63	58.58	348	7.52	1.33	24.62	1.4	0.05
STRING CHEESE	82	16	170	0	0.08	208.65	183	0	8.09	0.71	5.26	3.18
BREAKFAST BAR	200	70	420	0	0.72	40	0	0	7	8.99	15	5
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Friday, Nov 13, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ASSORTED CEREAL	114	0	165	1.39	5.63	58.58	348	7.52	1.33	24.62	1.4	0.05
YOGURT	90	0	50	0	0	100.35	502	0	4.01	18.06	0.5	0.5
PANCAKE ON A STICK	170	15	510	3	1.44	0	0	0	9	21	6	1.5
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Monday, Nov 16, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ASSORTED CEREAL	114	0	165	1.39	5.63	58.58	348	7.52	1.33	24.62	1.4	0.05
MUFFIN	168	30	173	1	5.17	40	1250	15	3	27.25	5.25	1.13
CHEDDAR CHEESE OMELET	152	240	254	0	0.88	163.72	524	0	10.67	1.53	11.28	5.41
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Tuesday, Nov 17, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ASSORTED CEREAL	114	0	165	1.39	5.63	58.58	348	7.52	1.33	24.62	1.4	0.05
YOGURT	90	0	50	0	0	100.35	502	0	4.01	18.06	0.5	0.5
WAFFLE	212	10	497	1.63	4.7	208.88	906	0	4.89	33.54	6.54	1.11
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Wednesday, Nov 18, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ASSORTED CEREAL	114	0	165	1.39	5.63	58.58	348	7.52	1.33	24.62	1.4	0.05
CINNAMON ROLL	280	1	200	1.59	1.6	31.52	124	0	4.8	52.67	5.82	1.8
BREAKFAST SAUSAGE PIZZA	317	31	1112	1.74	2.82	234.85	336	0.66	17.08	32.56	12.98	5.34
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Thursday, Nov 19, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ASSORTED CEREAL	114	0	165	1.39	5.63	58.58	348	7.52	1.33	24.62	1.4	0.05
MUFFIN	168	30	173	1	5.17	40	1250	15	3	27.25	5.25	1.13
PANCAKE ON A STICK	170	15	510	3	1.44	0	0	0	9	21	6	1.5
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Friday, Nov 20, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ASSORTED CEREAL	114	0	165	1.39	5.63	58.58	348	7.52	1.33	24.62	1.4	0.05
STRING CHEESE	82	16	170	0	0.08	208.65	183	0	8.09	0.71	5.26	3.18
SAUSAGE BISCUIT	360	40	875	1	1.51	48.25	10	0.4	9.99	31	21.99	6.99
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Monday, Nov 23, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ASSORTED CEREAL	114	0	165	1.39	5.63	58.58	348	7.52	1.33	24.62	1.4	0.05
BAGEL & CREAM CHEESE	328	31	483	1.96	5.72	101.89	382	0.89	11.06	45.7	11.33	6.58
MUFFIN	168	30	173	1	5.17	40	1250	15	3	27.25	5.25	1.13
SCRAMBLED EGGS	96	264	96	0	0.95	60	396	0	9.59	2.4	6	2.4
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Tuesday, Nov 24, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ASSORTED CEREAL	114	0	165	1.39	5.63	58.58	348	7.52	1.33	24.62	1.4	0.05
MUFFIN	168	30	173	1	5.17	40	1250	15	3	27.25	5.25	1.13
BISCUIT & GRAVY	195	1	568	0.6	1.4	18.3	4	0	4	26.2	8.3	2.3
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37

Wednesday, Nov 25, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
NO SCHOOL												

Thursday, Nov 26, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
NO SCHOOL												

Friday, Nov 27, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
NO SCHOOL												

Monday, Nov 30, 2009

Recipes	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ASSORTED CEREAL	114	0	165	1.39	5.63	58.58	348	7.52	1.33	24.62	1.4	0.05
MUFFIN	168	30	173	1	5.17	40	1250	15	3	27.25	5.25	1.13
BREAKFAST SAUSAGE PIZZA	317	31	1112	1.74	2.82	234.85	336	0.66	17.08	32.56	12.98	5.34
FRUIT ASSORTED	135	0	9	3.77	0.67	27.59	1105	39.05	1.81	34.47	0.46	0.08
MILK	158	17	142	1.23	0.44	264.13	518	0	7.29	24.27	3.81	2.37