



monday	tuesday	wednesday	thursday	friday
Apple Cinna-Grins Cereal with Local Fresh Fruit 30	Lemon Poppyseed Muffin with Local Fresh Fruit 1	Omelet with Cheese , Whole Wheat Dinner Roll and Fresh Fruit 2	Yogurt and Granola with Local Fresh Fruit 3	Blueberry Muffin with Local Fresh Fruit 4
Revolution Foods PopAlongs Whole Grain Apple Snap with String Cheese and Local Fresh Fruit 7	Waffle Sticks With Maple Syrup and Local Fresh Fruit 8	Pumpkin Muffin with Local Fresh Fruit 9	Plain Bagel with Cream Cheese with Fresh Fruit 10	Panamanian Day!!! – Homemade Egg and Cheese Breakfast Burrito with fresh Mango Fruit Salsa 11
S'Wheat Honey Puffs Cereal with Local Fresh Fruit 14	Cherry Muffin with Local Fresh Fruit 15	Sausage and Cheese Breakfast Muffin with Fresh Fruit 16	Plain Bagel with Cream Cheese with Fresh Fruit 17	Yogurt and Granola with Local Fresh Fruit 18
No School – PT Conferences 21	Egg and Cheese Breakfast Muffin with Local Fresh Fruit 22	Waffle Sticks With Maple Syrup and Local Fresh Fruit 23	Apple Baker's Muffin with Fresh Fruit 24	Corn Muffin with Local Fresh Fruit 25
No School – Memorial Day 28	Revolution Foods PopAlongs Whole Grain Apple Snap with String Cheese and Fresh Fruit 29	Apple Cinna-Grins Cereal with Local Fresh Fruit 30	Banana Muffin with Local Fresh Fruit 31	

no
artificial
ingredients

no
high fructose
corn syrup

no
artificial
trans fats

no
fried
anything

Our Local Fruits Come From:

Colora Orchards, 1865 Liberty Grove Road, Colora, MD (Apples)

Rice Orchards, 2760 Carlisle Rd, Gardners, PA (Apples)

Shanesville Farms, 120 School House Road, Boyertown, PA (Pears)

Each meal includes fresh fruit and rBST-free, nonfat or 1% milk.

NSLP Breakfast K-12

Recipe Description	Portion Size	Calories	Cholesterol mg	Sodium mg	Total Fat g	Saturated Fat g	Protein g	Carbohydrates g	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg
BRK, BAGEL-CINN, CRM CHS:1010	1 EACH	327	31	311	10.21	5.47	9.68	49.15	2	2.81	47.78	381	0
BRK, BAGEL-PLAIN, CRM CHS:1010	1 EACH	317	31	581	10.71	5.47	10.68	46.15	2	2.81	27.78	381	0
BRK, BURRITO FRUIT SALSA:0312	1 EACH	447	189	490	11.29	3.54	17.64	68.23	4.43	3.63	193.34	777	43.28
BRK, BURRITO:0811	1 EACH	382	189	526	11.01	3.5	16.21	52.31	2.26	3.14	171.98	398	2.54
BRK, CEREAL, BERRY:0311	1 EACH (2 OZ)	209	0	119	1.49	0	4.97	42.77	3.98	1.07	19.89	0	3.58
BRK, CEREAL, CINNA-GRINS:1011	1 EACH (2 OZ)	199	0	318	1.99	0	5.97	37.8	3.98	7.16	447.62	2238	23.87
BRK, CEREAL, GO LEAN:0810	1 EACH (2.375 oz)	241	0	121	3.81	0	11.43	45.73	10.16	2.29	50.82	0	0
BRK, CEREAL, HEART-HEART:0810	1 EACH (2 oz)	189	0	155	2.58	0	6.87	42.95	8.59	3.09	0	2148	51.54
BRK, CEREAL, REV O'S:0810	1 EACH (1.5 cup)	180	0	330	2	0	6	35	4	1.44	0	0	0
BRK, CEREAL, S'WHEAT:0311	1 EACH (1.5 CUP)	150	0	0	0	0	4	32	3	10.8	20	0	0
BRK, CEREAL, SPOONFULS:1010	1 EACH (2.2 OZ)	234	0	390	2.92	0	7.8	46.78	7.8	1.4	38.98	0	9.36
BRK, EGGS & CORNBREAD:0311	1 EACH	368	65	766	17.74	4.15	14.69	37.79	3.63	1.86	200.28	1596	22.5
BRK, ENGL MUF CHS:1210	1 EACH	231	30	397	8.38	4.5	11.75	24	3	1.08	191.25	225	0
BRK, ENGL MUF EGG/CHS:1210	1 EACH	224	185	286	6.63	3	12.25	25	3	1.68	83.75	335	0
BRK, ENGL MUF SAUSAGE/CHS:1210	1 EACH	264	45	646	9.13	3	17.25	27	3	1.8	63.75	175	1.2
BRK, ENGL MUF TKY/CHS:1210	1 EACH	194	25	496	3.13	1.5	12.75	24.5	3	1.44	73.75	75	0
BRK, GRANOLA, YOGURT K-12:0910	1 EACH	199	0	65	4.97	0	6.99	32.9	2.98	1.07	150.53	0	0
BRK, GRITS, SWEET K-12:0412	1 EACH	295	0	419	4.14	1.08	4.5	61.4	2.99	2.28	28.82	0	0
BRK, MORNING BUN, SWT CHS:0310	1 EACH	360	0	380	7	2	6	71	2	2.7	20	0	0
BRK, MUFFIN, APPLE:0911	1 EACH	240	45	200	9	1	4	37	1	1.44	40	100	0
BRK, MUFFIN, BANANA:0911	1 EACH	240	40	200	7	1	4	39	1	1.44	40	100	1.2
BRK, MUFFIN, BLUEBERRY:0911	1 EACH	260	45	220	9	1	5	41	1	1.44	40	100	0
BRK, MUFFIN, CHERRY:0911	1 EACH	260	45	180	9	1	5	40	1	1.44	40	100	0
BRK, MUFFIN, COFFEE:0911	1 EACH	240	45	200	9	1	4	37	1	1.44	40	100	0
BRK, MUFFIN, CORN:1010	1 EACH	360	85	420	18	3	6	44	1	1.44	40	100	0
BRK, MUFFIN, LEMON POPPY:0911	1 EACH	260	45	220	10	1.5	5	40	1	1.44	40	100	0
BRK, MUFFIN, PUMPKIN:0911	1 EACH	240	40	190	8	1	4	39	2	1.8	40	4000	1.2
BRK, OATMEAL:1010	1 EACH	200	0	130	2.5	0	6	42	6	1.8	100	1500	36
BRK, OMELET CHEESE K-12:1111	1 EACH	210	195	350	9.5	3	11	21	2	1.74	84.6	374	0
BRK, POPALONG/STR CHS K12:0112	1 EACH	210	15	350	10.5	3.5	8	21	1	0.36	200	200	0
BRK, SAUSAGE/EGG BAKE:0311	1 EACH	291	25	794	10.71	4.48	16.02	33.59	2.75	2.19	87.3	142	10.05
BRK, STRNG CHS, POP K-12:0112	1 EACH	210	15	350	10.5	3.5	8	21	1	0.36	200	200	0
BRK, SUNBUTTER JELLY:0911	1 EACH	426	0	315	22.5	3	12	44	8	3.06	30	0	0
BRK, SUNBUTTERCRACKERS:0911	1 EACH	366	0	500	22.5	3	12	28	6	3.06	50	0	3.6
BRK, WAFFLES K-12:0312	1 EACH	245	0	375	3	0	4.5	50	1.5	2.16	30	0	0
BRK, ZAC BAR, APPLE, K-12:0811	1 EACH	230	0	105	7	1	5	39	4	1.8	80	100	1.2
BRK, ZAC BAR, STRBRY, K-12:0811	1 EACH	230	0	110	7	1	5	37	4	1.8	80	100	2.4
BRK, ZAC BAR, MARION, K-12:0811	1 EACH	230	0	110	7	1	5	38	5	1.8	80	100	0

NSLP Breakfast, Panamanian Day K-12

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BRK, BURRITO FRUIT SALSA:0312	BREAKFAST	1 EACH	447	189	490	11.29	3.54	17.64	68.23	4.43	3.63	193.34	777	43.28