



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

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)

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