April

BREAKFAST

revolution foods.
feeding good.

Monday	Tuesday	Wednesday	Thursday	Friday
	NO SCHOOL – SPRING BREAK			1
Kashi Berry Blossoms Cereal and Cinnamon Skeeter Grahams (VG) Fresh Pears 4	Cinnamon Toast Bagel (VG) Fresh Local Apple 5	Waffles with Syrup (VG) Fresh Orange 6	Omelet with Cheese and a Mini Roll (VG) Fresh Pineapple and Orange Juice 7	Zac Omega Blackberry Bar (DF) (VG) Fresh Banana 8
Yogurt and Smart Crackers (VG) Fresh Pears 11	Breakfast Burrito (VG) Fresh Local Apple 12	English Muffin with Turkey, Egg and Cheese Fresh Orange 13	Pancakes with Syrup (VG) Fresh Pineapple and Orange Juice 14	**No School** 15
Honey Buttons Cereal (DF) Fresh Pears 18	Egg and Sausage Quesadilla Fresh Local Apple 19	Waffles with Syrup (VG) Fresh Orange 20	Cinnamon Toast Bagel (VG) Fresh Pineapple and Orange Juice 21	Lemon Muffin (VG) Fresh Banana 22
Jumpstart Breakfast: Mini Dipperdoodle and String Cheese (VG) Fresh Pears 25	Bagel Sandwich with Cheese (VG) Fresh Local Apple 26	Breakfast Burrito (VG) Fresh Orange 27	Omelet with Cheese and a Mini Roll (VG) Fresh Pineapple and Orange Juice 28	**NEW!!** Breakfast Cinnamon Crumble (VG) Fresh Banana 29

If you see it in GREEN, it is a local item; if it see it in BLUE, it is an international item!

Breakfast: choice of 1% or fat-free milk. All grains served are whole grain-rich. **Dairy-free (DF) and vegetarian (VG)** options available daily – if not listed on the menu, available upon request.

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Recipe Description	Portion Size	Cal	Chol mg	Sodm mg	Tot Fat g	Sat Fat g	Prot g	Carb g	Diet Fib g	Iron mg	Calc mg	Vit A IU	Vit C mg
BRK, BAGEL / CREAM PK-12:0814	1 EACH	210	20	255	8	4	7	27	3	1.26	80	215	1.8
BRK, BAGEL BLUEBERR PK-12:0215	1 EACH	220	20	285	6.5	4	7	33	3	1.8	80	220	0
BRK, BAGEL CINNAMON TOAST:1215	1 EACH	220	0	242	7.93	1.65	5.01	32.02	3.14	1.29	42.75	16	1.81
BRK, BAGEL/CHEDDAR PK-12:0415	1 EACH	226	20	295	9.09	4.05	10.06	25	3	1.26	191.87	217	1.8
BRK, BAGEL/TURKEY PK-12:1114	1 EACH	225	28	370	8	4	9.75	27.25	3	1.44	85	216	1.8
BRK, BURRITO 9-12:0714	1 EACH	280	186	193	14	4.12	16	27.75	3	1.68	40	260	0
BRK, BURRITO BUENOS 9-12:0215	1 EACH	265	183	167	12.63	3.25	14.25	28.38	3.25	1.82	42.51	310	1.13
BRK, BURRITO BUENOS PK-8:0215	1 EACH	230	136	120	10.26	2	11.02	27.88	3.25	1.67	37.58	246	1.13
BRK, BURRITO PK-8:0714	1 EACH	225	135	102	10.12	2	10.75	27	3	1.53	35	195	0
BRK, CER APPL-CN/EGG 9-12:0714	1 EACH (2 OZ)	276	187	380	7.29	1.63	12.26	38.36	3.98	7.76	472.62	2498	23.87
BRK, CER APPLE CINNA PK-8:0714	1 EACH (2 OZ)	199	0	318	1.99	0	5.97	37.8	3.98	7.16	447.62	2238	23.87
BRK, CER BLOSS/DIPR PK-12:0914	1 EACH	220	15	150	4.5	0	5	46	8	1.44	60	60	1.2
BRK, CER BLOSSOM/ZAC APPL:0714	1 EACH	230	0	150	5	0	5	43	7	1.08	40	75	1.2
BRK, CER COCOA BOP PK-12:0714	1 EACH	210	0	90	1.5	0	4	44	2	1.08	0	55	0
BRK, CER FLURRIES PK-12:0714	1 EACH	190	0	130	1.5	0	3	45	3	1.44	0	100	0
BRK, CER HONEY BTNS PK-12:0714	1 EACH	200	0	55	2	0	5	40	4	1.44	20	50	0
BRK, CER SUN/ZACSTR PK-12:0714	1 EACH	230	0	160	4.5	0	5	43	7	1.08	40	60	1.2
BRK, CER SUNSHN/DIP PK-12:0914	1 EACH	220	15	160	4.5	0	5	47	8	1.44	60	50	0
BRK, CINN GRAHM/CHS PK-12:0815	1 SERVING	210	15	250	10.5	3.5	9	22	1	1.08	220	240	0
BRK, CINN GRAHM/YOG PK-12:0815	1 SERVING	210	5	120	5.5	0	6.01	35.05	1	1.08	170.53	105	0
BRK, CINNAMON DUO K-12:0815	1 SERVING	230	0	55	7.5	0.5	4	36	3	1.8	20	50	0
BRK, DIPPER/ CHEESE PK-12:0315	1 SERVING	210	30	235	9.5	3.5	10	24	3	0.72	260	225	0
BRK, DIPPER/EGG PK-12:0315	1 SERVING	208	202	97	8.81	1.63	9.29	23.56	3	1.32	85	285	0
BRK, DIPPERDOODLE K-12:0914	1 SERVING	230	25	60	6	0.5	6	41	5	1.44	100	45	0
BRK, ENG MUF CHS PK-12:0415	1 EACH	236	20	375	9.09	4.05	12.06	30	4	1.44	151.87	227	0
BRK, ENG MUF EG/CHS PK-12:0415	1 EACH	232	180	294	7.28	2.52	13.27	31	4	2.04	58.07	336	0
BRK, ENG MUF EG/TKY PK-12:0415	1 EACH	239	184	351	7.28	2.52	14.64	31.13	4	2.13	60.57	336	0
BRK, ENG MUF TKY CHS 9-12:0415	1 EACH	223	25	537	5.54	2.03	15.03	30.5	4	1.8	85.94	129	0
BRK, ENG MUF TKY CHS PK-8:0415	1 EACH	194	16	446	3.78	1.02	12.39	30.38	4	1.71	45.57	78	0
BRK, GRANOLA/YOGURT PK-12:0115	1 EACH	202	5	146	4.55	0	7.05	34.3	2.03	0.73	170.78	96	0
BRK, HONEY GRHM/YOG PK-12:0815	1 SERVING	210	5	125	5.5	0	6.01	35.05	2	1.08	150.53	100	0
BRK, MUF AUTUM SPIC PK-12:0815	1 EACH	250	40	220	7	1	5	42	3	1.8	20	750	1.2
BRK, MUFFIN APPLE PK-12:0715	1 EACH	250	40	190	7	1	6	44	4	2.7	20	100	0
BRK, MUFFIN BANANA PK-12:0715	1 EACH	240	40	170	5	1	4	41	3	1.8	20	100	4.8
BRK, MUFFIN BLUEBRY PK-12:0715	1 EACH	250	40	160	6	0.5	6	43	4	1.8	20	100	4.8
BRK, OMELET CHEESE PK-12:0915	1 EACH	210	195	350	9.5	3	12	18	2	1.38	144.6	384	0
BRK, PANCAKES 9-12:0714	1 EACH	273	0	298	2.98	0	5.95	52.65	2.98	2.14	59.53	85	0
BRK, PANCAKES PK-8:0714	1 EACH	194	0	198	1.98	0	3.97	37.77	1.98	1.43	39.69	70	0

BRK, QUESA SAUS/EGG PK-12:0315	1 EACH	232	74	192	10.6	2.34	12.22	27.35	3	1.34	26.67	88	3.61
BRK, RICE BOWL PK-12:0215	1 EACH	215	30	247	3.45	0.64	7.85	38.47	3.27	0.93	28.01	1221	7.64
BRK, RR BLOSS/DIPPR PK-12:0914	1 EACH	220	15	150	4.5	0	5	46	8	1.44	60	60	1.2
BRK, RR COCOA BOP PK-12:0714	1 EACH	210	0	90	1.5	0	4	44	2	1.08	0	55	0
BRK, RR HONEY BTNS PK-12:0714	1 EACH	200	0	55	2	0	5	40	4	1.44	20	50	0
BRK, RR SUNSHN/DIPP PK-12:0914	1 EACH	220	15	160	4.5	0	5	47	8	1.44	60	50	0
BRK, SS CEREAL/CRAK PK-12:0115	1 EACH	220	0	165	5.5	0	4	44	6	1.8	20	75	1.2
BRK, THAI FRIED RICE K-12:1014	1 EACH	225	36	201	3.52	0.73	11.13	34.71	2.98	0.97	28.94	1013	0.76
BRK, UB BAGEL / CHEDDAR:0415	1 EACH	226	20	295	9.09	4.05	10.06	25	3	1.26	191.87	217	1.8
BRK, UB BAGEL / CREAM CHS:0814	1 EACH	210	20	255	8	4	7	27	3	1.26	80	215	1.8
BRK, UB BAGEL / TURKEY:1114	1 EACH	225	28	370	8	4	9.75	27.25	3	1.44	85	216	1.8
BRK, UB BAGEL BLUEBERRY:0215	1 EACH	220	20	285	6.5	4	7	33	3	1.8	80	220	0
BRK, UB CER BLOSS/DIPPER:0914	1 EACH	220	15	150	4.5	0	5	46	8	1.44	60	60	1.2
BRK, UB CER BLOSS/ZAC APL:0714	1 EACH	230	0	150	5	0	5	43	7	1.08	40	75	1.2
BRK, UB CER SUN/ZAC STRAW:0714	1 EACH	230	0	160	4.5	0	5	43	7	1.08	40	60	1.2
BRK, UB CER SUNSHN/DIPPER:0914	1 EACH	220	15	160	4.5	0	5	47	8	1.44	60	50	0
BRK, UB CINN GRAHM/YOGURT:0815	1 SERVING	210	5	120	5.5	0	6.01	35.05	1	1.08	170.53	105	0
BRK, UB CINNAMON DUO:0815	1 SERVING	230	0	55	7.5	0.5	4	36	3	1.8	20	50	0
BRK, UB CINNGRA/CHS PK-12:0815	1 SERVING	210	15	250	10.5	3.5	9	22	1	1.08	220	240	0
BRK, UB DIPPER/ CHEESE :0315	1 SERVING	210	30	235	9.5	3.5	10	24	3	0.72	260	225	0
BRK, UB DIPPER/EGG :0315	1 SERVING	208	202	97	8.81	1.63	9.29	23.56	3	1.32	85	285	0
BRK, UB DIPPERDOODLE:0914	1 SERVING	230	25	60	6	0.5	6	41	5	1.44	100	45	0
BRK, UB ENG MUFFIN CHS:0415	1 EACH	236	20	375	9.09	4.05	12.06	30	4	1.44	151.87	227	0
BRK, UB ENG TKY/CHS 9-12:0415	1 EACH	223	25	537	5.54	2.03	15.03	30.5	4	1.8	85.94	129	0
BRK, UB ENG TKY/CHS PK-8:0415	1 EACH	194	16	446	3.78	1.02	12.39	30.38	4	1.71	45.57	78	0
BRK, UB GRANOLA/YOGURT:0115	1 EACH	202	5	146	4.55	0	7.05	34.3	2.03	0.73	170.78	96	0
BRK, UB HONEY GRAHAM/YOGU:0815	1 SERVING	210	5	125	5.5	0	6.01	35.05	2	1.08	150.53	100	0
BRK, UB MUFF AUTUMN SPICE:0815	1 EACH	250	40	220	7	1	5	42	3	1.8	20	750	1.2
BRK, UB MUFFIN APPLE:0715	1 EACH	250	40	190	7	1	6	44	4	2.7	20	100	0
BRK, UB MUFFIN BANANA:0715	1 EACH	240	40	170	5	1	4	41	3	1.8	20	100	4.8
BRK, UB MUFFIN BLUEBERRY:0715	1 EACH	250	40	160	6	0.5	6	43	4	1.8	20	100	4.8
BRK, UB SS CEREAL/CRACK:0115	1 EACH	220	0	165	5.5	0	4	44	6	1.8	20	75	1.2
BRK, UB YOGUR/SMART CRACK:0115	1 EACH	180	5	140	4	1	6.01	32.05	2	7.2	250.53	465	4.8
BRK, UB ZAC BAR APPLE:0814	1 EACH	230	0	50	7	0.5	5	39	5	1.08	80	70	1.2
BRK, UB ZAC BAR BLACKBERRY:814	1 EACH	230	0	50	7	0.5	5	39	5	1.08	80	65	0
BRK, UB ZAC BAR STRAWBER:0814	1 EACH	230	0	50	7	0.5	5	39	5	1.08	80	70	0
BRK, WAFFLES 9-12:0714	1 EACH	245	0	375	3	0	6	48.5	3	1.62	30	78	0
BRK, WAFFLES PK-8:0714	1 EACH	175	0	250	2	0	4	35	2	1.08	20	65	0
BRK, YOGUR/SMRT CRK PK-12:0115	1 EACH	180	5	140	4	1	6.01	32.05	2	7.2	250.53	465	4.8

BRK, ZAC BAR APPLE PK-12:0814	1 EACH	230	0	50	7	0.5	5	39	5	1.08	80	70	1.2
BRK, ZAC BAR BLACKBR PK-12:814	1 EACH	230	0	50	7	0.5	5	39	5	1.08	80	65	0
BRK, ZAC BAR STRAW PK-12:0814	1 EACH	230	0	50	7	0.5	5	39	5	1.08	80	70	0

Recipe Description	Portion Size	Cal	Chol mg	Sodm mg	Tot Fat g	Sat Fat g	Prot g	Carb g	Diet Fib g	Iron mg	Calc mg	Vit A IU	Vit C mg
FR, APPLE, LARGE 3/4 CUP	1 EACH	110	0	2	0.36	0.06	0.55	29.28	5.09	0.25	12.72	114	9.75
FR, APPLE, MED 1/2 CUP	1 EACH	72	0	1	0.23	0.04	0.36	19.06	3.31	0.17	8.28	75	6.35
FR, APPLESAUCE 1/2 CUP	1 EACH	50	0	20	0	0	0	12	2	0	0	0	0
FR, BANANA, LARGE 3/4 CUP	1 EACH	121	0	1	0.45	0.15	1.48	31.06	3.54	0.35	6.8	87	11.83
FR, BANANA, MED 1/2 CUP	1 EACH	105	0	1	0.39	0.13	1.29	26.95	3.07	0.31	5.9	76	10.27
FR, BLUEBERRIES 1/2 CUP	1 EACH	42	0	1	0.24	0.01	0.55	10.72	1.78	0.21	4.44	40	7.18
FR, CANTALOUPE, MED 1/2 CUP	1 EACH	27	0	13	0.15	0.04	0.67	6.53	0.72	0.17	7.2	2706	29.36
FR, GRAPES 1/2 CUP:1212	1 EACH	45	0	8	0	0	0	11	0	0	10	50	6
FR, HONEYDEW, MED 1/2 CUP	1 EACH	31	0	15	0.12	0.03	0.46	7.73	0.68	0.14	5.1	43	15.3
FR, JUICE APPLE BTN 6 FL OZ	1 EACH (6 FL OZ)	80	0	25	0	0	0	21	0	0.36	0	0	0
FR, JUICE ORANGE 4 FL OZ:1213	1 EACH (4 FL OZ)	60	0	0	0	0	0	13	0	0	0	0	42
FR, JUICE PINEAPL 4 FL OZ:1213	1 EACH (4 FL OZ)	60	0	0	0	0	0	16	0	0	0	0	15
FR, NECTARINE, LARGE 3/4 CUP	1 EACH	69	0	0	0.5	0.03	1.65	16.46	2.65	0.44	9.36	518	8.42
FR, NECTARINE, MED 1/2 CUP	1 EACH	62	0	0	0.45	0.03	1.51	14.98	2.41	0.4	8.52	471	7.67
FR, ORANGE, LARGE 3/4 CUP	1 EACH	86	0	0	0.22	0.04	1.73	21.62	4.42	0.18	73.6	414	97.89
FR, ORANGE, MED 1/2 CUP	1 EACH	45	0	0	0.12	0.02	0.9	11.28	2.3	0.1	38.4	216	51.07
FR, PEACH, LARGE 3/4 CUP	1 EACH	68	0	0	0.44	0.02	1.59	16.7	2.63	0.44	10.5	571	11.55
FR, PEACH, MED 1/2 CUP	1 EACH	59	0	0	0.38	0.02	1.37	14.31	2.25	0.38	9	489	9.9
FR, PEAR, LARGE 3/4 CUP	1 EACH	119	0	2	0.29	0.04	0.75	31.83	6.48	0.38	18.81	52	8.99
FR, PEAR, MED 1/2 CUP	1 EACH	95	0	2	0.23	0.03	0.6	25.28	5.15	0.3	14.94	42	7.14
FR, PINEAPPLE, MED 1/2 CUP	1 EACH	39	0	1	0.09	0.01	0.42	10.17	1.09	0.22	10.08	45	37.05
FR, PLUM, LARGE 3/4 CUP	1 EACH	57	0	0	0.35	0.01	0.87	14.13	1.73	0.21	7.43	427	11.76
FR, PLUM, MED 1/2 CUP	1 EACH	38	0	0	0.23	0.01	0.58	9.42	1.16	0.14	4.95	285	7.84
FR, RAISINS 1/4 c dry	1 EACH	118	0	4	0.18	0.02	1.21	31.21	1.47	0.74	19.57	0	0.92
FR, STRAWBERRY 1/2 CUP	1 EACH	24	0	1	0.23	0.01	0.51	5.88	1.53	0.31	12.25	9	45.01
FR, TANGERINE 1/2 CUP	1 EACH	52	0	2	0.3	0.03	0.79	13.01	1.76	0.15	36.08	664	26.03
FR, WATERMELON 1/2 CUP	1 EACH	23	0	1	0.11	0.01	0.46	5.74	0.3	0.18	5.32	432	6.16
MILK - 0%, 8 FL OZ, K-12:0713	1 EACH (8 FL OZ)	90	5	130	0	0	8	13	0	0	300	500	2.4
MILK - 1%, 8 FL OZ, K-12:0713	1 EACH (8 FL OZ)	110	10	130	2.5	1.5	8	13	0	0	300	500	2.4
MILK 1% SHELF STABLE_0915	1 EACH (8 FL OZ)	110	10	130	2.5	1.5	8	13	0	0.07	305	478	0
MILK - SOY, 8 FL OZ K-12:0911	1 EACH (8 FL OZ)	150	0	180	5	1	9	18	0	1.08	350	500	0