DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

MARCH BREAKFAST MENU

Did you know—If you see a menu item in green, it's local and if you see it in blue, the meal has international influence!

d.c. central kitchen

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Whole Wheat French Toast Turkey Sausage Fresh Local Apple Skim or 1% Milk All Natural Syrup	**2** Turkey Ham & Egg Bake Whole Grain English Muffin Fresh Banana 100% Grape Juice Skim or 1% Milk	**3** Apple Spice Oatmeal Whole Wheat Toast Fresh Local Pear Skim or 1% Milk Jelly	**4** Multi-Grain Cinnamon Flakes Graham Crackers Chilled Peaches Skim or 1% Milk
7 Whole Grain Blueberry Banana Muffin Low Fat Cheese Stick Fresh Orange Wedges Skim or 1% Milk	**8 Parent Breakfast Day** Whole Grain Waffle Sticks Turkey Sausage Fresh Local Pear Skim or 1% Milk All Natural Syrup	**9 Turkish Food Day** Spinach & Feta Omlet Whole Wheat Toast Fresh Banana 100% Grape Juice Skim or 1% Milk Jelly	**10 Hear The Crunch** Turkey Sausage Patty on a Whole Grain Biscuit Fresh Local Apple Skim or 1% Milk Jelly	**11** Cheerios Cereal Graham Crackers Chilled Peaches Skim or 1% Milk
14 Whole Wheat Bagel Low Fat Cream Cheese Fresh Orange Wedges Skim or 1% Milk	**15** Warm Whole Grain Pineapple Carrot Bread Fresh Local Apple Skim or 1% Milk	**16** Egg & Cheese on a Whole Grain English Muffin Fresh Banana 100% Grape Juice Skim or 1% Milk	**17** Cinnamon Oatmeal Turkey Sausage Fresh Local Pear Skim or 1% Milk	**18** Rice Chex Cereal Graham Crackers Chilled Peaches Skim or 1% Milk
21 Whole Wheat English Muffin Low Fat Cheese Stick Fresh Orange Wedges Skim or 1% Milk Jelly	**22** Whole Grain Pumpkin Spiced Pancake Turkey Sausage Fresh Local Apple Skim or 1% Milk All Natural Syrup	**23** Turkey Sausage Patty on a Whole Grain Biscuit Fresh Banana 100% Grape Juice Skim or 1% Milk Jelly	**24 Australian Food Day** Fruit Porridge Turkey Sausage Snags Fresh Local Pear Skim or 1% Milk Jelly	**25** Berry Blossoms Cereal Graham Crackers Chilled Peaches Skim or 1% Milk
28 **Spring Break** **No School**	**29** **Spring Break** **No School**	**30** **Spring Break** **No School**	**31** **Spring Break** **No School**	

For more information on the DC Central Kitchen, please visit our website: www.dccentralkitchen.org

wake up! to School Breakfast

National School Breakfast Week

National School Breakfast Week is March 7-11!

A healthy school breakfast is the perfect way to start your day.

To celebrate National School Breakfast Week, parents are invited to come enjoy a school breakfast on Tuesday, March 8th in your school cafeteria.

DC Central Kitchen
Breakfast Analysis
Grades K-8

Monday, 2/29/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
Yogurt	4 oz	173	7	99	0	0.12	258.4	61	1.19	32.39	7.43	32.39	1.84	1.17	0
Graham Crackers	1 pack	90	0	95	1	0.72	100	500	0	*N/A*	2	17	2.5	0	0
Orange Wedges	1 C	86	0	0	4.42	0.18	73.6	414	97.89	17.2	1.73	21.62	0.22	0.03	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		452	19	301	5.42	1.1	737	1453	99.08	62.28	19.38	83.18	6.92	2.75	0

Tuesday, 3/1/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
Whole Wheat French Toast	1 oz	141	145	267	2.37	1.47	95.1	222	0.07	0.48	8.08	17.2	4.79	1.27	0
Turkey Sausage	1 oz	50	20	170	0	0.36	0	100	0	*N/A*	5	0	4	1	0
Fresh Apple - 2	1 apple	116	0	2	5.35	0.27	13.4	120	10.26	23.17	0.58	30.8	0.38	0.06	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
All Natural Syrup	1 packet	35	0	5	0	0	0	0	0	*N/A*	0	8	0	0	0
Totals		445	177	552	7.72	2.17	413.5	921	10.33	36.33	21.89	68.18	11.53	3.88	0

Wednesday, 3/2/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
Turkey Ham & Egg Bake	2 oz	84	153	457	0.02	1.03	21.3	203	0	0.14	9.1	1.32	4.92	1.51	0
Whole Wheat English Muffin	2 oz	120	0	220	3	1.8	80	0	0	*N/A*	5	23	1	0	0
Fresh Banana	1 banana	90	0	1	2.63	0.26	5.1	65	8.79	12.35	1.1	23.07	0.33	0.11	0
100% Grape Juice	4 oz	80	0	0	0	0	0	0	0	*N/A*	0	21	0	0	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		477	165	786	5.64	3.16	411.4	746	8.79	25.18	23.43	80.57	8.62	3.17	0

Thursday, 3/3/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
Apple Spice Oatmeal	.5 CUP	198	13	107	2.54	1.13	106.8	254	3.27	3.57	4.96	32.91	5.9	3.02	0
Whole Wheat Toast	1 slice	100	0	180	3	1.44	200	0	2.4	*N/A*	5	18	1.5	0	0
Fresh Pear	1 pear	101	0	2	5.52	0.32	16	45	7.65	17.36	0.64	27.11	0.25	0.04	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Jelly PC	1 ea	37	0	4	0.14	0.03	1	1	0.13	7.17	0.02	9.79	0	0	0
Totals		539	25	400	11.2	2.99	628.8	777	13.45	40.78	18.84	99.98	10.01	4.6	0

Friday, 3/4/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
Multi-Grain Cinnamon Flakes	1 bowl	100	0	170	3	8.1	0	750	21	*N/A*	2	24	0	0	0
Graham Crackers	1 pack	90	0	95	1	0.72	100	500	0	*N/A*	2	17	2.5	0	0
Chilled Peaches	1 C	161	0	14	7.86	0.96	25	2097	12.86	*N/A*	2.71	40.83	0.14	0.01	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		453	12	387	11.86	9.86	430	3825	33.86	12.69	14.94	94	5.01	1.56	0
Weekly Averages		**473**	**80**	**485**	**8**	**4**	**524**	**1544**	**33**	**35**	**20**	**85**	**8**	**3**	**0**
											17%	**72%**	**16%**	**6%**	**0%**

Monday, 3/7/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
Bluenanaberry Muffin	2 oz	150	120	70	3	0.36	20	50	1.2	*N/A*	*N/A*	29	4	0.5	0
Cheese Stick	1 oz	82	16	170	0	0.08	208.7	183	0	*N/A*	8.09	0.71	5.26	3.18	*N/A*
Orange Wedges	1 C	86	0	0	4.42	0.18	73.6	414	97.89	17.2	1.73	21.62	0.22	0.03	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		421	148	348	7.42	0.69	607.3	1125	99.09	29.89	18.04	63.51	11.85	5.25	0

Tuesday, 3/8/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
Whole Grain Waffle	2 each	140	0	250	2	1.08	20	25	0	5	4	27	2	0	0
Turkey Sausage	1 oz	50	20	170	0	0.36	0	100	0	*N/A*	5	0	4	1	0
Fresh Pear	1 pear	101	0	2	5.52	0.32	16	45	7.65	17.36	0.64	27.11	0.25	0.04	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
All Natural Syrup	1 packet	35	0	5	0	0	0	0	0	*N/A*	0	8	0	0	0
Totals		429	32	534	7.52	1.83	341	648	7.65	35.04	17.86	74.28	8.62	2.58	0

Wednesday, 3/9/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
Spinach & Feta Omlet	2 oz	84	189	216	0.23	1.05	56.6	1200	0.43	0.39	7.1	0.84	5.6	2.13	0
Fresh Banana	1 banana	90	0	1	2.63	0.26	5.1	65	8.79	12.35	1.1	23.07	0.33	0.11	0
100% Grape Juice	4 oz	80	0	0	0	0	0	0	0	*N/A*	0	21	0	0	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Jelly PC	1 ea	37	0	4	0.14	0.03	1	1	0.13	7.17	0.02	9.79	0	0	0
Totals		393	202	328	2.99	1.41	367.6	1744	9.34	32.6	16.44	66.88	8.3	3.78	0

Thursday, 3/10/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
Turkey Sausage on a Biscuit	1 sandwich	275	42	710	2	1.26	80	100	1.2	*N/A*	11.5	22.5	16	6.5	0
Fresh Apple - 2	1 apple	116	0	2	5.35	0.27	13.4	120	10.26	23.17	0.58	30.8	0.38	0.06	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Jelly PC	1 ea	37	0	4	0.14	0.03	1	1	0.13	7.17	0.02	9.79	0	0	0
Totals		531	55	824	7.49	1.63	399.4	699	11.58	43.03	20.32	75.27	18.75	8.11	0

Friday, 3/11/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
Cheerios Cereal	1 bowl	100	0	140	3	8.1	100	500	6	*N/A*	3	20	2	0.5	0
Graham Crackers	1 pack	90	0	95	1	0.72	100	500	0	*N/A*	2	17	2.5	0	0
Chilled Peaches	1 C	161	0	14	7.86	0.96	25	2097	12.86	*N/A*	2.71	40.83	0.14	0.01	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		453	12	357	11.86	9.86	530	3575	18.86	12.69	15.94	90	7.01	2.06	0
Weekly Averages		**445**	**90**	**478**	**7**	**3**	**449**	**1558**	**29**	**31**	**18**	**74**	**11**	**4**	**0**
											16%	**66%**	**22%**	**9%**	**0%**

Monday, 3/14/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
Whole Wheat Bagel	2 oz	151	0	169	2.67	1.6	0	0	0	*N/A*	6.22	32.89	0.44	0	0
Cream Cheese	1 oz	30	3	199	0	0.05	99.5	15	0	1.55	4.45	2.17	0.28	0.18	0
Orange Wedges	1 C	86	0	0	4.42	0.18	73.6	414	97.89	17.2	1.73	21.62	0.22	0.03	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		370	16	475	7.08	1.91	478.1	907	97.89	31.45	20.62	68.86	3.32	1.75	0

Tuesday, 3/15/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
Pineapple-Carrot Bread	4 oz	318	28	256	3.27	1.85	59.3	998	3.99	33.49	5.05	58.4	8.28	1.36	0
Fresh Apple - 2	1 apple	116	0	2	5.35	0.27	13.4	120	10.26	23.17	0.58	30.8	0.38	0.06	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		537	40	365	8.62	2.19	377.7	1596	14.25	69.35	13.85	101.37	11.03	2.96	0

Wednesday, 3/16/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
Egg & Cheese on WW Eng Muffin	1 sandwich	247	201	447	3.02	2.68	209.6	422	0	0.19	14.83	23.91	10.31	4.1	0
Fresh Banana	1 banana	90	0	1	2.63	0.26	5.1	65	8.79	12.35	1.1	23.07	0.33	0.11	0
100% Grape Juice	4 oz	80	0	0	0	0	0	0	0	*N/A*	0	21	0	0	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		520	213	555	5.64	3.02	519.6	965	8.79	25.23	24.15	80.15	13.01	5.75	0

Thursday, 3/17/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
Cinnamon Oatmeal	.5 C	192	13	106	2.37	1.09	106.2	249	0.02	3.57	4.93	31.18	5.88	3.02	0
Turkey Sausage	1 oz	50	20	170	0	0.36	0	100	0	*N/A*	5	0	4	1	0
Fresh Pear	1 pear	101	0	2	5.52	0.32	16	45	7.65	17.36	0.64	27.11	0.25	0.04	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		445	45	385	7.89	1.84	427.2	872	7.68	33.61	18.8	70.47	12.5	5.6	0

Friday, 3/18/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
Rice Chex Cereal	1 bowl	100	0	250	1	9	100	500	6	*N/A*	2	24	0.5	0	0
Graham Crackers	1 pack	90	0	95	1	0.72	100	500	0	*N/A*	2	17	2.5	0	0
Chilled Peaches	1 C	161	0	14	7.86	0.96	25	2097	12.86	*N/A*	2.71	40.83	0.14	0.01	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		453	12	467	9.86	10.76	530	3575	18.86	12.69	14.94	94	5.51	1.56	0
Weekly Averages		**465**	**65**	**449**	**8**	**4**	**467**	**1583**	**29**	**34**	**18**	**83**	**9**	**4**	**0**
											16%	**71%**	**18%**	**7%**	**0%**

Monday, 3/21/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
Whole Wheat English Muffin	2 oz	120	0	220	3	1.8	80	0	0	*N/A*	5	23	1	0	0
Cheese Stick	1 oz	82	16	170	0	0.08	208.7	183	0	*N/A*	8.09	0.71	5.26	3.18	*N/A*
Orange Wedges	1 C	86	0	0	4.42	0.18	73.6	414	97.89	17.2	1.73	21.62	0.22	0.03	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Jelly PC	1 ea	37	0	4	0.14	0.03	1	1	0.13	7.17	0.02	9.79	0	0	0
Totals		429	28	502	7.56	2.16	668.2	1076	98.01	37.06	23.06	67.3	8.85	4.75	0

Tuesday, 3/22/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
Pumpkin Spiced Pancakes	1 oz	115	4	363	1.78	0.67	61.1	821	0.24	2.79	3.56	20.24	2.1	0.98	0
Turkey Sausage	1 oz	50	20	170	0	0.36	0	100	0	*N/A*	5	0	4	1	0
Fresh Apple - 2	1 apple	116	0	2	5.35	0.27	13.4	120	10.26	23.17	0.58	30.8	0.38	0.06	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
All Natural Syrup	1 packet	35	0	5	0	0	0	0	0	*N/A*	0	8	0	0	0
Totals		419	36	647	7.13	1.37	379.5	1520	10.5	38.65	17.37	71.21	8.85	3.59	0

Wednesday, 3/23/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
Turkey Sausage on a Biscuit	1 sandwich	275	42	710	2	1.26	80	100	1.2	*N/A*	11.5	22.5	16	6.5	0
Fresh Banana	1 banana	90	0	1	2.63	0.26	5.1	65	8.79	12.35	1.1	23.07	0.33	0.11	0
100% Grape Juice	4 oz	80	0	0	0	0	0	0	0	*N/A*	0	21	0	0	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Jelly PC	1 ea	37	0	4	0.14	0.03	1	1	0.13	7.17	0.02	9.79	0	0	0
Totals		584	54	822	4.77	1.62	391.1	644	10.12	32.21	20.84	88.54	18.7	8.15	0

Thursday, 3/24/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
Fruit Porridge	.5 C	116	0	37	2.92	1.08	23.3	11	0.95	5.84	3.84	21.03	1.49	0.26	0
Turkey Sausage	1 oz	50	20	170	0	0.36	0	100	0	*N/A*	5	0	4	1	0
Fresh Pear	1 pear	101	0	2	5.52	0.32	16	45	7.65	17.36	0.64	27.11	0.25	0.04	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Jelly PC	1 ea	37	0	4	0.14	0.03	1	1	0.13	7.17	0.02	9.79	0	0	0
Totals		406	32	320	8.58	1.86	345.3	635	8.73	43.06	17.72	70.11	8.11	2.84	0

Friday, 3/25/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
Kashi Berry Blossoms Cereal	1 each	92	0	118	5.26	0.95	11.5	24	1.68	0	2.1	23.77	0.84	0.11	0
Graham Crackers	1 pack	90	0	95	1	0.72	100	500	0	*N/A*	2	17	2.5	0	0
Chilled Peaches	1 C	161	0	14	7.86	0.96	25	2097	12.86	*N/A*	2.71	40.83	0.14	0.01	*N/A*
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		445	12	335	14.12	2.71	441.5	3099	14.54	12.69	15.04	93.78	5.85	1.67	0
Weekly Averages		**457**	**32**	**525**	**8**	**2**	**445**	**1395**	**28**	**33**	**19**	**78**	**10**	**4**	**0**
											16%	**68%**	**20%**	**8%**	**0%**

Monday, 3/28/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
NO SCHOOL TODAY	SERVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Tuesday, 3/29/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
NO SCHOOL TODAY	SERVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Wednesday, 3/30/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
NO SCHOOL TODAY	SERVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Thursday, 3/31/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
NO SCHOOL TODAY	SERVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Friday, 4/1/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
NO SCHOOL TODAY	SERVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0