

Breakfast Every Day Items

Item Description	Serving Size	Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat. Fat	Carbs	Fiber
Toast	1 slice	64	2	20	0	0.72	4	0.95	0.08	13	0.5
Sausage Pattie	1 pattie	160	7	0	0	0.72	0	14	5	0	0
Turnover, Apple	1 turnover	329	3	12	0	1.5	2.2	10	2.2	56	0.7
Turnover, Peach	1 turnover	304	3	34	16	1.5	5.4	10	2.2	49	0.35
Rice Krispy Treat, Strawberry	1 bar	150	1	300	0	0	0	4	1	29	0
Mini Cinnis	1 pkg	240	5	0	0	1.44	20	7	2	40	2

Breakfast Week A

Item Description	Serving Size	Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat. Fat	Carbs	Fiber
			g	IU	mg	mg	mg	g	g	g	g
Monday											
Breakfast Bagel	1 each	219	12	301	0.85	0.85	203	9	2.6	22	0
Biscuit	1 each	190	4	0	0	1.44	0	9	3	23	3
Turkey Sausage Pattie	1 pattie	80	7	0	0	0	0	6	2	0	0
Tuesday											
Honey Bun	1 each	310	4	0	0	1.8	100	15	5	39	1
Biscuit	1 each	190	4	0	0	1.44	0	9	3	23	3
Turkey Sausage Pattie	1 pattie	80	7	0	0	0	0	6	2	0	0
Wednesday											
Sausage N Roll	1 each	160	6	0	0	1.08	20	8	2	18	1
Biscuit	1 each	190	4	0	0	1.44	0	9	3	23	3
Turkey Sausage Pattie	1 pattie	80	7	0	0	0	0	6	2	0	0
Thursday											
Cinnamon Roll	1 each	310	1	0	0	1.44	0	15	6	45	0
Biscuit	1 each	190	4	0	0	1.44	0	9	3	23	3
Turkey Sausage Pattie	1 pattie	80	7	0	0	0	0	6	2	0	0
Friday											
Breakfast Pizza	1 each	230	9	0	0	0	0	10	3.5	25	1
Biscuit	1 each	190	4	0	0	1.44	0	9	3	23	3
Turkey Sausage Pattie	1 pattie	80	7	0	0	0	0	6	2	0	0

Breakfast Week B

Item Description	Serving Size	Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat. Fat	Carbs	Fiber
			g	IU	mg	mg	mg	g	g	g	g
Monday											
Breakfast Burrito	1 each	320	13	300	1.2	2.7	80	12	3.5	41	4
Biscuit	1 each	190	4	0	0	1.44	0	9	3	23	3
Turkey Sausage Pattie	1 pattie	80	7	0	0	0	0	6	2	0	0
Tuesday											
Donut, Whole Grain	1 each	262	3	0	0	0.54	30	15	5	31	2
Biscuit	1 each	190	4	0	0	1.44	0	9	3	23	3
Turkey Sausage Pattie	1 pattie	80	7	0	0	0	0	6	2	0	0
Wednesday											
Breakfast Pizza	1 each	230	9	0	0	0	0	10	3.5	25	1
Biscuit	1 each	190	4	0	0	1.44	0	9	3	23	3
Turkey Sausage Pattie	1 pattie	80	7	0	0	0	0	6	2	0	0
Thursday											
Waffle Sticks	2 pieces	140	3	0	0	1.8	80	2	0	28	1
Biscuit	1 each	190	4	0	0	1.44	0	9	3	23	3
Turkey Sausage Pattie	1 pattie	80	7	0	0	0	0	6	2	0	0
Friday											
Mini Chicken on Bun	1 each	140	12	0	1.2	1.08	0	3.5	0.5	15	1
Biscuit	1 each	190	4	0	0	1.44	0	9	3	23	3
Turkey Sausage Pattie	1 pattie	80	7	0	0	0	0	6	2	0	0

Breakfast Week D

Item Description	Serving Size	Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat. Fat	Carbs	Fiber
			g	IU	mg	mg	mg	g	g	g	g
Monday											
Breakfast Pizza	1 each	230	9	0	0	0	0	10	3.5	25	1
Biscuit	1 each	190	4	0	0	1.44	0	9	3	23	3
Turkey Sausage Pattie	1 pattie	80	7	0	0	0	0	6	2	0	0
Tuesday											
Donut, Whole Grain	1 each	262	3	0	0	0.54	30	15	5	31	2
Biscuit	1 each	190	4	0	0	1.44	0	9	3	23	3
Turkey Sausage Pattie	1 pattie	80	7	0	0	0	0	6	2	0	0
Wednesday											
Mini Chicken on Bun	1 each	140	12	0	1.2	1.08	0	3.5	0.5	15	1
Biscuit	1 each	190	4	0	0	1.44	0	9	3	23	3
Turkey Sausage Pattie	1 pattie	80	7	0	0	0	0	6	2	0	0
Thursday											
Nutrigrain, Strawberry	1 bar	160	2	750	0	2	200	4	0.5	29	3
Biscuit	1 each	190	4	0	0	1.44	0	9	3	23	3
Turkey Sausage Pattie	1 pattie	80	7	0	0	0	0	6	2	0	0
Friday											
Waffle Sticks	2 pieces	140	3	0	0	1.8	80	2	0	28	1
Biscuit	1 each	190	4	0	0	1.44	0	9	3	23	3
Turkey Sausage Pattie	1 pattie	80	7	0	0	0	0	6	2	0	0

Breakfast Week E

Item Description	Serving Size	Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat. Fat	Carbs	Fiber
			g	IU	mg	mg	mg	g	g	g	g
Monday											
Breakfast Hot Pocket	1 pocket	140	7	150	5.4	1.26	90	5	2	18	1
Biscuit	1 each	190	4	0	0	1.44	0	9	3	23	3
Turkey Sausage Pattie	1 pattie	80	7	0	0	0	0	6	2	0	0
Tuesday											
Nutrigrain, Apple Cinnamon	1 bar	160	2	750	0	2	200	4	0.5	30	3
Peach Turnover	1 serving	304	3	34	16	1.5	5.4	10	2.2	49	0.35
Biscuit	1 each	190	4	0	0	1.44	0	9	3	23	3
Turkey Sausage Pattie	1 pattie	80	7	0	0	0	0	6	2	0	0
Wednesday											
Pancakes	2 pancakes	220	6	0	0	1.8	40	0.5	0	39	2
Biscuit	1 each	190	4	0	0	1.44	0	9	3	23	3
Turkey Sausage Pattie	1 pattie	80	7	0	0	0	0	6	2	0	0
Thursday											
Chocolate, Gripz	1 pkg.	120	2	500	0	1	100	4	1	20	2
Biscuit	1 each	190	4	0	0	1.44	0	9	3	23	3
Turkey Sausage Pattie	1 pattie	80	7	0	0	0	0	6	2	0	0
Friday											
Cheese Toast	1 each	173	8.5	848	0	0.72	215	9.7	3.7	13.5	0.5
Biscuit	1 each	190	4	0	0	1.44	0	9	3	23	3
Turkey Sausage Pattie	1 pattie	80	7	0	0	0	0	6	2	0	0