

McAllen ISD

Carbohydrate Analysis

Carbohydrate grams per serving in Breakfast menus

Tuesday, 1 June		Wednesday, 2 June		Thursday, 3 June		Friday, 4 June		Saturday, 5 June	
Zucchini Loaf Slice, Juice, Fruit, Assorted Milk		Chorizo and egg Taco or Cereal, Juice, Fruit, Assorted Milk		Banana Chocolate Bar, Juice, Fruit, Assorted Milk		Cereal, Juice, Fruit, Assorted Milk		Marranito or cereal, Juice, Fruit, Assorted Milk	
<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>	
Zucchini Loaf Slice	46.2g	Chorizo & Egg Taco, Elem	13.7g	Breakfast Bar, Banana/Choc	47.9g	Cereal, Small Bowl Pack-Coco	47.6g	Marranito	41.0g
<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>	
Apples, Red, Fresh	18.1g	Apples, Red, Fresh	18.1g	Fresh fruit Bananas, Raw	37.7g	Cereal, Small Bowl Lucky Ch	46.6g	Fresh fruit Oranges, Raw	15.0g
Juice, Apple Vita Fresh, 4oz	14.0g	Juice, Apple Vita Fresh, 4oz	14.0g	Juice, Apple Vita Fresh, 4oz	14.0g	Cereal, Small Bowl Pack, Blue	46.6g	Juice, Apple Vita Fresh, 4oz	14.0g
Juice, Orange Vita Fresh, 4	12.0g	Juice, Orange Vita Fresh, 4	12.0g	Juice, Orange Vita Fresh, 4	12.0g	Cereal, Cinnamon Toast Cru	44.6g	Juice, Orange Vita Fresh, 4	12.0g
<i>Milk</i>		<i>Milk</i>		<i>Milk</i>		<i>Milk</i>		<i>Milk</i>	
Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Chocolate	19.0g
Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Unflavored	13.0g

Sunday, 6 June		Monday, 7 June		Tuesday, 8 June		Wednesday, 9 June		Thursday, 10 June	
Cereal, Juice, Fruit, Assorted Milk		Cereal, Juice, Fruit, Assorted Milk		Cinnamon Honey Bun, Juice, Fruit, Assorted Milk		Yogurt parfait W/Cracker or Jamwich , Juice, Fruit, Assorted Milk		Chicken Sausage Bites,Cereal, Juice, Fruit, Assorted Milk	
<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>	
Cereal,Small Bowl Pack-Coco	47.6g	Cereal,Small Bowl Pack-Coco	47.6g	Cinnamon Honey Bun, WG	28.0g	Yogurt w/Blueberries	69.7g	Mini Morning Chicken Bites	17.6g
Cereal, Small Bowl Lucky Ch	46.6g	Cereal, Small Bowl Lucky Ch	46.6g	<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>	
Cereal,Small Bowl Pack, Blue	46.6g	Cereal,Small Bowl Pack, Blue	46.6g	Fresh fruit Bananas, Raw	37.7g	Fresh fruit Apples,Golden De	18.1g	Apples, Red, Fresh	18.1g
Cereal, Cinnamon Toast Cru	44.6g	Cereal, Cinnamon Toast Cru	44.6g	Juice, Apple Vita Fresh, 4oz	14.0g	Juice, Apple Vita Fresh, 4oz	14.0g	Juice, Apple Vita Fresh, 4oz	14.0g
<i>Side Dish</i>		<i>Side Dish</i>		Juice, Orange Vita Fresh, 4	12.0g	Juice, Orange Vita Fresh, 4	12.0g	Juice, Orange Vita Fresh, 4	12.0g
Juice, Apple Vita Fresh, 4oz	14.0g	Apples, Red, Fresh	18.1g	<i>Milk</i>		<i>Milk</i>		<i>Milk</i>	
Juice, Orange Vita Fresh, 4	12.0g	Juice, Apple Vita Fresh, 4oz	14.0g	Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Chocolate	19.0g
<i>Milk</i>		Juice, Orange Vita Fresh, 4	12.0g	Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Unflavored	13.0g
Milk, Fat Free, Chocolate	19.0g	<i>Milk</i>							
Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Chocolate	19.0g						
		Milk, Fat Free, Unflavored	13.0g						

Friday, 11 June		Saturday, 12 June		Sunday, 13 June		Monday, 14 June		Tuesday, 15 June	
Cereal, Juice, Fruit, Assorted Milk		Banana Chocolate Bar, Juice, Fruit, Assorted Milk		Cereal, Juice, Fruit, Assorted Milk		Cereal, Juice, Fruit, Assorted Milk		Zucchini Loaf Slice, Juice, Fruit, Assorted Milk	
<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>	
Cereal, Small Bowl Pack-Coco	47.6g	Breakfast Bar, Banana/Choc	47.9g	Cereal, Small Bowl Pack-Coco	47.6g	Cereal, Small Bowl Pack-Coco	47.6g	Zucchini Loaf Slice	46.2g
Cereal, Small Bowl Pack, Blue	46.6g	<i>Side Dish</i>		Cereal, Small Bowl Lucky Ch	46.6g	Cereal, Small Bowl Pack, Blue	46.6g		
Cereal, Small Bowl Lucky Ch	46.6g	Fresh fruit Bananas, Raw	37.7g	Cereal, Small Bowl Pack, Blue	46.6g	Cereal, Small Bowl Lucky Ch	46.6g	<i>Side Dish</i>	
Cereal, Cinnamon Toast Cru	44.6g	Juice, Apple Vita Fresh, 4oz	14.0g	Cereal, Cinnamon Toast Cru	44.6g	Cereal, Cinnamon Toast Cru	44.6g	Fresh fruit Oranges, Raw	15.0g
<i>Side Dish</i>		Juice, Orange Vita Fresh, 4	12.0g	<i>Side Dish</i>		<i>Side Dish</i>		Juice, Apple Vita Fresh, 4oz	14.0g
Apples, Red, Fresh	18.1g	<i>Milk</i>		Juice, Apple Vita Fresh, 4oz	14.0g	Fresh fruit Apples, Golden De	18.1g	Juice, Orange Vita Fresh, 4	12.0g
Juice, Apple Vita Fresh, 4oz	14.0g	Milk, Fat Free, Chocolate	19.0g	Juice, Orange Vita Fresh, 4	12.0g	Juice, Apple Vita Fresh, 4oz	14.0g	<i>Milk</i>	
Juice, Orange Vita Fresh, 4	12.0g	Milk, Fat Free, Unflavored	13.0g	<i>Milk</i>		Juice, Orange Vita Fresh, 4	12.0g	Milk, Fat Free, Chocolate	19.0g
<i>Milk</i>				Milk, Fat Free, Chocolate	19.0g	<i>Milk</i>		Milk, Fat Free, Unflavored	13.0g
Milk, Fat Free, Chocolate	19.0g			Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Chocolate	19.0g		
Milk, Fat Free, Unflavored	13.0g					Milk, Fat Free, Unflavored	13.0g		

Wednesday, 16 June	Thursday, 17 June	Friday, 18 June	Saturday, 19 June	Sunday, 20 June
Yogurt parfait W/Cracker or Jamwich , Juice, Fruit, Assorted Milk	Sweet Potato Muffin Top, Juice, Fruit, Assorted Milk	Cereal, Juice, Fruit, Assorted Milk	Marranito or cereal, Juice, Fruit, Assorted Milk	Cereal, Juice, Fruit, Assorted Milk
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Yogurt w/Blueberries 69.7g	Sweet Potato Chocolate Chip 43.4g	Cereal,Small Bowl Pack-Coco 47.6g	Marranito 41.0g	Cereal,Small Bowl Pack-Coco 47.6g
<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
Fresh fruit Bananas, Raw 37.7g	Apples, Red, Fresh 18.1g	Cereal, Small Bowl Lucky Ch 46.6g	Fresh fruit Bananas, Raw 37.7g	Cereal, Small Bowl Lucky Ch 46.6g
Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Cereal,Small Bowl Pack, Blue 46.6g	Juice, Apple Vita Fresh, 4oz 14.0g	Cereal,Small Bowl Pack, Blue 46.6g
Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g	Cereal, Cinnamon Toast Cru 44.6g	Juice, Orange Vita Fresh, 4 12.0g	Cereal, Cinnamon Toast Cru 44.6g
<i>Milk</i>	<i>Milk</i>	<i>Milk</i>	<i>Milk</i>	<i>Milk</i>
Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g
Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g

Monday, 21 June	Tuesday, 22 June	Wednesday, 23 June	Thursday, 24 June	Friday, 25 June
Cereal, Juice, Fruit, Assorted Milk	Banana Chocolate Bar, Juice, Fruit, Assorted Milk	Chorizo and egg Taco o or Cereal, Juice, Fruit, Assorted Milk	Marranito or cereal, Juice, Fruit, Assorted Milk	Cereal, Juice, Fruit, Assorted Milk
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Cereal, Small Bowl Pack-Coco 47.6g	Breakfast Bar, Banana/Choc 47.9g	Chorizo & Egg Taco, Elem 13.7g	Marranito 41.0g	Cereal, Small Bowl Pack-Coco 47.6g
Cereal, Small Bowl Pack, Blue 46.6g	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	Cereal, Small Bowl Lucky Ch 46.6g
Cereal, Small Bowl Lucky Ch 46.6g	Fresh fruit Apples, Golden De 18.1g	Fresh fruit Bananas, Raw 37.7g	Apples, Red, Fresh 18.1g	Cereal, Small Bowl Pack, Blue 46.6g
Cereal, Cinnamon Toast Cru 44.6g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Cereal, Cinnamon Toast Cru 44.6g
<i>Side Dish</i>	Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g	<i>Side Dish</i>
Juice, Apple Vita Fresh, 4oz 14.0g	<i>Milk</i>	<i>Milk</i>	<i>Milk</i>	Pears, Fresh 11.7g
Juice, Orange Vita Fresh, 4 12.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g	<i>Milk</i>
Pears, Fresh 11.7g	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Chocolate 19.0g
<i>Milk</i>				Milk, Fat Free, Unflavored 13.0g
Milk, Fat Free, Chocolate 19.0g				
Milk, Fat Free, Unflavored 13.0g				

Saturday, 26 June	Sunday, 27 June	Monday, 28 June	Tuesday, 29 June	Wednesday, 30 June
Concha, Juice, Fruit, Assorted Milk	Cereal, Juice, Fruit, Assorted Milk	Cereal, Juice, Fruit, Assorted Milk	Banana Loaf Slice, Juice, Fruit, Assorted Milk	Chicken Sausage Bites, Cereal, Juice, Fruit, Assorted Milk
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Concha 32.9g	Cereal Froot Loops/bowl 95.9g	Cereal Froot Loops/bowl 95.9g	Banana Loaf Slice 46.2g	Mini Morning Chicken Bites 17.6g
<i>Side Dish</i>	Cereal, Small Bowl Pack, Blue 46.6g	Cereal, Small Bowl Pack-Coco 47.6g	<i>Side Dish</i>	<i>Side Dish</i>
Apples, Red, Fresh 18.1g	Cereal, Cinnamon Toast Cru 44.6g	Cereal, Small Bowl Lucky Ch 46.6g	Apples, Red, Fresh 18.1g	Fresh fruit Bananas, Raw 37.7g
Juice, Apple Vita Fresh, 4oz 14.0g	<i>Side Dish</i>	Cereal, Small Bowl Pack-Cinn 42.5g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Apple Vita Fresh, 4oz 14.0g
Juice, Orange Vita Fresh, 4 12.0g	Apples, Red, Fresh 18.1g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g
<i>Milk</i>	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Orange Vita Fresh, 4 12.0g	<i>Milk</i>	<i>Milk</i>
Milk, Fat Free, Chocolate 19.0g	Juice, Orange Vita Fresh, 4 12.0g	Pears, Fresh 11.7g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g
Milk, Fat Free, Unflavored 13.0g	<i>Milk</i>	<i>Milk</i>	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g
	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g		
	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g		

Thursday, 1 July	Friday, 2 July	Saturday, 3 July	Sunday, 4 July	Monday, 5 July
Banana Chocolate Bar, Juice, Fruit, Assorted Milk	Cereal, Juice, Fruit, Assorted Milk	Marranito or cereal, Juice, Fruit, Assorted Milk	Cereal, Juice, Fruit, Assorted Milk	Cereal, Juice, Fruit, Assorted Milk
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Breakfast Bar, Banana/Choc 47.9g	Cereal, Small Bowl Pack-Coco 47.6g	Marranito 41.0g	Cereal, Small Bowl Pack-Coco 47.6g	Cereal, Small Bowl Pack-Coco 47.6g
<i>Side Dish</i>	Cereal, Small Bowl Lucky Ch 46.6g	<i>Side Dish</i>	Cereal, Small Bowl Pack, Blue 46.6g	Cereal, Small Bowl Lucky Ch 46.6g
Fresh fruit Apples, Golden De 18.1g	Cereal, Small Bowl Pack, Blue 46.6g	Fresh fruit Oranges, Raw 15.0g	Cereal, Small Bowl Lucky Ch 46.6g	Cereal, Small Bowl Pack, Blue 46.6g
Juice, Apple Vita Fresh, 4oz 14.0g	Cereal, Cinnamon Toast Cru 44.6g	Juice, Apple Vita Fresh, 4oz 14.0g	Cereal, Cinnamon Toast Cru 44.6g	Cereal, Cinnamon Toast Cru 44.6g
Juice, Orange Vita Fresh, 4 12.0g	<i>Side Dish</i>	Juice, Orange Vita Fresh, 4 12.0g	<i>Side Dish</i>	<i>Side Dish</i>
<i>Milk</i>	Fresh fruit Bananas, Raw 37.7g	<i>Milk</i>	Apples, Red, Fresh 18.1g	Fresh fruit Bananas, Raw 37.7g
Milk, Fat Free, Chocolate 19.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Milk, Fat Free, Chocolate 19.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Apple Vita Fresh, 4oz 14.0g
Milk, Fat Free, Unflavored 13.0g	Juice, Orange Vita Fresh, 4 12.0g	Milk, Fat Free, Unflavored 13.0g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g
	<i>Milk</i>		<i>Milk</i>	<i>Milk</i>
	Milk, Fat Free, Chocolate 19.0g		Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g
	Milk, Fat Free, Unflavored 13.0g		Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g

Tuesday, 6 July	Wednesday, 7 July	Thursday, 8 July	Friday, 9 July	Saturday, 10 July
Sweet Potato Muffin Top, Juice, Fruit, Assorted Milk	Chicken Sausage Bites,Cereal, Juice, Fruit, Assorted Milk	Mini Blueberry Pancakes, Juice, Fruit, Assorted Milk	Cereal, Juice, Fruit, Assorted Milk	Banana Chocolate Bar, Juice, Fruit, Assorted Milk
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Sweet Potato Chocolate Chip 43.4g	Mini Morning Chicken Bites 17.6g	Pancakes, Whole Grain Minis 35.0g	Cereal,Small Bowl Pack-Coco 47.6g	Breakfast Bar, Banana/Choc 47.9g
<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
Fresh fruit Oranges, Raw 15.0g	Fresh fruit Bananas, Raw 37.7g	Apples, Red, Fresh 18.1g	Cereal,Small Bowl Pack, Blue 46.6g	Juice, Apple Vita Fresh, 4oz 14.0g
Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Cereal, Small Bowl Lucky Ch 46.6g	Juice, Orange Vita Fresh, 4 12.0g
Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g	Cereal, Cinnamon Toast Cru 44.6g	
<i>Milk</i>	<i>Milk</i>	<i>Milk</i>	<i>Side Dish</i>	<i>Milk</i>
Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g	Fresh fruit Oranges, Raw 15.0g	Milk, Fat Free, Chocolate 19.0g
Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Milk, Fat Free, Unflavored 13.0g
			Juice, Orange Vita Fresh, 4 12.0g	
		<i>Condiment</i>	<i>Milk</i>	
		Syrup cups 30.2g	Milk, Fat Free, Chocolate 19.0g	
			Milk, Fat Free, Unflavored 13.0g	

Sunday, 11 July	Monday, 12 July	Tuesday, 13 July	Wednesday, 14 July	Thursday, 15 July
Cereal, Juice, Fruit, Assorted Milk	Cereal, Juice, Fruit, Assorted Milk	Banana Loaf Slice, Juice, Fruit, Assorted Milk	Chicken Sausage Bites, Cereal, Juice, Fruit, Assorted Milk	Sweet Potato Muffin Top, Juice, Fruit, Assorted Milk
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Cereal, Small Bowl Pack-Coco 47.6g	Cereal, Small Bowl Pack-Coco 47.6g	Banana Loaf Slice 46.2g	Mini Morning Chicken Bites 17.6g	Sweet Potato Chocolate Chip 43.4g
Cereal, Small Bowl Lucky Ch 46.6g	Cereal, Small Bowl Pack, Blue 46.6g	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
Cereal, Small Bowl Pack, Blue 46.6g	Cereal, Small Bowl Lucky Ch 46.6g	Juice, Apple Vita Fresh, 4oz 14.0g	Fresh fruit Apples, Golden De 18.1g	Juice, Apple Vita Fresh, 4oz 14.0g
Cereal, Cinnamon Toast Cru 44.6g	Cereal, Cinnamon Toast Cru 44.6g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Orange Vita Fresh, 4 12.0g
<i>Side Dish</i>	<i>Side Dish</i>	Pears, Fresh 11.7g	Juice, Orange Vita Fresh, 4 12.0g	<i>Milk</i>
Juice, Apple Vita Fresh, 4oz 14.0g	Fresh fruit Bananas, Raw 37.7g	<i>Milk</i>	<i>Milk</i>	Milk, Fat Free, Chocolate 19.0g
Juice, Orange Vita Fresh, 4 12.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Unflavored 13.0g
<i>Milk</i>	Juice, Orange Vita Fresh, 4 12.0g	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g	
Milk, Fat Free, Chocolate 19.0g	<i>Milk</i>			
Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Chocolate 19.0g			
	Milk, Fat Free, Unflavored 13.0g			

Friday, 16 July	Saturday, 17 July	Sunday, 18 July	Monday, 19 July	Tuesday, 20 July
Cereal, Juice, Fruit, Assorted Milk	Marranito or cereal, Juice, Fruit, Assorted Milk	Cereal, Juice, Fruit, Assorted Milk	Cereal, Juice, Fruit, Assorted Milk	Banana Chocolate Bar, Juice, Fruit, Assorted Milk
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Cereal, Small Bowl Pack-Coco 47.6g	Marranito 41.0g	Cereal, Small Bowl Pack-Coco 47.6g	Cereal, Small Bowl Pack-Coco 47.6g	Breakfast Bar, Banana/Choc 47.9g
Cereal, Small Bowl Lucky Ch 46.6g	<i>Side Dish</i>	Cereal, Small Bowl Pack, Blue 46.6g	Cereal, Small Bowl Lucky Ch 46.6g	<i>Side Dish</i>
Cereal, Small Bowl Pack, Blue 46.6g	Apples, Red, Fresh 18.1g	Cereal, Small Bowl Lucky Ch 46.6g	Cereal, Small Bowl Pack, Blue 46.6g	Juice, Apple Vita Fresh, 4oz 14.0g
Cereal, Cinnamon Toast Cru 44.6g	Juice, Apple Vita Fresh, 4oz 14.0g	Cereal, Cinnamon Toast Cru 44.6g	Cereal, Cinnamon Toast Cru 44.6g	Juice, Orange Vita Fresh, 4 12.0g
<i>Side Dish</i>	Juice, Orange Vita Fresh, 4 12.0g	<i>Side Dish</i>	<i>Side Dish</i>	Pears, Fresh 11.7g
Fresh fruit Oranges, Raw 15.0g	<i>Milk</i>	Fresh fruit Oranges, Raw 15.0g	Fresh fruit Bananas, Raw 37.7g	<i>Milk</i>
Juice, Apple Vita Fresh, 4oz 14.0g	Milk, Fat Free, Chocolate 19.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Milk, Fat Free, Chocolate 19.0g
Juice, Orange Vita Fresh, 4 12.0g	Milk, Fat Free, Unflavored 13.0g	Juice, Orange Vita Fresh, 4 12.0g	Juice, Orange Vita Fresh, 4 12.0g	Milk, Fat Free, Unflavored 13.0g
<i>Milk</i>		<i>Milk</i>	<i>Milk</i>	
Milk, Fat Free, Chocolate 19.0g		Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g	
Milk, Fat Free, Unflavored 13.0g		Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g	

Wednesday, 21 July	Thursday, 22 July	Friday, 23 July	Saturday, 24 July	Sunday, 25 July
Chorizo and egg Taco o or Cereal, Juice, Fruit, Assorted Milk	Marranito or cereal, Juice, Fruit, Assorted Milk	Cereal, Juice, Fruit, Assorted Milk	Concha, Juice, Fruit, Assorted Milk	Cereal, Juice, Fruit, Assorted Milk
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Chorizo & Egg Taco, Elem 13.7g	Marranito 41.0g	Cereal,Small Bowl Pack-Coco 47.6g	Concha 32.9g	Cereal,Small Bowl Pack-Coco 47.6g
<i>Side Dish</i>	<i>Side Dish</i>	Cereal,Small Bowl Pack, Blue 46.6g	<i>Side Dish</i>	Cereal, Small Bowl Lucky Ch 46.6g
Juice, Apple Vita Fresh, 4oz 14.0g	Fresh fruit Apples,Golden De 18.1g	Cereal, Small Bowl Lucky Ch 46.6g	Fresh fruit Bananas, Raw 37.7g	Cereal,Small Bowl Pack, Blue 46.6g
Juice, Orange Vita Fresh, 4 12.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Cereal, Cinnamon Toast Cru 44.6g	Juice, Apple Vita Fresh, 4oz 14.0g	Cereal, Cinnamon Toast Cru 44.6g
<i>Milk</i>	Juice, Orange Vita Fresh, 4 12.0g	<i>Side Dish</i>	Juice, Orange Vita Fresh, 4 12.0g	<i>Side Dish</i>
Milk, Fat Free, Chocolate 19.0g	<i>Milk</i>	Apples, Red, Fresh 18.1g	<i>Milk</i>	Juice, Apple Vita Fresh, 4oz 14.0g
Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Chocolate 19.0g	Juice, Apple Vita Fresh, 4oz 14.0g	Milk, Fat Free, Chocolate 19.0g	Juice, Orange Vita Fresh, 4 12.0g
	Milk, Fat Free, Unflavored 13.0g	Juice, Orange Vita Fresh, 4 12.0g	Milk, Fat Free, Unflavored 13.0g	<i>Milk</i>
		<i>Milk</i>		Milk, Fat Free, Chocolate 19.0g
		Milk, Fat Free, Chocolate 19.0g		Milk, Fat Free, Unflavored 13.0g
		Milk, Fat Free, Unflavored 13.0g		

Monday, 26 July		Tuesday, 27 July		Wednesday, 28 July		Thursday, 29 July		Friday, 30 July	
Cereal, Juice, Fruit, Assorted Milk		Banana Loaf Slice, Juice, Fruit, Assorted Milk		Sweet Potato Muffin Top, Juice, Fruit, Assorted Milk		Banana Chocolate Bar, Juice, Fruit, Assorted Milk		Cereal, Juice, Fruit, Assorted Milk	
<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>	
Cereal, Small Bowl Pack-Coco	47.6g	Banana Loaf Slice	46.2g	Sweet Potato Chocolate Chip	43.4g	Breakfast Bar, Banana/Choc	47.9g	Cereal, Small Bowl Pack-Coco	47.6g
Cereal, Small Bowl Lucky Ch	46.6g							Cereal, Small Bowl Pack, Blue	46.6g
Cereal, Small Bowl Pack, Blue	46.6g	<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		Cereal, Small Bowl Lucky Ch	46.6g
Cereal, Cinnamon Toast Cru	44.6g	Fresh fruit Bananas, Raw	37.7g	Fresh fruit Oranges, Raw	15.0g	Fresh fruit Apples, Golden De	18.1g	Cereal, Cinnamon Toast Cru	44.6g
		Juice, Apple Vita Fresh, 4oz	14.0g	Juice, Apple Vita Fresh, 4oz	14.0g	Juice, Apple Vita Fresh, 4oz	14.0g		
<i>Side Dish</i>		Juice, Orange Vita Fresh, 4	12.0g	Juice, Orange Vita Fresh, 4	12.0g	Juice, Orange Vita Fresh, 4	12.0g	<i>Side Dish</i>	
Juice, Apple Vita Fresh, 4oz	14.0g	<i>Milk</i>		<i>Milk</i>		<i>Milk</i>		Juice, Apple Vita Fresh, 4oz	14.0g
Juice, Orange Vita Fresh, 4	12.0g	Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Chocolate	19.0g	Juice, Orange Vita Fresh, 4	12.0g
<i>Milk</i>		Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Unflavored	13.0g	<i>Milk</i>	
Milk, Fat Free, Chocolate	19.0g							Milk, Fat Free, Chocolate	19.0g
Milk, Fat Free, Unflavored	13.0g							Milk, Fat Free, Unflavored	13.0g