

Monday	PrimerEdge	Calories	Fat	Sat Fat	Sodium	Carbs	Count	Allergies	CODE
<b>Otis Spunkmeyer Muffin</b>									E= Egg
<b>Chocolate Chocolate Chip</b>	SR101681	190	6	2	130	33	1WG	E GL M S W	GL= Gluten
Milk 1% low fat Chocolate	PG110005	150	2.5	1.5	200	25			M = Milk
Apple Juice 1/2 Cup	SR107940	60	0	0	2.5	14.5			S= Soy
Diced Peaches 4.5oz=1/2 c	PGR107	70	0	0	10	18			W= Wheat
TOTAL		470	8.5	3.5	342.5	90.5			
OR									
<b>Otis Spunkmeyer Muffin</b>									
Wild Blueberry 2oz	SR102266	190	6	2	130	30	1WG	E GL S W	
Milk 1% low fat Chocolate	PG110005	150	2.5	1.5	200	25		Milk	
Apple Juice 1/2 Cup	SR107940	60	0	0	2.5	14.5	1/2c F		
Diced Peaches 4.5oz=1/2 c	PGR107	70	0	0	10	18		Made Peanut Free Factory	
TOTAL		470	8.5	3.5	342.5	87.5			
<b>Tuesday</b>									
<b>Dunkin Breakfast Stik (pk2)</b>	SR109647	300	10	4	360	48	2WG	E GL M S W	
Milk 1% low fat White		110	2.5	1.5	130	13			
Peaches 1/2 cup diced	PGR107	70	0	0	10	18			
Pears 1/2 cup diced	SR109120	60	0	0	5	16	1/2 cup Fruit		
TOTAL		540	12.5	5.5	505	95			
OR									
<b>Dunkin Breakfast Stik (pk2)</b>	SR109647	300	10	4	360	48	2WG	Egg GL M S Wheat	
Milk 1% low fat Chocolate		150	2.5	1.5	200	25			
Peaches 1/2 cup diced	PGR107	70	0	0	10	18			
Pears 1/2 cup diced	SR109120	60	0	0	5	16			
TOTAL		580	12.5	5.5	575	107			
<b>Wednesday</b>									
Nutri-Grain Bar		Calories	Fat	Sat	Sodium	Carbs			
<b>Apple Cinn Nutri-Grain Bar</b>	SR106330	150	3.5	0.5	135	30	1WG	GL M S Wheat	
Milk 1% low fat White		110	2.5	1.5	130	13			
Apple Juice 1/2 Cup	SR107940	60			2.5	14.5			
Mandarin Oranges 1/2 cup	SR107929	88.72			9.857	22.67			
TOTAL		408.72	6	2	277.357	80.17			
OR									
Nutri Grain Bar Strawberry Fruit	SR106329	160	4	0.5	150	30			
Milk 1% low fat White		110	2.5	1.5	130	13		GL M S Wheat	
Apple Juice 1/2 Cup	SR107940	60			2.5	14.5			
Mandarin Oranges 1/2 cup	SR107929	88.72			9.857	22.67	1/2 c		
TOTAL		418.72	6.5	2	292.357	80.17			
<b>Thursday</b>									
Donut Day									
<b>Chocolate Coated Whole Grain</b>	SR108457	320	16	9	310	42	2WG	Egg, GL M S Wheat	
Milk 1% low fat White		110	2.5	1.5	130	13			
Raisins Box 1.33 oz	SR109677	130	0	0	0	30	1/2 C Fruit		
Applesauce 5oz=1/2 cup		42.62	0.05	0.02	1.64	11.3			
TOTAL		602.62	18.55	10.52	441.64	96.3			
OR									
<b>Powdered White Donut</b>	SR108458	270	11	4.5	290	41	2WG	Egg GL M S Wheat	
Milk 1% low fat White		110	2.5	1.5	130	13			
Raisins Box	SR109677	130	0	0	0	30			
Applesauce 5oz=1/2 cup	LI100021	42.62	0.05	0.02	1.64	11.3	5 oz		
TOTAL		552.62	13.55	6.02	421.64	95.3			
<b>FRIDAY</b>									
<b>POPARTS Kellogg's</b>									
<b>Strawberry (1pc)</b>	SR106318	170	2.5	1	180	36	1 WGR	GL Soy Wheat	
Milk 1% White		110	2.5	1.5	130	13			
Raisins Box 1.33 oz	SR109677	130	0	0	0	30	1/2 Cup Fruit		
Peaches 1/2 cup diced	PGR107	70	0	0	10	18	1/2 c fruit		
TOTAL		480	5	2.5	320	97			
OR									
<b>Fudge PopTarts</b>	SR107836	170	3	1	190	36	1 1/4 WGR	GL S Wheat	
Milk 1% Low Fat White		110	2.5	1.5	130	13			
Raisins Box	SR109677	130	0	0	0	30	1/2 c fruit		
Peaches 1/2 cup diced	PGR107	70	0	0	10	18	1/2 cup fruit		
TOTAL		480	5.5	2.5	330	97			