

## GIPS Elementary Breakfast Nutritionals

Menu Item	Serving Size	Carbs (g)	Sodium (g)	Calories	Total Fat (g)
MILK, 1% WHITE	8 FL OZ	11	120	100	3
MILK, FAT FREE CHOCOLATE	8 FL OZ	20	180	100	0
MILK, FAT FREE STRAWBERRY	8 FL OZ	22	90	120	0

<b>Monday, November 5, 2018</b>					
CEREAL VARIETY	1 EACH	25	160	110	1
CHEESE, STRING SAPUTO	1 EACH	0	200	80	5
JUICE VARIETY	1 EACH	13	15	60	0
FRUIT VARIETY	1/2 CUP	14	0	50	0
MILK	8 FL OZ	See Chart			

<b>Tuesday, November 6, 2018</b>					
BREAKFAST OMELET WRAP	1 EACH	14	410	180	10
JUICE VARIETY	1 EACH	13	15	60	0
FRUIT VARIETY	1/2 CUP	14	0	50	0
MILK	8 FL OZ	See Chart			

<b>Wednesday, November 7, 2018</b>					
STRAWBERRY CREAM CHEESE BAGEL	1 EACH	41	180	240	6
JUICE VARIETY	1 EACH	13	15	60	0
FRUIT VARIETY	1/2 CUP	14	0	50	0
MILK	8 FL OZ	See Chart			

<b>Thursday, November 8, 2018</b>					
CEREAL VARIETY	1 EACH	25	160	110	1
APPLE BREAKFAST SMILE	1 EACH	26	130	160	5
JUICE VARIETY	1 EACH	13	15	60	0
FRUIT VARIETY	1/2 CUP	14	0	50	0
MILK	8 FL OZ	See Chart			

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MILK, FAT FREE CHOCOLATE	8 FL OZ	20	180	100	0
MILK, FAT FREE STRAWBERRY	8 FL OZ	22	90	120	0

<b>Monday, November 12, 2018</b>					
CEREAL VARIETY	1 EACH	25	160	110	1
YOGURT	1 EACH	16	65	80	0
JUICE VARIETY	1 EACH	13	15	60	0
FRUIT VARIETY	1/2 CUP	14	0	50	0
MILK	8 FL OZ	See Chart			

<b>Tuesday, November 13, 2018</b>					
APPLE BOSCO STICK	1 EACH	38	170	200	3
JUICE VARIETY	1 EACH	13	15	60	0
FRUIT VARIETY	1/2 CUP	14	0	50	0
MILK	8 FL OZ	See Chart			

<b>Wednesday, November 14, 2018</b>					
PANCAKE BREAKFAST STICK	1 EACH	17	310	160	6
JUICE VARIETY	1 EACH	13	15	60	0
FRUIT VARIETY	1/2 CUP	14	0	50	0
MILK	8 FL OZ	See Chart			

<b>Thursday, November 15, 2018</b>					
SAUSAGE, EGG SLIDERS	1 SVG	21	280	150	4.5
JUICE VARIETY	1 EACH	13	15	60	0
FRUIT VARIETY	1/2 CUP	14	0	50	0
MILK	8 FL OZ	See Chart			

<b>Friday, November 16, 2018</b>					
CEREAL VARIETY	1 EACH	25	160	110	1
GRANOLA BAR, CHEWY CHOCOLATE CHUNK 	1 EACH	31	135	160	3
JUICE VARIETY	1 EACH	13	15	60	0
FRUIT VARIETY	1/2 CUP	14	0	50	0
MILK	8 FL OZ	See Chart			

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MILK, 1% WHITE	8 FL OZ	11	120	100	3
MILK, FAT FREE CHOCOLATE	8 FL OZ	20	180	100	0
MILK, FAT FREE STRAWBERRY	8 FL OZ	22	90	120	0

<b>Monday, November 19, 2018</b>					
CEREAL VARIETY	1 EACH	25	160	110	1
STRAWBERRY BREAKFAST SMILE	1 EACH	27	125	160	5
JUICE VARIETY	1 EACH	13	15	60	0
FRUIT VARIETY	1/2 CUP	14	0	50	0
MILK	8 FL OZ	See Chart			
<b>Tuesday, November 20, 2018</b>					
CEREAL VARIETY	1 EACH	25	160	110	1
MUFFIN, DREAMY ORANGE LOAF	1 EACH	28	180	180	7
JUICE VARIETY	1 EACH	13	15	60	0
FRUIT VARIETY	1/2 CUP	14	0	50	0
MILK	8 FL OZ	See Chart			

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MILK, 1% WHITE	8 FL OZ	11	120	100	3
MILK, FAT FREE CHOCOLATE	8 FL OZ	20	180	100	0
MILK, FAT FREE STRAWBERRY	8 FL OZ	22	90	120	0

<b>Monday, November 26, 2018</b>					
CEREAL VARIETY	1 EACH	25	160	110	1
CHEESE, STRING SAPUTO	1 EACH	0	200	80	5
JUICE VARIETY	1 EACH	13	15	60	0
FRUIT VARIETY	1/2 CUP	14	0	50	0
MILK	8 FL OZ	See Chart			
<b>Tuesday, November 27, 2018</b>					
PIZZA, BREAKFAST SAUSAGE	1 EACH	26	470	210	10
JUICE VARIETY	1 EACH	13	15	60	0
FRUIT VARIETY	1/2 CUP	14	0	50	0
MILK	8 FL OZ	See Chart			
<b>Wednesday, November 28, 2018</b>					
CINNI MINIS	1 EACH	39	270	240	7
JUICE VARIETY	1 EACH	13	15	60	0
FRUIT VARIETY	1/2 CUP	14	0	50	0
MILK	8 FL OZ	See Chart			
<b>Thursday, November 29, 2018</b>					
EGG & CHEESE BREAKFAST SANDWICH	1 EACH	31	350	240	9
JUICE VARIETY	1 EACH	13	15	60	0
FRUIT VARIETY	1/2 CUP	14	0	50	0
MILK	8 FL OZ	See Chart			
<b>Friday, November 30, 2018</b>					
CEREAL VARIETY	1 EACH	25	160	110	1
LEMON ICE MINI LOAF	1 EACH	28	150	160	5
JUICE VARIETY	1 EACH	13	15	60	0
FRUIT VARIETY	1/2 CUP	14	0	50	0
MILK	8 FL OZ	See Chart			

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APPLE BREAKFAST SMILE	1 EACH	26	130	160	5
APPLE FRUDEL	1 EACH	26	260	210	6
BREAKFAST BURRITO GRAB WRAP	1 EACH	22	360	200	10
BREAKFAST OMELET WRAP	1 EACH	14	410	180	10
BREAKFAST STICK, FF	1 EACH	17	310	160	6
BREAKFAST, APPLE BOSCO	1 EACH	38	170	200	3
CEREAL COCOA PUFFS	1 EACH	25	160	110	2
CEREAL, CHEERIOS APPLE CINN.	1 EACH	22	110	110	2
CEREAL, CINN.TOAST	1 EACH	22	150	110	3
CEREAL, FROOT LOOPS RS	1 EACH	16	107	69	1
CEREAL, FROST FLAKE MULT	1 EACH	24	160	100	0
CHEESE, STRING SAPUTO	1 EACH	0	200	80	5
CHERRY FRUDEL	1 EACH	37	260	210	6
CINNI MINIS	1 EACH	39	270	240	7
CRACKER, GRAHAM SCOOPY-DOO,	1 EACH	21	115	120	3.5
CRACKER, GRIPZ CHO CHIP GRAHAM	1 EACH	20	80	120	3.5
EGG & CHEESE BREAKFAST SANDWICH IW	1 EACH	31	350	240	9
EGG, CHEESE, TRKY BACON TOAST	1 EACH	18	350	160	6
EGG, TAC-GO TURKEY SAUSAGE	1 EACH	14	410	180	3.5
FRENCH TOAST 3 STK	SVG (3 ea)	37	300	250	9
FRENCH TOAST STICKS, PrePackaged	1 EACH	28	320	210	7
FRUIT, APPLE SLICES - 2 oz	1 PACKAGE	8	0	30	0
FRUIT, APPLE WHOLE (138 CT)	1 EACH	20	1	77	0
FRUIT, BANANA WHOLE (med)	1 EACH	27	1	105	0
FRUIT, ORANGE WHOLE (lg)	1 EACH	21	0	86	0
FRUIT, RAISELS GOLDEN RAISINS, ALL FLAVORS	1 EACH	35	5	140	0
FRUIT, ZEE ZEE MIXEES DRIED FRUIT	1 EACH	30	25	120	0
GRANOLA BAR, CHEWY CHOCOLATE CHUNK	1 EACH	31	135	160	3
JELLY, GRAPE	1 EACH	9	11	35	0
JUICE, APPLE HILAND	1 EACH	15	0	60	0
JUICE, ORANGE, HILAND	1 EACH	15	0	60	0
MARGARINE, SINGLES MRS CLARK	1 EACH	0	40	25	3
MILK, 1% WHITE	8 FL OZ	11	120	100	3
MILK, FAT FREE CHOCOLATE	8 FL OZ	20	180	100	0
MILK, FAT FREE STRAWBERRY	8 FL OZ	22	90	120	0
MINI BEEF SAUSAGE ON BISCUIT	1 EACH	26	560	230	10
MUFFIN, CHOCOLATE CHIP, MUFFINTOWN	1 EACH	29	95	170	5
MUFFIN, MINI LOAF BANANA	1 EACH	30	170	180	6
MUFFIN, MINI LOAF DREAMY ORANGE	1 EACH	28	180	180	7
MUFFIN, MINI LOAF LEMON ICE	1 EACH	28	150	160	5
PIZZA, BREAKFAST SAUSAGE	1 EACH	26	470	210	10

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SAUSAGE, EGG SLIDERS	1 SVG	21	280	150	4.5
STRAWBERRY BREAKFAST SMILE	1 EACH	27	125	160	5
STRAWBERRY CREAM CHEESE BAGEL	1 EACH	41	180	240	6
SYRUP, PANCAKE	SVG (1 OZ)	26	52	105	0
YOGURT, RASPBERRY, DANNON	1 EACH	15	65	80	0
YOGURT, STRAWBERRY, DANNON	1 EACH	16	65	80	0
YOGURT, STRAWBERRY/BANANA	1 EACH	16	65	80	0