

# Laton Elementary

## March 2023

### Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
		1 Concha Diced Pears Cranberry Juice White Milk Chocolate Milk	2 Fruit Loops Scooby Snacks Mixed Fruit Fruit Juice White Milk Chocolate Milk	3 Breakfast Pizza Pineapple Apple Juice White Milk Chocolate Milk	Calories 394 Sodium 377 mg Total Fat 6.47 g 14.8%
6 Apple Cinnamon Cheerios Trix Yogurt Raisins Apple Juice White Milk Chocolate Milk	7 Ultimate Breakfast Round Fresh Banana Fruit Juice White Milk Chocolate Milk	8 Breakfast Tornado Mandarin Oranges Grape Juice White Milk Chocolate Milk	9 Cocoa Puff Strawberry Graham Diced Pears Cranberry Juice White Milk Chocolate Milk	10 Mini Waffles Pineapple Orange Juice White Milk Chocolate Milk Syrup	Calories 432 Sodium 345 mg Total Fat 6.00 g 12.5%
13 Benefit Bar Banana Chocolate Diced Pears Grape Juice White Milk Chocolate Milk	14 Trix Cereal Cheese Stick Mandarin Oranges Apple Juice White Milk Chocolate Milk	15 Lucky Charms Bug Bites Raisins Orange Juice White Milk Chocolate Milk	16 Breakfast Donut Diced Peaches Cranberry Juice White Milk Chocolate Milk	17 Mini Cinnis Sliced Apples Fruit Juice White Milk Chocolate Milk	Calories 452 Sodium 429 mg Total Fat 7.68 g 15.3%
20 Cinnamon Toast Crunch Bug Bites Mandarin Oranges Apple Juice White Milk Chocolate Milk	21 Biscuit w/Egg Patty Fresh Banana Cranberry Juice Ketchup White Milk Chocolate Milk	22 Breakfast Pizza Mixed Fruit Fruit Juice White Milk Chocolate Milk	23 Cocoa Puff Trix Yogurt Diced Peaches Grape Juice White Milk Chocolate Milk	24 Pancake & Sausage on Stk Diced Pears Orange Juice White Milk Chocolate Milk Syrup	Calories 440 Sodium 534 mg Total Fat 7.06 g 14.4%
27 Chocolate Chip Muffin Craisins-Strawberry Fruit Juice White Milk Chocolate Milk	28 Blueberry Breakfast Bar Diced Peaches Apple Juice White Milk Chocolate Milk	29 Honey Nut Cheerios Cheese Stick Fresh Banana Orange Juice White Milk Chocolate Milk	30 Scrambled Eggs w/ Cheese 8" WG Tortilla Fresh Apple Slices Cranberry Juice White Milk Chocolate Milk Tapatio	31 Lucky Charms Graham Cracker Diced Pears Grape Juice White Milk Chocolate Milk	Calories 480 Sodium 463 mg Total Fat 9.23 g 17.3%

\*Menu subject to change without notice.  
This institution is an equal opportunity provider.

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
\* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.