

St. Teresa
Breakfast (Main Meals), September - 2024

2 Monday						3 Tuesday						4 Wednesday						5 Thursday						6 Friday					
Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)		Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)		Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)		Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)		Cals	TotFat (g)	SatFat (g)	Carbs (g)	Sod. (mg)	
						GRAIN Sweet Potato Swirl 240 8 1.5 38 240						GRAIN Tiger Bites (Original) 120 4 1 21 100						GRAIN Honey Cheerios (2oz) 210 3 0.5 44 340						GRAIN Cinnabar 290 10 2 46					
						FRUIT Assorted Fresh Fruit 154 0.48 0.16 40.11 0						FRUIT Applesauce Cup 50 0 0 14 0						FRUIT Assorted Fresh Fruit 154 0.48 0.16 40.11 0						FRUIT Assorted Fresh Fruit 154 0.48 0.16 40.11					
						MILK 1% Lowfat Milk 110 2.5 1.5 13 125						BREAKFAST Peach Yogurt 90 0 0 19 55						MILK 1% Lowfat Milk 110 2.5 1.5 13 125						MILK 1% Lowfat Milk 110 2.5 1.5 13					
						Fat Free Milk 80 0 0 13 125						MILK 1% Lowfat Milk 110 2.5 1.5 13 125						Fat Free Milk 80 0 0 13 125						Fat Free Milk 80 0 0 13					
						Lactaid Milk 124 4.7 2.9 12 127						Fat Free Milk 80 0 0 13 125						Lactaid Milk 124 4.7 2.9 12 127						Lactaid Milk 124 4.7 2.9 12					
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MILK					
1% Lowfat Milk	110	2.5	1.5	13	125
Fat Free Milk	80	0	0	13	125
Lactaid Milk	124	4.7	2.9	12	127

This institution is an equal opportunity provider.