K-3 Breakfast May 2026

Nutritional Information

Name	Serving	Calories	Carbs	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium	Dietary Fiber	Sugar	Vitamin A	Vitamin C	Calcium	Iron	Wheat	Egg	Soy	Peanut	Milk	Fish	Trans	Treenut	Shellfish	Sesame
1% Unflavored White Milk	carton	103	12 g	8 g	3 g	2 g	13 mg	123 mg	0 g	11 g	150	n/a	300 mg	0 mg					X					
100% Apple Juice	1 each	60	15 g	0 g	0 g	0 g	0 mg	10 mg	0 g	12 g	0	70	100 mg	0 mg										
100% Orange Juice	1 each	60	14 g	1 g	0 g	0 g	0 mg	10 mg	0 g	12 g	0	70	20 mg	0 mg										
Apple	each	72	19 g	0 g	0 g	0 g	0 mg	1 mg	3 g	14 g	4	6	8 mg	0 mg										
Apple Cinnamon Muffin	each	180	31 g	3 g	6 g	2 g	35 mg	125 mg	2 g	16 g	0	0	20 mg	1 mg	X	X	X							
Apple Frudel, WG	1 each	180	34 g	4 g	4 g	0 g	0 mg	240 mg	2 g	7 g	0	0	0 mg	2 mg	X				X					
Applesauce	1/2 cup	51	12 g	0 g	0 g	0 g	0 mg	10 mg	1 g	11 g	0	0	0 mg	0 mg										
Blueberry Muffin, WG	each	180	28 g	3 g	7 g	2 g	15 mg	160 mg	2 g	13 g	n/a	n/a	30 mg	1 mg	X	X	X		X					
Cheese Stick	each	80	1 g	7 g	6 g	4 g	20 mg	200 mg	0 g	0 g	0	0	150 mg	0 mg					X					
Choice of Milk	carton	103	12 g	8 g	3 g	2 g	13 mg	123 mg	0 g	11 g	150	n/a	300 mg	0 mg					X					
Cocoa Puffs Cereal Bar, WG	1 bar	160	29 g	3 g	4 g	0 g	0 mg	105 mg	3 g	9 g	0	2	260 mg	2 mg	X		X							
Diced Peaches	1/2 cup	50	12 g	1 g	0 g	0 g	0 mg	5 mg	1 g	10 g	300	1	0 mg	0 mg										
Diced Pears	1/2 cup	72	19 g	0 g	0 g	0 g	0 mg	6 mg	2 g	0 g	0	1	6 mg	0 mg										
Graham Crackers	package (3 ea)	90	17 g	1 g	3 g	0 g	0 mg	90 mg	1 g	5 g	500	0	0 mg	1 mg	X		X							
Orange	each	86	22 g	2 g	0 g	0 g	0 mg	0 mg	4 g	17 g	414	98	74 mg	0 mg										
Peach Cup	4.4oz	90	21 g	1 g	0 g	0 g	0 mg	0 mg	2 g	19 g	300	162	0 mg	0 mg										
Strawberry Pop-Tart, WG	1 pouch	82	17 g	1 g	1 g	0 g	0 mg	55 mg	1 g	7 g	240	0	62 mg	1 mg	X		X							
Trix Cereal Bar, WG	1 bar	160	29 g	2 g	4 g	0 g	0 mg	105 mg	3 g	9 g	0	1	260 mg	2 mg	X									