

Menu: Saint Louis NEW k-12 breakfast
 School: AMES ES
 Dates: February 02, 2015 - February 27, 2015

Recipe Number	Recipe Name	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
1450276	Apple Jacks Cereal 1 Grain	No	No	No	No	No	Yes	No	Yes
1450145	Apple Juice 4oz	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1450359	Applesauce, Unsweet	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1450121	Biscuits & Gravy	Yes	No	Yes	No	No	Yes	No	Yes
2016672	Blueberry Nutrigrain Bar	Yes	No	Yes	No	No	Yes	No	Yes
1451110	Breakfast Sausage Pizza, Tony's	No	No	Yes	No	No	Yes	No	Yes
1450102	Cinnamon Raisin Bagel	No	No	No	No	No	No	No	Yes
2138143	Cinnamon Toast Crunch R/S	No	No	No	No	No	Yes	No	Yes
1450284	Cocoa Puffs Cereal	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1451092	Colby Cheese Omelet, IW	Yes	No	Yes	No	No	Yes	No	No
1450303	Cream Cheese PC, Reduced Fat	No	No	Yes	No	No	No	No	No
1451284	Egg & Potato Breakfast Burrito 9"	Yes	No	No	No	No	No	No	Yes
1451073	Egg & Sausage English Muffin Sandwich	Yes	No	No	No	No	Yes	No	Yes
1451560	Egg & Sausage Taco 6"	Yes	No	No	No	No	No	No	Yes
1450127	Egg, Sausage & Cheese Biscuit Sandwich	Yes	No	Yes	No	No	Yes	No	Yes
1450408	Fat Free White Milk	No	No	Yes	No	No	No	No	No
1450461	French Toast Sticks	Yes	No	Yes	No	No	Yes	No	Yes
1450140	Fresh Banana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1450367	Grape Juice 4oz	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1451546	Ham, Egg & Cheese Quesadilla 6"	No	No	Yes	No	No	Yes	No	Yes
1451069	Hash Brown Potato Patty	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1450286	Honey Graham Cracker 3 pk	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1450489	Jelly Packet	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1450300	Mandarin Oranges	No	No	No	No	No	No	No	No
1450549	Mini Blueberry Pancakes	Yes	No	Yes	No	No	Yes	No	Yes
1450159	Mini Cinni Roll, IW	No	No	Yes	No	No	No	No	Yes
1450369	Orange Juice 4oz	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1451559	Pancakes	Yes	No	No	No	No	Yes	No	Yes

1451171	Pineapple & Vanilla Yogurt Parfait	No	No	Yes	No	No	No	No	Yes
1451225	Pineapple Tidbits	No	No	No	No	No	No	No	No
1451572	Raisin Bran 1G	No	No	No	No	No	No	No	Yes
1451531	Reduced Sugar Froot Loops	No	No	No	No	No	Yes	No	Yes
1451525	RS Frosted Flakes	No	No	No	No	No	Yes	No	Yes
1450544	Salsa, Canned (C)	No	No	No	No	No	No	No	No
1450186	Sausage & Cheese Biscuit Sandwich HM	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1450288	Sliced Oranges	No	No	No	No	No	No	No	No
1451216	Sliced Peaches	No	No	No	No	No	No	No	No
1450171	Strawberry Banana Yogurt 4oz Cup	No	No	Yes	No	No	No	No	No
1450948	String Cheese	No	No	Yes	No	No	No	No	No
1450882	Syrup Cup	No	No	No	No	No	No	No	No
1450290	WG Rice Krispies Cereal	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1450182	WG Toast w/ Margarine	No	No	Yes	No	No	Yes	No	Yes
1450400	White 1% Low Fat Milk	No	No	Yes	No	No	No	No	No

* = Indicates missing Nutrient Information.

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