

Menu: Saint Louis k-12 breakfast  
 School: AMES ES  
 Dates: April 01, 2015 - April 30, 2015

Recipe Number	Recipe Name	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
1450468	Apple Frudel	No	No	Yes	No	No	Yes	No	Yes
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
1450135	Applesauce	No	No	No	No	No	No	No	No
1450359	Applesauce, Unsweet	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1450502	Banana Loaf	Yes	No	Yes	No	No	Yes	No	Yes
1451526	Breakfast on a Stick	Yes	No	Yes	No	No	Yes	No	Yes
1450290	Cereal, Brown Rice Krispies	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1450284	Cereal, Cocoa Puffs Bowl	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
2138143	Cereal, R/S Cinnamon Toast Crunch	No	No	No	No	No	Yes	No	Yes
1450296	Cereal, R/S Trix	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1451278	Cinnamon French Toast	Yes	No	Yes	No	No	Yes	No	Yes
1450102	Cinnamon Raisin Bagel	No	No	No	No	No	No	No	Yes
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
1450356	Diced Pears	No	No	No	No	No	No	No	No
1451567	Egg & Cheese Croissant Sandwich	Yes	No	Yes	No	No	Yes	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
1450140	Fresh Banana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1450269	Fresh Orange	No	No	No	No	No	No	No	No
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
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
1451564	Oatmeal	No	No	Yes	No	No	Yes	No	Yes
1450369	Orange Juice 4oz	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1850599	Pancakes and Sausage	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
1451216	Sliced Peaches	No	No	No	No	No	No	No	No
1450882	Syrup Cup	No	No	No	No	No	No	No	No
1450162	Waffles	Yes	No	Yes	No	No	Yes	No	Yes
1451049	WG Cinnamon Roll	Yes	No	Yes	No	No	Yes	No	Yes
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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