

K-12 Breakfast Hot

| Mon - 04/02/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|----------------------------|--------------|------|---------|---------|--------|---------|---------|
| BRD: MUF AP, Choc 2oz W | Muffin | 200 | 135 | 4.00 | 32.00 | 6.00 | 2.00 |
| CHEESE, MZ String LF 1ea | Stick | 60 | 210 | 8.00 | 1.00 | 2.50 | 2.00 |
| FRUIT: CRAISINS, SS Orig | Box (1.16oz) | 110 | 0 | 0.00 | 28.00 | 0.00 | 0.00 |
| JUICE SS, Frt Bld 100% 4oz | 1 Each | 60 | 10 | 0.00 | 14.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |

| Tue - 04/03/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|---------------------------|--------------|------|---------|---------|--------|---------|---------|
| CEREAL BWL, CinnTstCrnc | Bowl | 110 | 160 | 1.00 | 22.00 | 3.00 | 0.50 |
| BRD: CRACK SS, Bear Grh | Package | 130 | 100 | 2.00 | 20.00 | 4.00 | 0.00 |
| FRUIT: CUP SS, Applesc Mi | Each (1/2c) | 50 | 15 | 1.00 | 14.00 | 0.00 | 0.00 |
| JUICE SS, Orange 100% 4o | 1 Each | 50 | 15 | 1.00 | 12.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |

| Wed - 04/04/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|---------------------------|--------------|------|---------|---------|--------|---------|---------|
| BRD: FR TST AP, Cinn WG | Pouch | 220 | 380 | 3.00 | 37.00 | 7.00 | 1.00 |
| FRUIT: APPLE, 138ct Whole | Each(138ct) | 62 | 1 | 0.31 | 16.52 | 0.20 | 0.03 |
| JUICE SS, Grape100% 4oz | 1 Each | 80 | 15 | 1.00 | 18.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |

| Thu - 04/05/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|--------------------------|--------------|------|---------|---------|--------|---------|---------|
| EGG: Omelet CH AP 2.0 | 1 Each | 130 | 280 | 7.00 | 1.00 | 11.00 | 3.50 |
| BRD: CRACK SS, Animal W | Package | 130 | 110 | 2.00 | 21.00 | 4.00 | 1.00 |
| FRUIT: PEARS 135 ct. | Each (135ct) | 75 | 1 | 0.47 | 19.95 | 0.18 | 0.03 |
| JUICE SS, Apple 100% 4oz | 1 Each | 60 | 15 | 0.00 | 14.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |

| Fri - 04/06/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|---------------------------|--------------|------|---------|---------|--------|---------|---------|
| CEREAL BWL, Frosted Flks | Bowl | 100 | 160 | 2.00 | 24.00 | 0.00 | 0.00 |
| BRD: CRACK SS, Jungle W | Package | 130 | 95 | 2.00 | 20.00 | 4.00 | 0.00 |
| FRUIT: CUP SS, Applesc Pe | Each (1/2c) | 50 | 15 | 0.00 | 14.00 | 0.00 | 0.00 |
| JUICE SS, Orange 100% 4o | 1 Each | 50 | 15 | 1.00 | 12.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |

| Mon - 04/09/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|-------------------------|--------------|------|---------|---------|--------|---------|---------|
| CEREAL BWL, Cheerios W | Bowl | 100 | 140 | 3.00 | 20.00 | 2.00 | 0.50 |
| BRD: CRACK SS, Bear Grh | Package | 120 | 85 | 2.00 | 20.00 | 4.00 | 0.00 |
| JUICE SS, Grape100% 4oz | 1 Each | 80 | 15 | 1.00 | 18.00 | 0.00 | 0.00 |
| FRUIT: ORANGE 138ct GFP | Each(138ct) | 63 | 0 | 0.79 | 16.64 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |

| Tue - 04/10/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|---------------------------|--------------|------|---------|---------|--------|---------|---------|
| BRD: ROLL AP, CinnMini W | Pouch | 240 | 300 | 5.00 | 40.00 | 8.00 | 2.00 |
| FRUIT: CUP SS, Applesc Pe | Each (1/2c) | 50 | 15 | 1.00 | 14.00 | 0.00 | 0.00 |
| JUICE SS, Orange 100% 4o | 1 Each | 50 | 15 | 1.00 | 12.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |

| Wed - 04/11/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|----------------------------|--------------|------|---------|---------|--------|---------|---------|
| MELT BGL, CSaus AM 1.25 | Sandwich | 285 | 610 | 19.50 | 29.50 | 10.50 | 3.75 |
| FRUIT: APPLE, 138ct Whole | Each(138ct) | 62 | 1 | 0.31 | 16.52 | 0.20 | 0.03 |
| JUICE SS, Frt Bld 100% 4oz | 1 Each | 60 | 10 | 0.00 | 14.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |

| Thu - 04/12/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|---------------------------|--------------|------|---------|---------|--------|---------|---------|
| STICKS, CORN DOGkyMpl | 1 Each | 160 | 310 | 8.00 | 17.00 | 6.00 | 1.50 |
| COND PC Syrup 1.4oz Smu | 1 Each | 110 | 25 | 0.00 | 29.00 | 0.00 | 0.00 |
| FRUIT: CUP SS, Applesc ST | Each (1/2c) | 50 | 15 | 0.00 | 14.00 | 0.00 | 0.00 |
| JUICE SS, Grape100% 4oz | 1 Each | 80 | 15 | 1.00 | 18.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |

| Fri - 04/13/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|---------------------------|--------------|------|---------|---------|--------|---------|---------|
| CEREAL BWL, Rice Krispies | Bowl | 100 | 170 | 2.00 | 23.00 | 0.50 | 0.00 |
| BRD: CRACK SS, Animal W | Package | 130 | 110 | 2.00 | 21.00 | 4.00 | 1.00 |
| FRUIT: CRAISINS, SS Orig | Box (1.16oz) | 110 | 0 | 0.00 | 28.00 | 0.00 | 0.00 |
| FRUIT: ORANGE 138ct Who | Each(138ct) | 47 | 0 | 0.94 | 11.73 | 0.12 | 0.01 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |

| Mon - 04/16/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|----------------------------|--------------|------|---------|---------|--------|---------|---------|
| BRD: POPTARTS, Straw 1.7 | Package | 180 | 180 | 2.00 | 38.00 | 2.50 | 1.00 |
| CHEESE, MZ String LF 1ea | Stick | 60 | 210 | 8.00 | 1.00 | 2.50 | 2.00 |
| FRUIT: APPLE, Slcd IW 2oz | 1 Each | 30 | 0 | 0.00 | 7.00 | 0.00 | 0.00 |
| JUICE SS, Frt Bld 100% 4oz | 1 Each | 60 | 10 | 0.00 | 14.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |

| Tue - 04/17/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|--------------------------|--------------|------|---------|---------|--------|---------|---------|
| CEREAL BWL, CinnTstCrc | Bowl | 110 | 160 | 1.00 | 22.00 | 3.00 | 0.50 |
| BRD: CRACK SS, Bear Grh | Package | 130 | 100 | 2.00 | 20.00 | 4.00 | 0.00 |
| FRUIT: CRAISINS, SS Orig | Box (1.16oz) | 110 | 0 | 0.00 | 28.00 | 0.00 | 0.00 |
| JUICE SS, Apple 100% 4oz | 1 Each | 60 | 15 | 0.00 | 14.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |

| Wed - 04/18/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|---------------------------|--------------|------|---------|---------|--------|---------|---------|
| SDW BISC AP, ChixPtyBrd | 1 Each | 230 | 410 | 7.00 | 28.00 | 11.00 | 4.00 |
| FRUIT: CUP SS, Applesc Ci | Each (1/2c) | 50 | 15 | 0.00 | 14.00 | 0.00 | 0.00 |
| JUICE SS, Grape100% 4oz | 1 Each | 80 | 15 | 1.00 | 18.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |

| Thu - 04/19/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|---------------------------|--------------|------|---------|---------|--------|---------|---------|
| BRD: ROLL AP, CinnMini W | Pouch | 240 | 300 | 5.00 | 40.00 | 8.00 | 2.00 |
| FRUIT: CUP SS, Applesc Pe | Each (1/2c) | 50 | 15 | 0.00 | 14.00 | 0.00 | 0.00 |
| JUICE SS, Apple 100% 4oz | 1 Each | 60 | 15 | 0.00 | 14.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |

| Fri - 04/20/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|--------------------------|--------------|------|---------|---------|--------|---------|---------|
| Yogurt with Trailmix | 1 Each | 428 | 193 | 11.36 | 88.89 | 4.23 | 1.00 |
| JUICE SS, Orange 100% 4o | 1 Each | 50 | 15 | 1.00 | 12.00 | 0.00 | 0.00 |
| FRUIT: RAISINS, SS 1.5oz | Box (1.5oz) | 127 | 5 | 1.31 | 33.67 | 0.20 | 0.02 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |

| Mon - 04/23/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|---------------------------|--------------|------|---------|---------|--------|---------|---------|
| BRD: Bkfst Rnd Cinn 2.2oz | 1 Each | 280 | 190 | 5.00 | 44.00 | 8.00 | 3.00 |
| FRUIT: CUP SS, Applesc Pe | Each (1/2c) | 50 | 15 | 0.00 | 14.00 | 0.00 | 0.00 |
| JUICE SS, Apple 100% 4oz | 1 Each | 60 | 15 | 0.00 | 14.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |

| Tue - 04/24/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|--------------------------|--------------|------|---------|---------|--------|---------|---------|
| MELT MUFF, CSaus AM 1.2 | Sandwich | 265 | 690 | 18.50 | 24.50 | 10.50 | 3.75 |
| JUICE SS, Grape100% 4oz | 1 Each | 80 | 15 | 1.00 | 18.00 | 0.00 | 0.00 |
| FRUIT: CRAISINS, SS Orig | Box (1.16oz) | 110 | 0 | 0.00 | 28.00 | 0.00 | 0.00 |

| | | | | | | | |
|-----------------------|--------|-----|-----|------|-------|------|------|
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |

| Wed - 04/25/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|--------------------------|--------------|------|---------|---------|--------|---------|---------|
| BRD: WAFFLE, AP WG Blue | Pouch | 210 | 180 | 4.00 | 37.00 | 6.00 | 1.00 |
| FRUIT: PEARS 135 ct. | Each (135ct) | 75 | 1 | 0.47 | 19.95 | 0.18 | 0.03 |
| JUICE SS, Apple 100% 4oz | 1 Each | 60 | 15 | 0.00 | 14.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |

| Thu - 04/26/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|-------------------------|--------------|------|---------|---------|--------|---------|---------|
| BRD: FR TST AP, Cinn WG | Pouch | 220 | 380 | 3.00 | 37.00 | 7.00 | 1.00 |
| FRUIT: ORANGE 138ct GFP | Each(138ct) | 63 | 0 | 0.79 | 16.64 | 0.00 | 0.00 |
| JUICE SS, Grape100% 4oz | 1 Each | 80 | 15 | 1.00 | 18.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |

| Fri - 04/27/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|----------------------------|--------------|------|---------|---------|--------|---------|---------|
| BRD: BAGEL, Mini StrwCrCh | 1 Each | 230 | 180 | 6.00 | 41.00 | 6.00 | 2.50 |
| FRUIT: CUP SS, Applesc Pe | Each (1/2c) | 50 | 15 | 1.00 | 14.00 | 0.00 | 0.00 |
| JUICE SS, Frt Bld 100% 4oz | 1 Each | 60 | 10 | 0.00 | 14.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |

| Mon - 04/30/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|---------------------------|--------------|------|---------|---------|--------|---------|---------|
| BRD: MUF AP, Blueb 2ozW | Muffin | 190 | 130 | 3.00 | 31.00 | 6.00 | 2.00 |
| YOGURT SS, Trix Strawb/Ba | 1 Each | 100 | 50 | 3.00 | 20.00 | 0.50 | 0.50 |
| FRUIT: RAISINS, SS 1.5oz | Box (1.5oz) | 127 | 5 | 1.31 | 33.67 | 0.20 | 0.02 |
| JUICE SS, Apple 100% 4oz | 1 Each | 60 | 15 | 0.00 | 14.00 | 0.00 | 0.00 |
| MILK SS, 1% White 8oz | Carton | 100 | 120 | 8.00 | 11.00 | 2.50 | 1.50 |
| MILK SS, Skim 8oz | Carton | 80 | 120 | 8.00 | 11.00 | 0.00 | 0.00 |

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.