

K-12 Breakfast Cold

Tue - 01/02/2018	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: CRAISINS, SS Origi	Box (1.16oz)	110	0	0.00	28.00	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 - 01/03/2018	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
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 - 01/04/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: BAR, Cereal Trix WG I	1 Each	150	100	2.00	30.00	3.50	0.50
YOGURT SS, Danimals Str/	1 Each	80	65	4.00	15.00	0.00	0.00
FRUIT: PEARS, Dice w/Syr	1/2 Cup	72	6	0.24	19.17	0.04	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 - 01/05/2018	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 Origi	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 - 01/08/2018	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 - 01/09/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: POPTARTS, Fudge 1.	Package	180	190	3.00	38.00	3.00	1.00
YOGURT SS, Danimals Vani	1 Each	80	60	4.00	16.00	0.00	0.00
FRUIT: PEARS, Dice w/Syr	1/2 Cup	72	6	0.24	19.17	0.04	0.00
FRUIT: CRAISINS, SS Origi	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 - 01/10/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: MUF AP, Ban 2oz WG	Muffin	190	130	3.00	31.00	6.00	2.00
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 - 01/11/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: BAGEL, Cinn Rsn WG	1 Each	170	150	7.00	33.00	1.50	0.00
COND PC Cream Cheese 1o	1 Each	70	115	1.00	1.00	7.00	4.00
FRUIT: PEACHES Dice w/Sy	1/2 Cup	67	6	0.56	18.05	0.04	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 - 01/12/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: BAR, Benefit BanChoc	1 Each	280	220	5.00	48.00	8.00	3.00
FRUIT: CUP SS, Applesc Pe	Each (1/2c)	50	15	1.00	14.00	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 - 01/15/2018	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, Danimals Str/	1 Each	80	65	4.00	15.00	0.00	0.00
FRUIT: PEARS, Dice w/Syr	1/2 Cup	72	6	0.24	19.17	0.04	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 - 01/16/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: BAGEL. White WG 2o	1 Each	140	160	6.00	28.00	1.00	0.00
COND PC Cream Cheese 1o	1 Each	70	115	1.00	1.00	7.00	4.00
FRUIT: CRAISINS, SS Orig	Box (1.16oz)	110	0	0.00	28.00	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

Wed - 01/17/2018	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, Animal W	Package	130	110	2.00	21.00	4.00	1.00
FRUIT: APPLE, 138ct Whole	Each(138ct)	62	1	0.31	16.52	0.20	0.03
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

Thu - 01/18/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
CEREAL BWL, Froot Loops	Bowl	110	170	2.00	24.00	1.00	0.50
CHEESE, MZ String LF 1ea	Stick	60	210	8.00	1.00	2.50	2.00
FRUIT: CUP SS, Applesc Ci	Each (1/2c)	50	15	0.00	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

Fri - 01/19/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: BAR, Cereal Trix WG I	1 Each	150	100	2.00	30.00	3.50	0.50
BRD: CRACK SS, Bear Grh	Package	120	85	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
FRUIT: PEARS 135 ct.	Each (135ct)	75	1	0.47	19.95	0.18	0.03
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 - 01/22/2018	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: 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

Tue - 01/23/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: MUF AP, ApCin 2ozW	Muffin	190	130	3.00	31.00	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

Wed - 01/24/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
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CEREAL BWL, Golden Grah	Bowl	110	220	1.00	24.00	1.00	0.00
BRD: CRACK SS, ScoobyDo	Package	120	115	2.00	21.00	3.50	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 - 01/25/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: BAR, Cereal FrtyCh W	1 Each	150	105	2.00	30.00	3.00	0.50
CHEESE, MZ String LF 1ea	Stick	60	210	8.00	1.00	2.50	2.00
FRUIT: PEACHES Dice w/Sy	1/2 Cup	67	6	0.56	18.05	0.04	0.00
FRUIT: GRAPES, Fresh 1/2c	1/2 Cup	57	2	0.54	14.60	0.30	0.09
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 - 01/26/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
CEREAL BWL, Apple Jck R	Bowl	110	160	2.00	24.00	1.00	0.50
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
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

Mon - 01/29/2018	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 - 01/30/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: MUF AP, Ban 2oz WG	Muffin	190	130	3.00	31.00	6.00	2.00
YOGURT SS, Danimals Str/	1 Each	80	65	4.00	15.00	0.00	0.00
FRUIT: PEACHES Dice w/Sy	1/2 Cup	67	6	0.56	18.05	0.04	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 - 01/31/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
CEREAL BWL, Froot Loops	Bowl	110	170	2.00	24.00	1.00	0.50
CHEESE, MZ String LF 1ea	Stick	60	210	8.00	1.00	2.50	2.00
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

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.