

K-12 Breakfast Cold

| Thu - 03/01/2018 | 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 - 03/02/2018 | 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 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 |

| Mon - 03/05/2018 | 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 - 03/06/2018 | 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 - 03/07/2018 | 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 |

| Thu - 03/08/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|---------------------------|--------------|------|---------|---------|--------|---------|---------|
| CEREAL BWL, Chex Cinna | Bowl | 110 | 170 | 1.00 | 23.00 | 2.00 | 0.00 |
| BRD: CRACK SS, Animal W | Package | 130 | 110 | 2.00 | 21.00 | 4.00 | 1.00 |
| 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 - 03/09/2018 | 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 |
| FRUIT: PEACHES Dice w/Sy | 1/2 Cup | 67 | 6 | 0.56 | 18.05 | 0.04 | 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 - 03/12/2018 | 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: PEACHES Dice w/Sy | 1/2 Cup | 67 | 6 | 0.56 | 18.05 | 0.04 | 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 - 03/13/2018 | 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 - 03/14/2018 | 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 - 03/15/2018 | 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 - 03/16/2018 | 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 - 03/19/2018 | 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 - 03/20/2018 | 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 - 03/21/2018 | 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 - 03/22/2018 | 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 - 03/23/2018 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|------------------|--------------|------|---------|---------|--------|---------|---------|
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|---------------------------|-------------|-----|-----|------|-------|------|------|
| 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 - 03/26/2018 | 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 - 03/27/2018 | 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 - 03/28/2018 | 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 - 03/29/2018 | 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 - 03/30/2018 | 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 |

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.