

## K-12 Breakfast Hot

Wed - 11/01/2017	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: Clementine GFP 1/2c	1 each	35	0	1.00	9.00	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
Thu - 11/02/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: FRUDEL, Cherry AP	Pouch	210	290	5.00	37.00	6.00	1.50
FRUIT: PEACHES Dice w/Sy	1/2 Cup	67	6	0.56	18.05	0.04	0.00
FRUIT: APPLE, 138ct Whole	Each(138ct)	62	1	0.31	16.52	0.20	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
Fri - 11/03/2017	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 - 11/06/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: BAR, BtyCr Butrscth O	1 Each	150	120	2.00	23.00	5.00	1.50
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
Tue - 11/07/2017	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: CRAISINS, SS Origi	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 - 11/08/2017	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, 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, 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 - 11/09/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: PANCAKES, AP WG	Pouch	240	200	4.00	40.00	8.00	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 - 11/10/2017	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
FRUIT: CRAISINS, SS Origi	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 - 11/13/2017	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

Tue - 11/14/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
MELT MUFF, EggPty AM 1.2	Sandwich		235	550	10.50	24.50	10.50	3.75
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 - 11/15/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
STICKS, CORN DOG Tkympl	Each		200	310	7.00	17.00	10.00	2.50
COND PC Syrup 1.4oz Smu	1 Each		110	25	0.00	29.00	0.00	0.00
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 - 11/16/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: FR TST AP, Berry WG	Pouch		220	190	4.00	37.00	7.00	1.00
BRD: CRACK SS, Animal W	Package		130	110	2.00	21.00	4.00	1.00
FRUIT: PEACHES Dice w/Sy	1/2 Cup		67	6	0.56	18.05	0.04	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

Fri - 11/17/2017		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

Sun - 11/19/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
STICKS, CORN DOG Tkympl	Each		200	310	7.00	17.00	10.00	2.50
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

Mon - 11/20/2017		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
CHEESE, MZ String LF 1ea	Stick		60	210	8.00	1.00	2.50	2.00
JUICE SS, Grape100% 4oz	1 Each		80	15	1.00	18.00	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

Tue - 11/21/2017		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: 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 - 11/22/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
MELT MUFF, EggPty AM 1.2	Sandwich		235	550	10.50	24.50	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
<b>Sat - 11/25/2017</b>							
	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
YOGURT SS, Danimals Vani	1 Each	80	60	4.00	16.00	0.00	0.00
FRUIT: CUP SS, Applesc Mi	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
<b>Mon - 11/27/2017</b>							
	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
<b>Tue - 11/28/2017</b>							
	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, 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
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
<b>Wed - 11/29/2017</b>							
	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: 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
<b>Thu - 11/30/2017</b>							
	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: FRUDEL, Apple AP W	Pouch	210	280	5.00	36.00	6.00	1.50
FRUIT: BANANA (100-120ct	Each(100-120ct)	94	1	1.15	24.11	0.35	0.12
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.