

K-12 Breakfast Hot

| Mon - 10/02/2017 | 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 - 10/03/2017 | 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 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 - 10/04/2017 | 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 - 10/05/2017 | 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 - 10/06/2017 | 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 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 - 10/09/2017 | 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 - 10/10/2017 | 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 - 10/11/2017 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
| STICKS, CORN DOGTYMpl | 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 - 10/12/2017 | 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 - 10/13/2017 | 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 |

| Mon - 10/16/2017 | 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 - 10/17/2017 | 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 - 10/18/2017 | 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 |

| Thu - 10/19/2017 | Portion Size | Cals | Mg Sodm | G Protn | G Carb | G T-Fat | G S-Fat |
|---------------------------|--------------|------|---------|---------|--------|---------|---------|
| STICKS, CORN DOGTKyMpl | 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 |

| Fri - 10/20/2017 | 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 |

| Mon - 10/23/2017 | 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 - 10/24/2017 | 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, 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 |

| Wed - 10/25/2017 | 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 |

| Thu - 10/26/2017 | 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 |

| Fri - 10/27/2017 | 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 - 10/30/2017 | 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 - 10/31/2017 | 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 |
| 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 |

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.