

K-12 Breakfast Hot

Fri - 09/01/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
CEREAL BWL, Cheerios WG	Bowl	100	140	3.00	20.00	2.00	0.50
BRD: CRACK SS, Bear Grhm	Package	120	85	2.00	20.00	4.00	0.00
FRUIT: CRAISINS, SS Origin1	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
Sun - 09/03/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
CEREAL BWL, CinnTstCmch	Bowl	110	160	1.00	22.00	3.00	0.50
BRD: CRACK SS, Bear Grhm	Package	130	100	2.00	20.00	4.00	0.00
FRUIT: CUP SS, Applesc Mixe	Each (1/2c)	50	15	1.00	14.00	0.00	0.00
JUICE SS, Orange 100% 4oz	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 - 09/05/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
MELT MUFF, EggPty AM 1.25	Sandwich	235	560	10.50	25.50	11.00	3.75
FRUIT: CRAISINS, SS Origin1	Box (1.16oz)	110	0	0.00	28.00	0.00	0.00
JUICE SS, Frt Bld 100% 4oz C	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 - 09/06/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
STICKS, CORN DOGKyMplB	Each	200	310	7.00	17.00	10.00	2.50
COND PC Syrup 1.4oz Smuck	1 Each	110	25	0.00	29.00	0.00	0.00
FRUIT: APPLE, 138ct Whole 1	Each(138ct)	62	1	0.31	16.52	0.20	0.03
JUICE SS, Grape100% 4oz C	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 - 09/07/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: FR TST AP, Berry WG I	Pouch	220	190	4.00	37.00	7.00	1.00
BRD: CRACK SS, Animal WG	Package	130	110	2.00	21.00	4.00	1.00
FRUIT: PEACHES Dice w/Syr	1/2 Cup	67	6	0.56	18.05	0.04	0.00
FRUIT: ORANGE 138ct Whole	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 - 09/08/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
CEREAL BWL, Apple Jck RS	Bowl	110	160	2.00	24.00	1.00	0.50
BRD: CRACK SS, Jungle WG	Package	130	95	2.00	20.00	4.00	0.00
FRUIT: CUP SS, Applesc Pea	Each (1/2c)	50	15	0.00	14.00	0.00	0.00
FRUIT: CRAISINS, SS Origin1	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 - 09/11/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: BAR, Cereal Trix WG IW	1 Each	150	100	2.00	30.00	3.50	0.50
CHEESE, MZ String LF 1ea 1.	Stick	60	210	8.00	1.00	2.50	2.00
JUICE SS, Grape100% 4oz C	1 Each	80	15	1.00	18.00	0.00	0.00
FRUIT: ORANGE 138ct Whole	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 - 09/12/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: ROLL AP, CinnMini WG	Pouch	240	300	5.00	40.00	8.00	2.00
FRUIT: PEACHES Dice w/Syr	1/2 Cup	67	6	0.56	18.05	0.04	0.00
JUICE SS, Apple 100% 4oz C	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 - 09/13/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
MELT MUFF, EggPty AM 1.25	Sandwich	235	560	10.50	25.50	11.00	3.75
FRUIT: APPLE, 138ct Whole 1	Each(138ct)	62	1	0.31	16.52	0.20	0.03
JUICE SS, Frt Bld 100% 4oz C	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 - 09/14/2017	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
STICKS, CORN DOGKyMplB	Each	200	310	7.00	17.00	10.00	2.50
COND PC Syrup 1.4oz Smuck	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 C	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 - 09/15/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: MUF AP, ApCin 2ozWG	Muffin	190	130	3.00	31.00	6.00	2.00	
YOGURT SS, Danimals Vanill	1 Each	80	60	4.00	16.00	0.00	0.00	
FRUIT: CUP SS, Applesc Mixe	Each (1/2c)	50	15	1.00	14.00	0.00	0.00	
FRUIT: ORANGE 138ct Whole	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 - 09/18/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: POPTARTS, Straw 1.76	Package	180	180	2.00	38.00	2.50	1.00	
CHEESE, MZ String LF 1ea 1.	Stick	60	210	8.00	1.00	2.50	2.00	
FRUIT: PEACHES Dice w/Syr	1/2 Cup	67	6	0.56	18.05	0.04	0.00	
JUICE SS, Frt Bld 100% 4oz C	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 - 09/19/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
CEREAL BWL, CinnTstCmch	Bowl	110	160	1.00	22.00	3.00	0.50	
BRD: CRACK SS, Animal WG	Package	130	110	2.00	21.00	4.00	1.00	
FRUIT: CRAISINS, SS Origin1	Box (1.16oz)	110	0	0.00	28.00	0.00	0.00	
JUICE SS, Orange 100% 4oz	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 - 09/20/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
MELT BGL, CSaus AM 1.25 W	Sandwich	285	610	19.50	29.50	10.50	3.75	
FRUIT: CUP SS, Applesc Cin1	Each (1/2c)	50	15	0.00	14.00	0.00	0.00	
JUICE SS, Grape100% 4oz C	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 - 09/21/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: FRUDEL, Apple AP WG	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 C	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 - 09/22/2017		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 WG	Package	130	110	2.00	21.00	4.00	1.00	
FRUIT: CRAISINS, SS Origin1	Box (1.16oz)	110	0	0.00	28.00	0.00	0.00	
FRUIT: ORANGE 138ct Whole	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 - 09/25/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: Bkfst Rnd Cinn 2.2oz W	1 Each	280	190	5.00	44.00	8.00	3.00	
FRUIT: CUP SS, Applesc Pea	Each (1/2c)	50	15	0.00	14.00	0.00	0.00	
JUICE SS, Apple 100% 4oz C	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 - 09/26/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
MELT MUFF, CSaus AM 1.25	Sandwich	265	700	18.50	25.50	11.00	3.75	
FRUIT: PEARS, Dice w/Syr 1/	1/2 Cup	72	6	0.24	19.17	0.04	0.00	
FRUIT: CRAISINS, SS Origin1	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 - 09/27/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: WAFFLE, AP WG Blueb	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 C	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 - 09/28/2017		Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: FRUDEL, Cherry AP W	Pouch	210	290	5.00	37.00	6.00	1.50	
FRUIT: PEACHES Dice w/Syr	1/2 Cup	67	6	0.56	18.05	0.04	0.00	
FRUIT: APPLE, 138ct Whole 1	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 - 09/29/2017	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 Pea	Each (1/2c)	50	15	1.00	14.00	0.00	0.00
FRUIT: ORANGE 138ct Whole	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

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.