

High School Breakfast 9-12

Mon - 06/12/2017														
	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
BWaffle & Sausage	Serving	200	60	295	1.00	2.16	80.00	10	0.00	2.00	14.00	13.00	10.50	2.00
Condiment, Syrup, Cup	Serving	120	0	0	0.00	0.00	0.00	95	0.00	19.00	0.00	31.00	0.00	0.00
BMuffin, Chocolate	1 Each	226	62	370	3.30	1.00	21.40	74	0.40	17.00	5.00	34.10	8.70	1.80
BCereal, Cinn Tst Crunch Cu	Serving	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
FFPeach	Serving	59	0	0	2.25	0.38	9.00	489	9.90	12.59	1.37	14.31	0.38	0.02
FFRaisins, Individual	1 Each	127	0	5	1.57	0.80	21.26	126	0.98	25.17	1.31	33.67	0.20	0.02
FJuice, Orange 4 oz	Serving	55	0	14	0.00	0.00	10.00	100	30.00	14.00	1.00	14.00	0.00	0.00
Milk, White 1%, Carton	1 Each	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, White Non-Fat	Pouch	90	0	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
Tue - 06/13/2017														
	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
BPancake Wraps & Tots	Serving	355	25	605	5.50	2.34	28.92	33	5.06	4.00	7.25	35.00	19.00	3.75
Condiment, Syrup, Cup	Serving	120	0	0	0.00	0.00	0.00	95	0.00	19.00	0.00	31.00	0.00	0.00
Condiment, Catsup 1 pkt	Serving	5	0	65	0.00	0.00	0.00	5	0.00	1.00	0.00	2.00	0.00	0.00
BHoney Bun	1 Each	230	15	250	2.00	1.44	60.00	80	0.00	16.00	5.00	37.00	7.00	2.00
BCereal, Cinn Tst Crunch Cu	Serving	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
FFGrapes Lunch Bunch	Serving	59	0	1	0.64	0.17	7.04	27	6.93	*N/A*	0.64	15.79	0.64	0.00
FFRaisins, Individual	1 Each	127	0	5	1.57	0.80	21.26	126	0.98	25.17	1.31	33.67	0.20	0.02
FJuice, Orange 4 oz	Serving	55	0	14	0.00	0.00	10.00	100	30.00	14.00	1.00	14.00	0.00	0.00
Milk, White 1%, Carton	1 Each	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, White Non-Fat	Pouch	90	0	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
Wed - 06/14/2017														
	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
LSandwich, Croissant/TH/Ch	Serving	345	64	1106	3.00	2.15	200.00	500	0.78	4.00	19.80	31.65	17.94	8.48
BMuffin, Chocolate	1 Each	226	62	370	3.30	1.00	21.40	74	0.40	17.00	5.00	34.10	8.70	1.80
BCereal, Cinn Tst Crunch Cu	Serving	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
FFNectarine	Serving	62	0	0	2.41	0.40	8.52	471	7.67	11.20	1.51	14.98	0.45	0.03
FFRaisins, Individual	1 Each	127	0	5	1.57	0.80	21.26	126	0.98	25.17	1.31	33.67	0.20	0.02
FJuice, Orange 4 oz	Serving	55	0	14	0.00	0.00	10.00	100	30.00	14.00	1.00	14.00	0.00	0.00
Milk, White 1%, Carton	1 Each	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, White Non-Fat	Pouch	90	0	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
Thu - 06/15/2017														
	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
LBrfst4 Lun, FTStk/Saus Ln	Serving	290	175	470	3.00	3.14	127.00	174	3.50	5.00	21.00	26.00	12.00	3.00
Condiment, Syrup, Cup	Serving	120	0	0	0.00	0.00	0.00	95	0.00	19.00	0.00	31.00	0.00	0.00
BMuffin, Chocolate	1 Each	226	62	370	3.30	1.00	21.40	74	0.40	17.00	5.00	34.10	8.70	1.80
BCereal, Cinn Tst Crunch Cu	Serving	230	0	330	3.00	8.10	200.00	1000	12.00	17.00	3.00	45.00	6.00	1.00
FFBanana	1 Each	72	0	1	2.11	0.21	4.05	52	7.05	9.91	0.88	18.50	0.27	0.09
FFRaisins, Individual	1 Each	127	0	5	1.57	0.80	21.26	126	0.98	25.17	1.31	33.67	0.20	0.02
FJuice, Orange 4 oz	Serving	55	0	14	0.00	0.00	10.00	100	30.00	14.00	1.00	14.00	0.00	0.00
Milk, White 1%, Carton	1 Each	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, White Non-Fat	Pouch	90	0	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	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.