

Middle Breakfast 6-8

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 25	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.