|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |

 |  |  |
|  |  |  |  |  |
|  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  |  |
|  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
|  |

|  |
| --- |
| **Monday - 10/02/2023** |

 |  |

|  |
| --- |
| **Breakfast K-12 Nutritional information** |

 |  |  |
|  |  |  |  |  |  |  |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) | Cost |
| 000144 FRENCH TOAST STICKS (BRKFST)  | SERVING (3 PC) | 1 | 207 | 1.24 | 249 | 6 | \*N/A\* | 7.47 | 0.00 | 0 | 30.71 | 2.49 | 4.98 | 249 | 33.2 | 3.98 | 1.58 | $0.000 |
| 000349 SYRUP,MAPLE | TBSP | 1 | 56 | 0.00 | 24 | 9 | \*N/A\* | 0.02 | 0.00 | 0 | 13.92 | 0.00 | 0.00 | 2 | 0.0 | 0.36 | 0.00 | $0.000 |
| 000489 MILK - Variety (brkfast) | HALF PT | 1 | 105 | 0.45 | 178 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 16.12 | 0.00 | 8.00 | 735 | 293.6 | 0.00 | 0.10 | $0.000 |
| 000406 JUICE, CUP, IND, FRZ | EA (4oz) | 1 | 62 | 0.00 | 15 | 14 | \*N/A\* | 0.00 | 0.00 | 0 | 14.75 | 0.25 | 0.50 | 27 | 0.0 | 12.45 | 0.00 | $0.000 |
| 001072 CEREAL,BOWL, VARIETY | BOWL | 1 | 108 | 0.13 | 149 | \*N/A\* | \*N/A\* | 0.58 | 0.00 | 0 | 24.11 | 0.11 | 1.91 | 1886 | 1.4 | 17.94 | 8.62 | $0.000 |
| 000442 TOAST, BUTTERED w/ cereal | SLICE | 1 | 87 | 1.21 | 157 | \*2 | \*N/A\* | 2.92 | 0.00 | 5 | 13.00 | 1.00 | 3.02 | 59 | 27.6 | 0.00 | 1.00 | $0.000 |
| 000133 APPLESAUCE CUP | EACH (4 OZ) | 1 | 44 | 0.00 | 13 | 11 | \*N/A\* | 0.00 | 0.00 | 0 | 12.44 | 0.89 | 0.89 | 53 | 888.9 | 0.00 | 0.00 | $0.000 |
| Weighted Daily Average |  |  | 670 | 3.04 | 785 | \*57 | \*0 | 11.74 | 0.00 | 13 | 125.05 | 4.74 | 19.30 | 3011 | 1244.7 | 34.74 | 11.30 | $0.000 |
| % of Calories |  |  |  | 4.08% |  | \*34.0% | \*0% | 15.8% | 0.0% |  | 74.7% |  | 11.5% |  |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 450 - 500 | <10 | 540 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  |

 |  |

 |

 |
|

|  |  |
| --- | --- |
|  |  |
|  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
|  |

|  |
| --- |
| **Tuesday - 10/03/2023** |

 |  |

|  |
| --- |
| **Breakfast K-12 Nutritional information** |

 |  |  |
|  |  |  |  |  |  |  |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) | Cost |
| 000376 CHEESE OMELET | EACH | 1 | 190 | 5.99 | 539 | 2 | \*N/A\* | 13.97 | 0.00 | 259 | 3.99 | 0.00 | 11.97 | 0 | 149.7 | 0.00 | 0.00 | $0.000 |
| 000529 POTATO, ROUNDS (brkfst) | SERVING(6) | 1 | 78 | 1.15 | 152 | \*N/A\* | \*N/A\* | 4.14 | \*N/A\* | \*N/A\* | 9.20 | 0.92 | 0.92 | 0 | 0.0 | 1.66 | 0.33 | $0.000 |
| 000489 MILK - Variety (brkfast) | HALF PT | 1 | 105 | 0.45 | 178 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 16.12 | 0.00 | 8.00 | 735 | 293.6 | 0.00 | 0.10 | $0.000 |
| 000406 JUICE, CUP, IND, FRZ | EA (4oz) | 1 | 62 | 0.00 | 15 | 14 | \*N/A\* | 0.00 | 0.00 | 0 | 14.75 | 0.25 | 0.50 | 27 | 0.0 | 12.45 | 0.00 | $0.000 |
| 001072 CEREAL,BOWL, VARIETY | BOWL | 1 | 108 | 0.13 | 149 | \*N/A\* | \*N/A\* | 0.58 | 0.00 | 0 | 24.11 | 0.11 | 1.91 | 1886 | 1.4 | 17.94 | 8.62 | $0.000 |
| 000442 TOAST, BUTTERED w/ cereal | SLICE | 1 | 87 | 1.21 | 157 | \*2 | \*N/A\* | 2.92 | 0.00 | 5 | 13.00 | 1.00 | 3.02 | 59 | 27.6 | 0.00 | 1.00 | $0.000 |
| 000518 RAISINS | 1.33 OZ BOX | 1 | 113 | 0.04 | 10 | 25 | \*N/A\* | 0.09 | 0.00 | 0 | 29.91 | 1.70 | 1.24 | 0 | 23.4 | 0.87 | 0.68 | $0.000 |
| Weighted Daily Average |  |  | 743 | 8.96 | 1199 | \*58 | \*0 | 22.45 | \*0.00 | \*272 | 111.08 | 3.98 | 27.57 | 2707 | 495.6 | 32.92 | 10.73 | $0.000 |
| % of Calories |  |  |  | 10.85% |  | \*31.2% | \*0% | 27.2% | \*0.0% |  | 59.8% |  | 14.8% |  |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 450 - 500 | <10 | 540 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  |

 |  |

 |

 |
|

|  |  |
| --- | --- |
|  |  |
|  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
|  |

|  |
| --- |
| **Wednesday - 10/04/2023** |

 |  |

|  |
| --- |
| **Breakfast K-12 Nutritional information** |

 |  |  |
|  |  |  |  |  |  |  |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) | Cost |
| 000193 MUFFIN, IND., 2OZ | EACH | 1 | 189 | 1.99 | 129 | 16 | \*N/A\* | 5.97 | 0.00 | 30 | 29.84 | 1.99 | 2.98 | 0 | 29.8 | 0.00 | 0.90 | $0.000 |
| 000657 APPLES, SLICED, BAGGED | EACH | 1 | 29 | 0.00 | 0 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 7.71 | 1.36 | 0.00 | 23 | 4.5 | 2.72 | 0.08 | $0.000 |
| 000489 MILK - Variety (brkfast) | HALF PT | 1 | 105 | 0.45 | 178 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 16.12 | 0.00 | 8.00 | 735 | 293.6 | 0.00 | 0.10 | $0.000 |
| 000406 JUICE, CUP, IND, FRZ | EA (4oz) | 1 | 62 | 0.00 | 15 | 14 | \*N/A\* | 0.00 | 0.00 | 0 | 14.75 | 0.25 | 0.50 | 27 | 0.0 | 12.45 | 0.00 | $0.000 |
| 001072 CEREAL,BOWL, VARIETY | BOWL | 1 | 108 | 0.13 | 149 | \*N/A\* | \*N/A\* | 0.58 | 0.00 | 0 | 24.11 | 0.11 | 1.91 | 1886 | 1.4 | 17.94 | 8.62 | $0.000 |
| 000442 TOAST, BUTTERED w/ cereal | SLICE | 1 | 87 | 1.21 | 157 | \*2 | \*N/A\* | 2.92 | 0.00 | 5 | 13.00 | 1.00 | 3.02 | 59 | 27.6 | 0.00 | 1.00 | $0.000 |
| Weighted Daily Average |  |  | 581 | 3.78 | 629 | \*53 | \*0 | 10.22 | 0.00 | 43 | 105.54 | 4.71 | 16.42 | 2729 | 357.0 | 33.12 | 10.70 | $0.000 |
| % of Calories |  |  |  | 5.86% |  | \*36.5% | \*0% | 15.8% | 0.0% |  | 72.7% |  | 11.3% |  |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 450 - 500 | <10 | 540 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  |

 |  |

 |

 |
|

|  |  |
| --- | --- |
|  |  |
|  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
|  |

|  |
| --- |
| **Thursday - 10/05/2023** |

 |  |

|  |
| --- |
| **Breakfast K-12 Nutritional information** |

 |  |  |
|  |  |  |  |  |  |  |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) | Cost |
| 000383 CINNAMON ROLL | EACH | 1 | 327 | 2.36 | 350 | \*20 | \*N/A\* | 9.73 | 0.00 | 7 | 53.51 | 1.20 | 8.12 | 632 | 85.6 | 0.40 | 2.06 | $0.000 |
| 000489 MILK - Variety (brkfast) | HALF PT | 1 | 105 | 0.45 | 178 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 16.12 | 0.00 | 8.00 | 735 | 293.6 | 0.00 | 0.10 | $0.000 |
| 000406 JUICE, CUP, IND, FRZ | EA (4oz) | 1 | 62 | 0.00 | 15 | 14 | \*N/A\* | 0.00 | 0.00 | 0 | 14.75 | 0.25 | 0.50 | 27 | 0.0 | 12.45 | 0.00 | $0.000 |
| 001072 CEREAL,BOWL, VARIETY | BOWL | 1 | 108 | 0.13 | 149 | \*N/A\* | \*N/A\* | 0.58 | 0.00 | 0 | 24.11 | 0.11 | 1.91 | 1886 | 1.4 | 17.94 | 8.62 | $0.000 |
| 000442 TOAST, BUTTERED w/ cereal | SLICE | 1 | 87 | 1.21 | 157 | \*2 | \*N/A\* | 2.92 | 0.00 | 5 | 13.00 | 1.00 | 3.02 | 59 | 27.6 | 0.00 | 1.00 | $0.000 |
| 000086 ORANGE, FRESH (HALF) | HALF | 1 | 45 | 0.02 | 0 | \*N/A\* | \*N/A\* | 0.12 | 0.00 | 0 | 11.28 | 2.30 | 0.90 | 216 | 38.4 | 51.07 | 0.10 | $0.000 |
| Weighted Daily Average |  |  | 735 | 4.18 | 849 | \*51 | \*0 | 14.10 | 0.00 | 20 | 132.77 | 4.87 | 22.46 | 3555 | 446.6 | 81.87 | 11.88 | $0.000 |
| % of Calories |  |  |  | 5.12% |  | \*27.8% | \*0% | 17.3% | 0.0% |  | 72.3% |  | 12.2% |  |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 450 - 500 | <10 | 540 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  |

 |  |

 |

 |
|

|  |  |
| --- | --- |
|  |  |
|  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
|  |

|  |
| --- |
| **Friday - 10/06/2023** |

 |  |

|  |
| --- |
| **Breakfast K-12 Nutritional information** |

 |  |  |
|  |  |  |  |  |  |  |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) | Cost |
| 990265 Waffle, Square 1.4oz | 2 EA | 1 | 89 | 0.50 | 94 | 4 | \*N/A\* | 3.08 | 0.00 | 5 | 13.89 | 0.99 | 1.98 | 0 | 45.3 | 0.00 | 0.00 | $0.000 |
| 000086 ORANGE, FRESH (HALF) | HALF | 1 | 45 | 0.02 | 0 | \*N/A\* | \*N/A\* | 0.12 | 0.00 | 0 | 11.28 | 2.30 | 0.90 | 216 | 38.4 | 51.07 | 0.10 | $0.000 |
| 000406 JUICE, CUP, IND, FRZ | EA (4oz) | 1 | 62 | 0.00 | 15 | 14 | \*N/A\* | 0.00 | 0.00 | 0 | 14.75 | 0.25 | 0.50 | 27 | 0.0 | 12.45 | 0.00 | $0.000 |
| 000349 SYRUP,MAPLE | TBSP | 1 | 56 | 0.00 | 24 | 9 | \*N/A\* | 0.02 | 0.00 | 0 | 13.92 | 0.00 | 0.00 | 2 | 0.0 | 0.36 | 0.00 | $0.000 |
| 000489 MILK - Variety (brkfast) | HALF PT | 1 | 105 | 0.45 | 178 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 16.12 | 0.00 | 8.00 | 735 | 293.6 | 0.00 | 0.10 | $0.000 |
| 001072 CEREAL,BOWL, VARIETY | BOWL | 1 | 108 | 0.13 | 149 | \*N/A\* | \*N/A\* | 0.58 | 0.00 | 0 | 24.11 | 0.11 | 1.91 | 1886 | 1.4 | 17.94 | 8.62 | $0.000 |
| 000442 TOAST, BUTTERED w/ cereal | SLICE | 1 | 87 | 1.21 | 157 | \*2 | \*N/A\* | 2.92 | 0.00 | 5 | 13.00 | 1.00 | 3.02 | 59 | 27.6 | 0.00 | 1.00 | $0.000 |
| Weighted Daily Average |  |  | 553 | 2.31 | 617 | \*44 | \*0 | 7.46 | 0.00 | 18 | 107.07 | 4.66 | 16.32 | 2925 | 406.3 | 81.82 | 9.82 | $0.000 |
| % of Calories |  |  |  | 3.76% |  | \*31.8% | \*0% | 12.1% | 0.0% |  | 77.4% |  | 11.8% |  |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 450 - 500 | <10 | 540 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  |

 |  |

 |

 |
|

|  |  |
| --- | --- |
|  |  |
|  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
|  |

|  |
| --- |
| **Monday - 10/09/2023** |

 |  |

|  |
| --- |
| **Breakfast K-12 Nutritional information** |

 |  |  |
|  |  |  |  |  |  |  |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) | Cost |
| 990237 Strawberry Pop Tart | Each | 1 | 170 | 1.00 | 115 | 14 | \*N/A\* | 2.50 | 0.00 | 0 | 36.00 | 3.00 | 2.00 | \*N/A\* | 130.0 | \*N/A\* | 1.80 | $0.000 |
| 000489 MILK - Variety (brkfast) | HALF PT | 1 | 105 | 0.45 | 178 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 16.12 | 0.00 | 8.00 | 735 | 293.6 | 0.00 | 0.10 | $0.000 |
| 000406 JUICE, CUP, IND, FRZ | EA (4oz) | 1 | 62 | 0.00 | 15 | 14 | \*N/A\* | 0.00 | 0.00 | 0 | 14.75 | 0.25 | 0.50 | 27 | 0.0 | 12.45 | 0.00 | $0.000 |
| 001072 CEREAL,BOWL, VARIETY | BOWL | 1 | 108 | 0.13 | 149 | \*N/A\* | \*N/A\* | 0.58 | 0.00 | 0 | 24.11 | 0.11 | 1.91 | 1886 | 1.4 | 17.94 | 8.62 | $0.000 |
| 000442 TOAST, BUTTERED w/ cereal | SLICE | 1 | 87 | 1.21 | 157 | \*2 | \*N/A\* | 2.92 | 0.00 | 5 | 13.00 | 1.00 | 3.02 | 59 | 27.6 | 0.00 | 1.00 | $0.000 |
| 000518 RAISINS | 1.33 OZ BOX | 1 | 113 | 0.04 | 10 | 25 | \*N/A\* | 0.09 | 0.00 | 0 | 29.91 | 1.70 | 1.24 | 0 | 23.4 | 0.87 | 0.68 | $0.000 |
| Weighted Daily Average |  |  | 645 | 2.83 | 624 | \*70 | \*0 | 6.84 | 0.00 | 13 | 133.89 | 6.06 | 16.68 | \*2707 | 476.0 | \*31.26 | 12.20 | $0.000 |
| % of Calories |  |  |  | 3.95% |  | \*43.4% | \*0% | 9.5% | 0.0% |  | 83.0% |  | 10.3% |  |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 450 - 500 | <10 | 540 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  |

 |  |

 |

 |
|

|  |  |
| --- | --- |
|  |  |
|  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
|  |

|  |
| --- |
| **Tuesday - 10/10/2023** |

 |  |

|  |
| --- |
| **Breakfast K-12 Nutritional information** |

 |  |  |
|  |  |  |  |  |  |  |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) | Cost |
| 990229 Bacon Scramble Breakfast Pizza | each | 1 | 210 | 3.50 | 330 | 5 | \*N/A\* | 9.00 | 0.00 | 60 | 23.00 | 2.00 | 10.00 | 40 | 160.0 | 0.00 | 1.50 | $0.000 |
| 000489 MILK - Variety (brkfast) | HALF PT | 1 | 105 | 0.45 | 178 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 16.12 | 0.00 | 8.00 | 735 | 293.6 | 0.00 | 0.10 | $0.000 |
| 000406 JUICE, CUP, IND, FRZ | EA (4oz) | 1 | 62 | 0.00 | 15 | 14 | \*N/A\* | 0.00 | 0.00 | 0 | 14.75 | 0.25 | 0.50 | 27 | 0.0 | 12.45 | 0.00 | $0.000 |
| 001072 CEREAL,BOWL, VARIETY | BOWL | 1 | 108 | 0.13 | 149 | \*N/A\* | \*N/A\* | 0.58 | 0.00 | 0 | 24.11 | 0.11 | 1.91 | 1886 | 1.4 | 17.94 | 8.62 | $0.000 |
| 000442 TOAST, BUTTERED w/ cereal | SLICE | 1 | 87 | 1.21 | 157 | \*2 | \*N/A\* | 2.92 | 0.00 | 5 | 13.00 | 1.00 | 3.02 | 59 | 27.6 | 0.00 | 1.00 | $0.000 |
| 000518 RAISINS | 1.33 OZ BOX | 1 | 113 | 0.04 | 10 | 25 | \*N/A\* | 0.09 | 0.00 | 0 | 29.91 | 1.70 | 1.24 | 0 | 23.4 | 0.87 | 0.68 | $0.000 |
| Weighted Daily Average |  |  | 685 | 5.33 | 839 | \*61 | \*0 | 13.34 | 0.00 | 73 | 120.89 | 5.06 | 24.68 | 2747 | 506.0 | 31.26 | 11.90 | $0.000 |
| % of Calories |  |  |  | 7.00% |  | \*35.6% | \*0% | 17.5% | 0.0% |  | 70.6% |  | 14.4% |  |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 450 - 500 | <10 | 540 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  |

 |  |

 |

 |
|

|  |  |
| --- | --- |
|  |  |
|  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
|  |

|  |
| --- |
| **Wednesday - 10/11/2023** |

 |  |

|  |
| --- |
| **Breakfast K-12 Nutritional information** |

 |  |  |
|  |  |  |  |  |  |  |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) | Cost |
| 000389 BREAKFAST SAND SAUSAGE | EACH | 1 | 418 | 12.93 | 643 | 2 | \*N/A\* | 26.31 | 0.00 | 130 | 24.00 | 2.00 | 12.93 | \*200 | \*181.0 | 0.00 | 1.40 | $0.000 |
| 000489 MILK - Variety (brkfast) | HALF PT | 1 | 105 | 0.45 | 178 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 16.12 | 0.00 | 8.00 | 735 | 293.6 | 0.00 | 0.10 | $0.000 |
| 000406 JUICE, CUP, IND, FRZ | EA (4oz) | 1 | 62 | 0.00 | 15 | 14 | \*N/A\* | 0.00 | 0.00 | 0 | 14.75 | 0.25 | 0.50 | 27 | 0.0 | 12.45 | 0.00 | $0.000 |
| 001072 CEREAL,BOWL, VARIETY | BOWL | 1 | 108 | 0.13 | 149 | \*N/A\* | \*N/A\* | 0.58 | 0.00 | 0 | 24.11 | 0.11 | 1.91 | 1886 | 1.4 | 17.94 | 8.62 | $0.000 |
| 000442 TOAST, BUTTERED w/ cereal | SLICE | 1 | 87 | 1.21 | 157 | \*2 | \*N/A\* | 2.92 | 0.00 | 5 | 13.00 | 1.00 | 3.02 | 59 | 27.6 | 0.00 | 1.00 | $0.000 |
| 000518 RAISINS | 1.33 OZ BOX | 1 | 113 | 0.04 | 10 | 25 | \*N/A\* | 0.09 | 0.00 | 0 | 29.91 | 1.70 | 1.24 | 0 | 23.4 | 0.87 | 0.68 | $0.000 |
| Weighted Daily Average |  |  | 893 | 14.76 | 1151 | \*58 | \*0 | 30.66 | 0.00 | 143 | 121.89 | 5.06 | 27.61 | \*2907 | \*527.0 | 31.26 | 11.80 | $0.000 |
| % of Calories |  |  |  | 14.88% |  | \*26.0% | \*0% | 30.9% | 0.0% |  | 54.6% |  | 12.4% |  |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 450 - 500 | <10 | 540 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  |

 |  |

 |

 |
|

|  |  |
| --- | --- |
|  |  |
|  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
|  |

|  |
| --- |
| **Thursday - 10/12/2023** |

 |  |

|  |
| --- |
| **Breakfast K-12 Nutritional information** |

 |  |  |
|  |  |  |  |  |  |  |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) | Cost |
| 000477 LONG JOHN, WG  | ea | 1 | 240 | 5.00 | 350 | 3 | \*N/A\* | 13.00 | 0.00 | 0 | 26.00 | 3.00 | 5.00 | 0 | 13.0 | 0.00 | 1.50 | $0.000 |
| 000489 MILK - Variety (brkfast) | HALF PT | 1 | 105 | 0.45 | 178 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 16.12 | 0.00 | 8.00 | 735 | 293.6 | 0.00 | 0.10 | $0.000 |
| 000406 JUICE, CUP, IND, FRZ | EA (4oz) | 1 | 62 | 0.00 | 15 | 14 | \*N/A\* | 0.00 | 0.00 | 0 | 14.75 | 0.25 | 0.50 | 27 | 0.0 | 12.45 | 0.00 | $0.000 |
| 001072 CEREAL,BOWL, VARIETY | BOWL | 1 | 108 | 0.13 | 149 | \*N/A\* | \*N/A\* | 0.58 | 0.00 | 0 | 24.11 | 0.11 | 1.91 | 1886 | 1.4 | 17.94 | 8.62 | $0.000 |
| 000442 TOAST, BUTTERED w/ cereal | SLICE | 1 | 87 | 1.21 | 157 | \*2 | \*N/A\* | 2.92 | 0.00 | 5 | 13.00 | 1.00 | 3.02 | 59 | 27.6 | 0.00 | 1.00 | $0.000 |
| 000518 RAISINS | 1.33 OZ BOX | 1 | 113 | 0.04 | 10 | 25 | \*N/A\* | 0.09 | 0.00 | 0 | 29.91 | 1.70 | 1.24 | 0 | 23.4 | 0.87 | 0.68 | $0.000 |
| Weighted Daily Average |  |  | 715 | 6.83 | 859 | \*59 | \*0 | 17.34 | 0.00 | 13 | 123.89 | 6.06 | 19.68 | 2707 | 359.0 | 31.26 | 11.90 | $0.000 |
| % of Calories |  |  |  | 8.60% |  | \*33.0% | \*0% | 21.8% | 0.0% |  | 69.3% |  | 11.0% |  |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 450 - 500 | <10 | 540 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  |

 |  |

 |

 |
|

|  |  |
| --- | --- |
|  |  |
|  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
|  |

|  |
| --- |
| **Friday - 10/13/2023** |

 |  |

|  |
| --- |
| **Breakfast K-12 Nutritional information** |

 |  |  |
|  |  |  |  |  |  |  |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) | Cost |
| 000625 WAFFLE, FUNNEL CAKE | EACH | 1 | 300 | 3.00 | 350 | 12 | \*N/A\* | 13.00 | 0.00 | 20 | 43.00 | 3.00 | 4.00 | 0 | 0.0 | 0.00 | 1.08 | $0.000 |
| 000489 MILK - Variety (brkfast) | HALF PT | 1 | 105 | 0.45 | 178 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 16.12 | 0.00 | 8.00 | 735 | 293.6 | 0.00 | 0.10 | $0.000 |
| 000406 JUICE, CUP, IND, FRZ | EA (4oz) | 1 | 62 | 0.00 | 15 | 14 | \*N/A\* | 0.00 | 0.00 | 0 | 14.75 | 0.25 | 0.50 | 27 | 0.0 | 12.45 | 0.00 | $0.000 |
| 001072 CEREAL,BOWL, VARIETY | BOWL | 1 | 108 | 0.13 | 149 | \*N/A\* | \*N/A\* | 0.58 | 0.00 | 0 | 24.11 | 0.11 | 1.91 | 1886 | 1.4 | 17.94 | 8.62 | $0.000 |
| 000442 TOAST, BUTTERED w/ cereal | SLICE | 1 | 87 | 1.21 | 157 | \*2 | \*N/A\* | 2.92 | 0.00 | 5 | 13.00 | 1.00 | 3.02 | 59 | 27.6 | 0.00 | 1.00 | $0.000 |
| 000518 RAISINS | 1.33 OZ BOX | 1 | 113 | 0.04 | 10 | 25 | \*N/A\* | 0.09 | 0.00 | 0 | 29.91 | 1.70 | 1.24 | 0 | 23.4 | 0.87 | 0.68 | $0.000 |
| Weighted Daily Average |  |  | 775 | 4.83 | 859 | \*68 | \*0 | 17.34 | 0.00 | 33 | 140.89 | 6.06 | 18.68 | 2707 | 346.0 | 31.26 | 11.48 | $0.000 |
| % of Calories |  |  |  | 5.61% |  | \*35.1% | \*0% | 20.1% | 0.0% |  | 72.7% |  | 9.6% |  |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 450 - 500 | <10 | 540 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  |

 |  |

 |

 |
|

|  |  |
| --- | --- |
|  |  |
|  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
|  |

|  |
| --- |
| **Monday - 10/16/2023** |

 |  |

|  |
| --- |
| **Breakfast K-12 Nutritional information** |

 |  |  |
|  |  |  |  |  |  |  |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) | Cost |
| 990258 Bagel, Breakfast Pizza | Each | 1 | 235 | 4.00 | 459 | 2 | 2 | 8.00 | 0.00 | 65 | 31.00 | 3.00 | 12.00 | \*N/A\* | 89.0 | \*N/A\* | 2.00 | $0.000 |
| 000489 MILK - Variety (brkfast) | HALF PT | 1 | 105 | 0.45 | 178 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 16.12 | 0.00 | 8.00 | 735 | 293.6 | 0.00 | 0.10 | $0.000 |
| 000406 JUICE, CUP, IND, FRZ | EA (4oz) | 1 | 62 | 0.00 | 15 | 14 | \*N/A\* | 0.00 | 0.00 | 0 | 14.75 | 0.25 | 0.50 | 27 | 0.0 | 12.45 | 0.00 | $0.000 |
| 001072 CEREAL,BOWL, VARIETY | BOWL | 1 | 108 | 0.13 | 149 | \*N/A\* | \*N/A\* | 0.58 | 0.00 | 0 | 24.11 | 0.11 | 1.91 | 1886 | 1.4 | 17.94 | 8.62 | $0.000 |
| 000442 TOAST, BUTTERED w/ cereal | SLICE | 1 | 87 | 1.21 | 157 | \*2 | \*N/A\* | 2.92 | 0.00 | 5 | 13.00 | 1.00 | 3.02 | 59 | 27.6 | 0.00 | 1.00 | $0.000 |
| 000518 RAISINS | 1.33 OZ BOX | 1 | 113 | 0.04 | 10 | 25 | \*N/A\* | 0.09 | 0.00 | 0 | 29.91 | 1.70 | 1.24 | 0 | 23.4 | 0.87 | 0.68 | $0.000 |
| Weighted Daily Average |  |  | 710 | 5.83 | 968 | \*58 | \*2 | 12.34 | 0.00 | 78 | 128.89 | 6.06 | 26.68 | \*2707 | 435.0 | \*31.26 | 12.40 | $0.000 |
| % of Calories |  |  |  | 7.39% |  | \*32.7% | \*1.1% | 15.6% | 0.0% |  | 72.6% |  | 15.0% |  |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 450 - 500 | <10 | 540 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  |

 |  |

 |

 |
|

|  |  |
| --- | --- |
|  |  |
|  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
|  |

|  |
| --- |
| **Tuesday - 10/17/2023** |

 |  |

|  |
| --- |
| **Breakfast K-12 Nutritional information** |

 |  |  |
|  |  |  |  |  |  |  |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) | Cost |
| 990238 Mini Choc Donuts | 6 Each | 1 | 322 | 7.03 | 271 | 19 | \*N/A\* | 15.07 | 0.00 | \*N/A\* | 41.20 | 2.01 | 5.02 | \*N/A\* | 40.2 | \*N/A\* | 1.81 | $0.000 |
| 990215 Cherry Craisins | Bag | 1 | 110 | 0.00 | 0 | 24 | \*N/A\* | 0.00 | 0.00 | 0 | 28.00 | 3.00 | 0.00 | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | $0.000 |
| 000489 MILK - Variety (brkfast) | HALF PT | 1 | 105 | 0.45 | 178 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 16.12 | 0.00 | 8.00 | 735 | 293.6 | 0.00 | 0.10 | $0.000 |
| 000406 JUICE, CUP, IND, FRZ | EA (4oz) | 1 | 62 | 0.00 | 15 | 14 | \*N/A\* | 0.00 | 0.00 | 0 | 14.75 | 0.25 | 0.50 | 27 | 0.0 | 12.45 | 0.00 | $0.000 |
| 001072 CEREAL,BOWL, VARIETY | BOWL | 1 | 108 | 0.13 | 149 | \*N/A\* | \*N/A\* | 0.58 | 0.00 | 0 | 24.11 | 0.11 | 1.91 | 1886 | 1.4 | 17.94 | 8.62 | $0.000 |
| 000442 TOAST, BUTTERED w/ cereal | SLICE | 1 | 87 | 1.21 | 157 | \*2 | \*N/A\* | 2.92 | 0.00 | 5 | 13.00 | 1.00 | 3.02 | 59 | 27.6 | 0.00 | 1.00 | $0.000 |
| Weighted Daily Average |  |  | 794 | 8.83 | 770 | \*74 | \*0 | 19.32 | 0.00 | \*13 | 137.18 | 6.37 | 18.46 | \*2707 | \*362.8 | \*30.40 | \*11.53 | $0.000 |
| % of Calories |  |  |  | 10.01% |  | \*37.3% | \*0% | 21.9% | 0.0% |  | 69.1% |  | 9.3% |  |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 450 - 500 | <10 | 540 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  |

 |  |

 |

 |
|

|  |  |
| --- | --- |
|  |  |
|  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
|  |

|  |
| --- |
| **Wednesday - 10/18/2023** |

 |  |

|  |
| --- |
| **Breakfast K-12 Nutritional information** |

 |  |  |
|  |  |  |  |  |  |  |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) | Cost |
| 000606 BREAKFAST TORNADO, French Toast Sausage | EACH | 1 | 190 | 2.00 | 200 | 1 | 0 | 8.00 | 0.00 | 25 | 22.00 | 1.00 | 7.00 | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | $0.000 |
| 000489 MILK - Variety (brkfast) | HALF PT | 1 | 105 | 0.45 | 178 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 16.12 | 0.00 | 8.00 | 735 | 293.6 | 0.00 | 0.10 | $0.000 |
| 000406 JUICE, CUP, IND, FRZ | EA (4oz) | 1 | 62 | 0.00 | 15 | 14 | \*N/A\* | 0.00 | 0.00 | 0 | 14.75 | 0.25 | 0.50 | 27 | 0.0 | 12.45 | 0.00 | $0.000 |
| 001072 CEREAL,BOWL, VARIETY | BOWL | 1 | 108 | 0.13 | 149 | \*N/A\* | \*N/A\* | 0.58 | 0.00 | 0 | 24.11 | 0.11 | 1.91 | 1886 | 1.4 | 17.94 | 8.62 | $0.000 |
| 000442 TOAST, BUTTERED w/ cereal | SLICE | 1 | 87 | 1.21 | 157 | \*2 | \*N/A\* | 2.92 | 0.00 | 5 | 13.00 | 1.00 | 3.02 | 59 | 27.6 | 0.00 | 1.00 | $0.000 |
| 000133 APPLESAUCE CUP | EACH (4 OZ) | 1 | 44 | 0.00 | 13 | 11 | \*N/A\* | 0.00 | 0.00 | 0 | 12.44 | 0.89 | 0.89 | 53 | 888.9 | 0.00 | 0.00 | $0.000 |
| Weighted Daily Average |  |  | 597 | 3.79 | 712 | \*43 | \*0 | 12.25 | 0.00 | 38 | 102.43 | 3.25 | 21.32 | \*2760 | \*1211.5 | \*30.40 | \*9.72 | $0.000 |
| % of Calories |  |  |  | 5.71% |  | \*28.8% | \*0% | 18.5% | 0.0% |  | 68.6% |  | 14.3% |  |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 450 - 500 | <10 | 540 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  |

 |  |

 |

 |
|

|  |  |
| --- | --- |
|  |  |
|  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
|  |

|  |
| --- |
| **Thursday - 10/19/2023** |

 |  |

|  |
| --- |
| **Breakfast K-12 Nutritional information** |

 |  |  |
|  |  |  |  |  |  |  |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) | Cost |
| 000193 MUFFIN, IND., 2OZ | EACH | 1 | 189 | 1.99 | 129 | 16 | \*N/A\* | 5.97 | 0.00 | 30 | 29.84 | 1.99 | 2.98 | 0 | 29.8 | 0.00 | 0.90 | $0.000 |
| 000086 ORANGE, FRESH (HALF) | HALF | 1 | 45 | 0.02 | 0 | \*N/A\* | \*N/A\* | 0.12 | 0.00 | 0 | 11.28 | 2.30 | 0.90 | 216 | 38.4 | 51.07 | 0.10 | $0.000 |
| 000489 MILK - Variety (brkfast) | HALF PT | 1 | 105 | 0.45 | 178 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 16.12 | 0.00 | 8.00 | 735 | 293.6 | 0.00 | 0.10 | $0.000 |
| 000406 JUICE, CUP, IND, FRZ | EA (4oz) | 1 | 62 | 0.00 | 15 | 14 | \*N/A\* | 0.00 | 0.00 | 0 | 14.75 | 0.25 | 0.50 | 27 | 0.0 | 12.45 | 0.00 | $0.000 |
| 001072 CEREAL,BOWL, VARIETY | BOWL | 1 | 108 | 0.13 | 149 | \*N/A\* | \*N/A\* | 0.58 | 0.00 | 0 | 24.11 | 0.11 | 1.91 | 1886 | 1.4 | 17.94 | 8.62 | $0.000 |
| 000442 TOAST, BUTTERED w/ cereal | SLICE | 1 | 87 | 1.21 | 157 | \*2 | \*N/A\* | 2.92 | 0.00 | 5 | 13.00 | 1.00 | 3.02 | 59 | 27.6 | 0.00 | 1.00 | $0.000 |
| Weighted Daily Average |  |  | 597 | 3.80 | 628 | \*47 | \*0 | 10.33 | 0.00 | 43 | 109.10 | 5.66 | 17.32 | 2923 | 390.8 | 81.47 | 10.72 | $0.000 |
| % of Calories |  |  |  | 5.73% |  | \*31.5% | \*0% | 15.6% | 0.0% |  | 73.1% |  | 11.6% |  |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 450 - 500 | <10 | 540 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  |

 |  |

 |

 |
|

|  |  |
| --- | --- |
|  |  |
|  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
|  |

|  |
| --- |
| **Friday - 10/20/2023** |

 |  |

|  |
| --- |
| **Breakfast K-12 Nutritional information** |

 |  |  |
|  |  |  |  |  |  |  |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) | Cost |
| 990115 PANCAKE (2 EACH) | 2 each | 1 | 420 | 0.00 | 660 | 12 | \*N/A\* | 12.00 | 0.00 | 18 | 84.00 | 6.00 | 12.00 | 60 | 0.0 | 0.00 | 4.32 | $0.000 |
| 000489 MILK - Variety (brkfast) | HALF PT | 1 | 105 | 0.45 | 178 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 16.12 | 0.00 | 8.00 | 735 | 293.6 | 0.00 | 0.10 | $0.000 |
| 000406 JUICE, CUP, IND, FRZ | EA (4oz) | 1 | 62 | 0.00 | 15 | 14 | \*N/A\* | 0.00 | 0.00 | 0 | 14.75 | 0.25 | 0.50 | 27 | 0.0 | 12.45 | 0.00 | $0.000 |
| 001072 CEREAL,BOWL, VARIETY | BOWL | 1 | 108 | 0.13 | 149 | \*N/A\* | \*N/A\* | 0.58 | 0.00 | 0 | 24.11 | 0.11 | 1.91 | 1886 | 1.4 | 17.94 | 8.62 | $0.000 |
| 000442 TOAST, BUTTERED w/ cereal | SLICE | 1 | 87 | 1.21 | 157 | \*2 | \*N/A\* | 2.92 | 0.00 | 5 | 13.00 | 1.00 | 3.02 | 59 | 27.6 | 0.00 | 1.00 | $0.000 |
| 000133 APPLESAUCE CUP | EACH (4 OZ) | 1 | 44 | 0.00 | 13 | 11 | \*N/A\* | 0.00 | 0.00 | 0 | 12.44 | 0.89 | 0.89 | 53 | 888.9 | 0.00 | 0.00 | $0.000 |
| Weighted Daily Average |  |  | 827 | 1.79 | 1172 | \*54 | \*0 | 16.25 | 0.00 | 31 | 164.43 | 8.25 | 26.32 | 2820 | 1211.5 | 30.40 | 14.04 | $0.000 |
| % of Calories |  |  |  | 1.95% |  | \*26.1% | \*0% | 17.7% | 0.0% |  | 79.5% |  | 12.7% |  |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 450 - 500 | <10 | 540 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  |

 |  |

 |

 |
|

|  |  |
| --- | --- |
|  |  |
|  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
|  |

|  |
| --- |
| **Monday - 10/23/2023** |

 |  |

|  |
| --- |
| **Breakfast K-12 Nutritional information** |

 |  |  |
|  |  |  |  |  |  |  |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) | Cost |
| 000374 BREAKFAST BAR, HAM | EACH | 1 | 200 | 5.00 | 350 | 0 | \*N/A\* | 16.00 | 0.00 | 60 | 8.00 | 1.00 | 7.00 | 0 | 0.0 | 0.00 | 0.00 | $0.000 |
| 000489 MILK - Variety (brkfast) | HALF PT | 1 | 105 | 0.45 | 178 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 16.12 | 0.00 | 8.00 | 735 | 293.6 | 0.00 | 0.10 | $0.000 |
| 000406 JUICE, CUP, IND, FRZ | EA (4oz) | 1 | 62 | 0.00 | 15 | 14 | \*N/A\* | 0.00 | 0.00 | 0 | 14.75 | 0.25 | 0.50 | 27 | 0.0 | 12.45 | 0.00 | $0.000 |
| 001072 CEREAL,BOWL, VARIETY | BOWL | 1 | 108 | 0.13 | 149 | \*N/A\* | \*N/A\* | 0.58 | 0.00 | 0 | 24.11 | 0.11 | 1.91 | 1886 | 1.4 | 17.94 | 8.62 | $0.000 |
| 000442 TOAST, BUTTERED w/ cereal | SLICE | 1 | 87 | 1.21 | 157 | \*2 | \*N/A\* | 2.92 | 0.00 | 5 | 13.00 | 1.00 | 3.02 | 59 | 27.6 | 0.00 | 1.00 | $0.000 |
| 000133 APPLESAUCE CUP | EACH (4 OZ) | 1 | 44 | 0.00 | 13 | 11 | \*N/A\* | 0.00 | 0.00 | 0 | 12.44 | 0.89 | 0.89 | 53 | 888.9 | 0.00 | 0.00 | $0.000 |
| Weighted Daily Average |  |  | 607 | 6.79 | 862 | \*42 | \*0 | 20.25 | 0.00 | 73 | 88.43 | 3.25 | 21.32 | 2760 | 1211.5 | 30.40 | 9.72 | $0.000 |
| % of Calories |  |  |  | 10.07% |  | \*27.7% | \*0% | 30.0% | 0.0% |  | 58.3% |  | 14.0% |  |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 450 - 500 | <10 | 540 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  |

 |  |

 |

 |
|

|  |  |
| --- | --- |
|  |  |
|  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
|  |

|  |
| --- |
| **Tuesday - 10/24/2023** |

 |  |

|  |
| --- |
| **Breakfast K-12 Nutritional information** |

 |  |  |
|  |  |  |  |  |  |  |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) | Cost |
| 990237 Strawberry Pop Tart | Each | 1 | 170 | 1.00 | 115 | 14 | \*N/A\* | 2.50 | 0.00 | 0 | 36.00 | 3.00 | 2.00 | \*N/A\* | 130.0 | \*N/A\* | 1.80 | $0.000 |
| 000489 MILK - Variety (brkfast) | HALF PT | 1 | 105 | 0.45 | 178 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 16.12 | 0.00 | 8.00 | 735 | 293.6 | 0.00 | 0.10 | $0.000 |
| 000406 JUICE, CUP, IND, FRZ | EA (4oz) | 1 | 62 | 0.00 | 15 | 14 | \*N/A\* | 0.00 | 0.00 | 0 | 14.75 | 0.25 | 0.50 | 27 | 0.0 | 12.45 | 0.00 | $0.000 |
| 001072 CEREAL,BOWL, VARIETY | BOWL | 1 | 108 | 0.13 | 149 | \*N/A\* | \*N/A\* | 0.58 | 0.00 | 0 | 24.11 | 0.11 | 1.91 | 1886 | 1.4 | 17.94 | 8.62 | $0.000 |
| 000442 TOAST, BUTTERED w/ cereal | SLICE | 1 | 87 | 1.21 | 157 | \*2 | \*N/A\* | 2.92 | 0.00 | 5 | 13.00 | 1.00 | 3.02 | 59 | 27.6 | 0.00 | 1.00 | $0.000 |
| 000518 RAISINS | 1.33 OZ BOX | 1 | 113 | 0.04 | 10 | 25 | \*N/A\* | 0.09 | 0.00 | 0 | 29.91 | 1.70 | 1.24 | 0 | 23.4 | 0.87 | 0.68 | $0.000 |
| Weighted Daily Average |  |  | 645 | 2.83 | 624 | \*70 | \*0 | 6.84 | 0.00 | 13 | 133.89 | 6.06 | 16.68 | \*2707 | 476.0 | \*31.26 | 12.20 | $0.000 |
| % of Calories |  |  |  | 3.95% |  | \*43.4% | \*0% | 9.5% | 0.0% |  | 83.0% |  | 10.3% |  |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 450 - 500 | <10 | 540 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  |

 |  |

 |

 |
|

|  |  |
| --- | --- |
|  |  |
|  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
|  |

|  |
| --- |
| **Wednesday - 10/25/2023** |

 |  |

|  |
| --- |
| **Breakfast K-12 Nutritional information** |

 |  |  |
|  |  |  |  |  |  |  |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) | Cost |
| 000033 SAUSAGE & PANCAKE BITES | SERVING (3) | 1 | 216 | 3.29 | 461 | 5 | \*N/A\* | 12.23 | 0.00 | 24 | 18.82 | 1.88 | 7.53 | 24 | 37.6 | 0.00 | 1.32 | $0.000 |
| 000657 APPLES, SLICED, BAGGED | EACH | 1 | 29 | 0.00 | 0 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 7.71 | 1.36 | 0.00 | 23 | 4.5 | 2.72 | 0.08 | $0.000 |
| 000489 MILK - Variety (brkfast) | HALF PT | 1 | 105 | 0.45 | 178 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 16.12 | 0.00 | 8.00 | 735 | 293.6 | 0.00 | 0.10 | $0.000 |
| 000406 JUICE, CUP, IND, FRZ | EA (4oz) | 1 | 62 | 0.00 | 15 | 14 | \*N/A\* | 0.00 | 0.00 | 0 | 14.75 | 0.25 | 0.50 | 27 | 0.0 | 12.45 | 0.00 | $0.000 |
| 001072 CEREAL,BOWL, VARIETY | BOWL | 1 | 108 | 0.13 | 149 | \*N/A\* | \*N/A\* | 0.58 | 0.00 | 0 | 24.11 | 0.11 | 1.91 | 1886 | 1.4 | 17.94 | 8.62 | $0.000 |
| 000442 TOAST, BUTTERED w/ cereal | SLICE | 1 | 87 | 1.21 | 157 | \*2 | \*N/A\* | 2.92 | 0.00 | 5 | 13.00 | 1.00 | 3.02 | 59 | 27.6 | 0.00 | 1.00 | $0.000 |
| Weighted Daily Average |  |  | 609 | 5.09 | 960 | \*42 | \*0 | 16.48 | 0.00 | 37 | 94.51 | 4.61 | 20.96 | 2753 | 364.8 | 33.12 | 11.12 | $0.000 |
| % of Calories |  |  |  | 7.52% |  | \*27.6% | \*0% | 24.4% | 0.0% |  | 62.1% |  | 13.8% |  |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 450 - 500 | <10 | 540 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  |

 |  |

 |

 |
|

|  |  |
| --- | --- |
|  |  |
|  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
|  |

|  |
| --- |
| **Thursday - 10/26/2023** |

 |  |

|  |
| --- |
| **Breakfast K-12 Nutritional information** |

 |  |  |
|  |  |  |  |  |  |  |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) | Cost |
| 000383 CINNAMON ROLL | EACH | 1 | 327 | 2.36 | 350 | \*20 | \*N/A\* | 9.73 | 0.00 | 7 | 53.51 | 1.20 | 8.12 | 632 | 85.6 | 0.40 | 2.06 | $0.000 |
| 000489 MILK - Variety (brkfast) | HALF PT | 1 | 105 | 0.45 | 178 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 16.12 | 0.00 | 8.00 | 735 | 293.6 | 0.00 | 0.10 | $0.000 |
| 000406 JUICE, CUP, IND, FRZ | EA (4oz) | 1 | 62 | 0.00 | 15 | 14 | \*N/A\* | 0.00 | 0.00 | 0 | 14.75 | 0.25 | 0.50 | 27 | 0.0 | 12.45 | 0.00 | $0.000 |
| 001072 CEREAL,BOWL, VARIETY | BOWL | 1 | 108 | 0.13 | 149 | \*N/A\* | \*N/A\* | 0.58 | 0.00 | 0 | 24.11 | 0.11 | 1.91 | 1886 | 1.4 | 17.94 | 8.62 | $0.000 |
| 000442 TOAST, BUTTERED w/ cereal | SLICE | 1 | 87 | 1.21 | 157 | \*2 | \*N/A\* | 2.92 | 0.00 | 5 | 13.00 | 1.00 | 3.02 | 59 | 27.6 | 0.00 | 1.00 | $0.000 |
| 000086 ORANGE, FRESH (HALF) | HALF | 1 | 45 | 0.02 | 0 | \*N/A\* | \*N/A\* | 0.12 | 0.00 | 0 | 11.28 | 2.30 | 0.90 | 216 | 38.4 | 51.07 | 0.10 | $0.000 |
| Weighted Daily Average |  |  | 735 | 4.18 | 849 | \*51 | \*0 | 14.10 | 0.00 | 20 | 132.77 | 4.87 | 22.46 | 3555 | 446.6 | 81.87 | 11.88 | $0.000 |
| % of Calories |  |  |  | 5.12% |  | \*27.8% | \*0% | 17.3% | 0.0% |  | 72.3% |  | 12.2% |  |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 450 - 500 | <10 | 540 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  |

 |  |

 |

 |
|

|  |  |
| --- | --- |
|  |  |
|  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
|  |

|  |
| --- |
| **Friday - 10/27/2023** |

 |  |

|  |
| --- |
| **Breakfast K-12 Nutritional information** |

 |  |  |
|  |  |  |  |  |  |  |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) | Cost |
| 000625 WAFFLE, FUNNEL CAKE | EACH | 1 | 300 | 3.00 | 350 | 12 | \*N/A\* | 13.00 | 0.00 | 20 | 43.00 | 3.00 | 4.00 | 0 | 0.0 | 0.00 | 1.08 | $0.000 |
| 000489 MILK - Variety (brkfast) | HALF PT | 1 | 105 | 0.45 | 178 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 16.12 | 0.00 | 8.00 | 735 | 293.6 | 0.00 | 0.10 | $0.000 |
| 000406 JUICE, CUP, IND, FRZ | EA (4oz) | 1 | 62 | 0.00 | 15 | 14 | \*N/A\* | 0.00 | 0.00 | 0 | 14.75 | 0.25 | 0.50 | 27 | 0.0 | 12.45 | 0.00 | $0.000 |
| 001072 CEREAL,BOWL, VARIETY | BOWL | 1 | 108 | 0.13 | 149 | \*N/A\* | \*N/A\* | 0.58 | 0.00 | 0 | 24.11 | 0.11 | 1.91 | 1886 | 1.4 | 17.94 | 8.62 | $0.000 |
| 000442 TOAST, BUTTERED w/ cereal | SLICE | 1 | 87 | 1.21 | 157 | \*2 | \*N/A\* | 2.92 | 0.00 | 5 | 13.00 | 1.00 | 3.02 | 59 | 27.6 | 0.00 | 1.00 | $0.000 |
| 000518 RAISINS | 1.33 OZ BOX | 1 | 113 | 0.04 | 10 | 25 | \*N/A\* | 0.09 | 0.00 | 0 | 29.91 | 1.70 | 1.24 | 0 | 23.4 | 0.87 | 0.68 | $0.000 |
| Weighted Daily Average |  |  | 775 | 4.83 | 859 | \*68 | \*0 | 17.34 | 0.00 | 33 | 140.89 | 6.06 | 18.68 | 2707 | 346.0 | 31.26 | 11.48 | $0.000 |
| % of Calories |  |  |  | 5.61% |  | \*35.1% | \*0% | 20.1% | 0.0% |  | 72.7% |  | 9.6% |  |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 450 - 500 | <10 | 540 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  |

 |  |

 |

 |
|

|  |  |
| --- | --- |
|  |  |
|  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
|  |

|  |
| --- |
| **Monday - 10/30/2023** |

 |  |

|  |
| --- |
| **Breakfast K-12 Nutritional information** |

 |  |  |
|  |  |  |  |  |  |  |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) | Cost |
| 000193 MUFFIN, IND., 2OZ | EACH | 1 | 189 | 1.99 | 129 | 16 | \*N/A\* | 5.97 | 0.00 | 30 | 29.84 | 1.99 | 2.98 | 0 | 29.8 | 0.00 | 0.90 | $0.000 |
| 000489 MILK - Variety (brkfast) | HALF PT | 1 | 105 | 0.45 | 178 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 16.12 | 0.00 | 8.00 | 735 | 293.6 | 0.00 | 0.10 | $0.000 |
| 000406 JUICE, CUP, IND, FRZ | EA (4oz) | 1 | 62 | 0.00 | 15 | 14 | \*N/A\* | 0.00 | 0.00 | 0 | 14.75 | 0.25 | 0.50 | 27 | 0.0 | 12.45 | 0.00 | $0.000 |
| 001072 CEREAL,BOWL, VARIETY | BOWL | 1 | 108 | 0.13 | 149 | \*N/A\* | \*N/A\* | 0.58 | 0.00 | 0 | 24.11 | 0.11 | 1.91 | 1886 | 1.4 | 17.94 | 8.62 | $0.000 |
| 000442 TOAST, BUTTERED w/ cereal | SLICE | 1 | 87 | 1.21 | 157 | \*2 | \*N/A\* | 2.92 | 0.00 | 5 | 13.00 | 1.00 | 3.02 | 59 | 27.6 | 0.00 | 1.00 | $0.000 |
| 000086 ORANGE, FRESH (HALF) | HALF | 1 | 45 | 0.02 | 0 | \*N/A\* | \*N/A\* | 0.12 | 0.00 | 0 | 11.28 | 2.30 | 0.90 | 216 | 38.4 | 51.07 | 0.10 | $0.000 |
| Weighted Daily Average |  |  | 597 | 3.80 | 628 | \*47 | \*0 | 10.33 | 0.00 | 43 | 109.10 | 5.66 | 17.32 | 2923 | 390.8 | 81.47 | 10.72 | $0.000 |
| % of Calories |  |  |  | 5.73% |  | \*31.5% | \*0% | 15.6% | 0.0% |  | 73.1% |  | 11.6% |  |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 450 - 500 | <10 | 540 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  |

 |  |

 |

 |
|

|  |  |
| --- | --- |
|  |  |
|  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
|  |

|  |
| --- |
| **Tuesday - 10/31/2023** |

 |  |

|  |
| --- |
| **Breakfast K-12 Nutritional information** |

 |  |  |
|  |  |  |  |  |  |  |
|  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | PortionSize | ReimbQty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) | Cost |
| 990229 Bacon Scramble Breakfast Pizza | each | 1 | 210 | 3.50 | 330 | 5 | \*N/A\* | 9.00 | 0.00 | 60 | 23.00 | 2.00 | 10.00 | 40 | 160.0 | 0.00 | 1.50 | $0.000 |
| 000489 MILK - Variety (brkfast) | HALF PT | 1 | 105 | 0.45 | 178 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 16.12 | 0.00 | 8.00 | 735 | 293.6 | 0.00 | 0.10 | $0.000 |
| 000406 JUICE, CUP, IND, FRZ | EA (4oz) | 1 | 62 | 0.00 | 15 | 14 | \*N/A\* | 0.00 | 0.00 | 0 | 14.75 | 0.25 | 0.50 | 27 | 0.0 | 12.45 | 0.00 | $0.000 |
| 001072 CEREAL,BOWL, VARIETY | BOWL | 1 | 108 | 0.13 | 149 | \*N/A\* | \*N/A\* | 0.58 | 0.00 | 0 | 24.11 | 0.11 | 1.91 | 1886 | 1.4 | 17.94 | 8.62 | $0.000 |
| 000442 TOAST, BUTTERED w/ cereal | SLICE | 1 | 87 | 1.21 | 157 | \*2 | \*N/A\* | 2.92 | 0.00 | 5 | 13.00 | 1.00 | 3.02 | 59 | 27.6 | 0.00 | 1.00 | $0.000 |
| 000518 RAISINS | 1.33 OZ BOX | 1 | 113 | 0.04 | 10 | 25 | \*N/A\* | 0.09 | 0.00 | 0 | 29.91 | 1.70 | 1.24 | 0 | 23.4 | 0.87 | 0.68 | $0.000 |
| Weighted Daily Average |  |  | 685 | 5.33 | 839 | \*61 | \*0 | 13.34 | 0.00 | 73 | 120.89 | 5.06 | 24.68 | 2747 | 506.0 | 31.26 | 11.90 | $0.000 |
| % of Calories |  |  |  | 7.00% |  | \*35.6% | \*0% | 17.5% | 0.0% |  | 70.6% |  | 14.4% |  |  |  |  |  |
| Weekly Nutrient Guideline |  |  | 450 - 500 | <10 | 540 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  |

 |  |

 |

 |
|

|  |  |  |
| --- | --- | --- |
|  |  |  |
|  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars(g) | Added Sugars(g) | T-Fat(g) | Tr-Fat² (g) | Cholst(mg) | Carb(g) | Fiber(g) | Protn(g) | VIt-A(IU) | Calcm(mg) | Vit-C(mg) | Iron(mg) | Cost |
| Weighted Averages |  | 690 | 5 | 831 | \*56 | \*0 | 14.58 | \*0.00 | \*52 | 122.07 | 5.29 | 20.98 | \*2853 | \*569.0 | \*42.97 | \*11.42 | $0.000 |
| % of Calories |  |  | 6.74% |  | \*32.5% | \*0% | 19.0% | \*0.0% |  | 70.8% |  | 12.2% |  |  |  |  |  |

 |  |
|  |  |  |

 |
| ***\*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 data¹ - denotes required nutrient values******² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.******NOTICE: The data contained within this report and the Mosaic® 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.*** |

 |  |