

Menu Nutrient Analysis

Menu: Breakfast- HS-

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)(1)	Fat (g)	Sfat (g)(1)	TFat (g)(2)	Chol (mg)	Na (mg)(1)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Breakfast- HS- Nutrition Information	1																
Category: Entrees; Choose: 1																	
Bagel, Blueberry, HS w/ Cream Cheese Non-WG - LR1092 (1 bagel)	0	410.50	8.55	4.85	0.00	21.00	548.50	69.40	2.00	13.40	12.40	4.50	164.00	336.10	0.00	(M)	(M)
Bagel, Plain, HS w/ Cream Cheese Non-WG - LR1093 (1 bagel)	0	390.50	8.05	4.35	0.00	21.00	568.50	65.40	2.00	7.40	12.40	4.50	164.00	336.10	0.00	(M)	(M)
Bread, Whole Grain Ultra Bread Slice Banana (96g), Super Bakery, 6071, WGR - LR1100 (1 slices)	0	280.00	10.00	2.00	0.00	0.00	220.00	44.00	2.00	25.00	5.00	1.08	80.00	100.00	0.00	(M)	(M)
Breakfast Stick, WG, Sausage Wrapped Pancake, Jimmy Dean 2.5oz - LR1102 (1 piece)	0	200.00	11.00	3.00	0.00	20.00	280.00	19.00	1.00	8.00	6.00	1.44	40.00	0.00	0.00	(M)	(M)
Donut, Yeast Ring, WG 2.45oz - LR1103 (1 donut)	0	298.28	15.98	7.46	0.00	0.00	319.59	31.96	3.00	7.46	5.33	0.75	14.84	10.40	0.00	0.00	0.00
Donuts, Mini Variety, WG Mr. Goodyman - LR1095 (1 pkg.)	0	305.00	13.80	5.80	0.00	0.00	258.00	41.00	2.00	19.60	4.70	1.48	46.00	0.00	0.00	(M)	(M)
Muffin, Blueberry, Sara Lee, WG 4oz - LR1137 (1 muffin)	0	380.00	14.00	2.50	0.00	(M)	230.00	59.00	3.00	31.00	4.00	1.44	20.00	0.00	0.00	(M)	(M)
PopTart, Variety HS, 2 pkg - LR1139 (1 pkg.)	0	368.00	5.30	2.00	0.00	0.00	380.00	75.40	6.00	30.40	4.80	3.60	200.00	1000.00	0.00	(M)	(M)
Roll, Cinnamon, WG, IW, 2.6 oz., Sky Blue Foods - LR1094 (1 roll.)	0	240.00	7.00	2.00	0.00	10.00	230.00	43.00	3.00	18.00	4.00	1.80	40.00	0.00	0.00	(M)	(M)
Sandwich, Breakfast,High School - Bagel - LR1014 (1 sandwich)	0	391.92	19.25	8.86	0.00	139.30	743.28	32.97	4.00	5.97	23.83	2.16	165.80	391.60	0.00	(M)	(M)
Sandwich, Breakfast,High School - Muffin - LR1053 (1 sandwich)	0	361.92	19.25	8.86	0.00	139.30	643.28	27.97	1.00	1.97	19.83	2.16	245.80	391.60	0.00	(M)	(M)
Sandwich, Jamwich, Peanut Butter and Grape Jelly on Whole Grain Bread, PB Jamwich, AdvancePierre Foods, 92123, MMA, WG - SR104876 (1 sandwich)	0	304.61	15.72	2.46	0.00	0.00	304.61	34.39	3.93	12.77	9.83	1.06	39.30	0.00	0.00	(M)	(M)
Yogurt, Strawberry, Nonfat Blended, 4 oz, Upstate Farms, 9815, MMA - SR106861 (1 ea.)	0	90.00	0.00	0.00	0.00	0.00	50.00	19.00	0.00	15.00	3.00	0.00	0.00	0.00	0.00	(M)	(M)

Menu Nutrient Analysis

Category: Grains; Choose: 2		Calories (Kcal)(1)	Fat (g)	Sfat (g)(1)	TFat (g)(2)	Chol (mg)	Na (mg)(1)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Cereal Bar Variety - LR1126 (1 Bar)	0	152.50	3.50	0.25	0.00	0.00	116.25	30.00	2.75	10.25	2.25	1.80	200.00	237.50	0.60	(M)	(M)
Cereal Variety, HS - LR1028 (2 bowl)	0	232.00	3.40	0.40	0.00	0.00	348.00	46.00	2.80	19.60	4.00	8.28	184.00	920.00	11.04	(M)	(M)
Cracker, Cinnamon Graham Crackers, Keebler Bug Bites, Kellogg's, 210/1 oz., 55644, WGR - LR1138 (1 pkg.)	0	120.00	3.50	1.00	0.00	0.00	115.00	21.00	1.00	8.00	2.00	0.72	100.00	500.00	0.00	(M)	(M)
Muffin Variety, HS, 2oz - LR1027 (2 muffin)	0	181.00	5.70	1.85	0.00	42.00	124.00	28.90	1.70	15.30	3.20	2.72	48.00	445.00	0.72	(M)	(M)
Category: Fruits; Choose: 2		Calories (Kcal)(1)	Fat (g)	Sfat (g)(1)	TFat (g)(2)	Chol (mg)	Na (mg)(1)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Craisins, Sweetened Dried Cranberries, Strawberry Flavor, Ocean Spray 23445, F - SR107765 (1 pouch)	0	110.00	0.00	0.00	0.00	(M)	0.00	28.00	3.00	24.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Fresh Fruit, Variety, HS Breakfast - LR1089 (1 fruit)	0	22.56(M)	0.06(M)	0.01(M)	0.00(M)	0.00(M)	0.00(M)	5.64(M)	1.15(M)	4.49(M)	0.45(M)	0.05(M)	19.20(M)	108.00(M)	25.54(M)	41.64(M)	0.21(M)
Juice, Variety, High School Breakfast - LR1099 (1/2 c.)	0	58.05	0.00	0.00	0.00	0.00	6.50	14.65	0.00(M)	12.65	0.00	0.00	7.15	0.00	53.70	(M)	(M)
Raisins, Unsweetened 1.33oz Box - LR1107 (1 Box)	0	114.00	0.00	0.00	0.00	0.00	4.00	30.00	1.00	23.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)
Category: Milk; Choose: 1		Calories (Kcal)(1)	Fat (g)	Sfat (g)(1)	TFat (g)(2)	Chol (mg)	Na (mg)(1)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Milk, Chocolate, Fat Free, Turner Dairy, Milk - SR100184 (1 cup servin)	1	130.00	0.50	0.00	0.00	5.00	200.00	24.00	0.00	22.00	8.00	0.36	300.00	400.00	2.40	(M)	(M)
Milk, Strawberry Flavored, Fat Free, Turners Dairy - SR100538 (1 c.)	1	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	8.00	0.00	300.00	400.00	2.40	(M)	(M)
Milk, Unflavored, 1% Low Fat, Turners Dairy, Milk - SR100873 (1 c.)	1	100.00	2.50	1.50	0.00	10.00	115.00	12.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Unflavored, Fat Free, Skim, Turners Dairy, M - SR100872 (1 c.)	1	90.00	0.00	0.00	0.00	4.99	115.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Vanilla Flavored, Fat Free, Turners Dairy, M - SR100539 (1 c.)	1	140.00	0.50	0.00	0.00	5.00	110.00	24.00	0.00	23.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)