

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
Breakfast Menu (k-12) 1 - Day: 1	100																		
Category: Entrees; May Choose: 1																			
BENEFIT BANANA CHOC CHUNK - LR1314 (1 Bar)	30	279.51	7.99	3.00	0.00	14.97	219.61	47.91	3.00	22.96	0.00	4.99	1.80	19.96	0.00	0.00	(M)	(M)	(M)
WAFFLE, MAPLE (2.4 OZ) - LR1459 (1 pkg.)	30	250.00	9.00	4.00	0.00	35.00	290.00	37.00	0.00	15.00	14.00	6.00	8.00	4.00	0.00	0.00	0.00	2.00	0.00
Category: Grains; May Choose: 2																			
CEREAL, CHEERIOS GF - LR1281 (1 oz.)	10	119.47	2.02	0.00	0.00	0.00	141.75	21.26	3.04	1.01	1.01	4.05	9.11	60.75	303.75	3.65	1.21	190.35	(M)
CEREAL, CINNAMON TOAST CRUNCH - LR1063 (1 oz.)	10	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	2.50	90.00	300.00	3.60	1.40	0.00	(M)
CEREAL, COCOA PUFFS, BOWLPK - LR1064 (28 g.)	10	120.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	8.00	2.00	2.70	80.00	400.00	4.80	1.60	0.00	(M)
MUFFIN, BLUEBERRY, WG - LR1277 (1 ea.)	20	190.00	6.00	2.00	0.00	30.00	130.00	30.23	2.00	16.00	0.00	3.00	0.90	30.00	(M)	(M)	0.00	0.00	(M)
Category: Fruits; May Choose: 2																			
APPLESAUCE CUP - LR1198 (1/2 c.)	100	60.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	(M)	0.00	0.30	5.00	35.00	1.20	(M)	(M)	(M)
PEARS, DICED - LR1014 (1/2 c.)	100	60.00	0.00	0.00	0.00	0.00	5.00	16.00	2.00	12.00	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Category: UHT MILK; May Choose: 1																			
MILK, 1% LOW-FAT UHT - LR1206 (1 CARTON (1/))	0	100.00	2.50	1.50	0.00	12.00	110.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	0.00	(M)	(M)	(M)
Category: FRESH MILK; May Choose: 1																			
MILK, CHOCOLATE, LOW-FAT - LR1238 (1 Carton)	75	130.00	0.00	0.00	0.00	5.00	125.00	23.00	0.00	22.00	10.00	8.00	0.00	307.00	159.00	0.00(M)	3.00	401.00	(M)
MILK, WHITE 1% LOWFAT - LR1228 (226.8 g.)	25	110.00	2.50	1.50	0.00	10.00	125.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Breakfast (k-12) 2 - Day: 2	100																		

Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
Category: Entrees; May Choose: 1																			
BREAD, BANANA - LR1125 (1 ea.)	35	278.87	9.96	1.99	0.00	0.00	219.11	43.82	1.99	24.90	(M)	4.98	1.08	79.68	99.59	0.00	(M)	(M)	(M)
PANCAKES, BITES, WG - LR1460 (2.4 ounces)	35	249.85	11.99	1.00	0.00	39.98	289.83	36.98	2.00	12.99	10.99	4.00	1.00	35.98	0.00	0.00	0.00	139.92	0.00
Category: Grains; May Choose: 2																			
CEREAL, CHEERIOS GF - LR1281 (1 oz.)	10	119.47	2.02	0.00	0.00	0.00	141.75	21.26	3.04	1.01	1.01	4.05	9.11	60.75	303.75	3.65	1.21	190.35	(M)
CEREAL, CINNAMON TOAST CRUNCH - LR1063 (1 oz.)	10	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	2.50	90.00	300.00	3.60	1.40	0.00	(M)
CEREAL, COCOA PUFFS, BOWLPAC - LR1064 (28 g.)	10	120.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	8.00	2.00	2.70	80.00	400.00	4.80	1.60	0.00	(M)
CRACKERS, CINNAMON GRAHAM WG - LR1398 (1 pkg.)	25	130.00	4.00	0.00	0.00	0.00	120.00	21.00	1.00	8.00	(M)	2.00	1.08	100.00	0.00	0.00	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
JUICE, ORANGE FROZEN 4 OZ - LR1434 (1 fl. oz.)	100	15.00	0.00	0.00	(M)	(M)	3.75	3.25	(M)	2.75	(M)	0.25	0.03	(M)	(M)	9.00	(M)	47.50	(M)
PEACHES, DICED IN EXTRA LIGHT SYRUP - LR1435 (1/2 c.)	100	60.00	0.00	0.00	0.00	0.00	5.00	14.00	1.00	13.00	5.00	0.00	0.20	6.00	(M)	(M)	(M)	113.00	(M)
Category: UHT MILK; May Choose: 1																			
MILK, 1% LOW-FAT UHT - LR1206 (1 CARTON (1/))	0	100.00	2.50	1.50	0.00	12.00	110.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	0.00	(M)	(M)	(M)
Category: FRESH MILK; May Choose: 1																			
MILK, CHOCOLATE, LOW-FAT - LR1238 (1 Carton)	75	130.00	0.00	0.00	0.00	5.00	125.00	23.00	0.00	22.00	10.00	8.00	0.00	307.00	159.00	0.00(M)	3.00	401.00	(M)
MILK, WHITE 1% LOWFAT - LR1228 (226.8 g.)	25	110.00	2.50	1.50	0.00	10.00	125.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Breakfast (k-12) 3 - Day: 3	100																		
Category: Entrees; May Choose: 1																			
BREAKFAST PIZZA, TURKEY SAUSAGE - LR1075 (3.31 oz.)	30	209.64	6.99	2.00	0.00	14.97	349.40	26.95	2.99	4.99	2.00	8.98	1.80	99.83	0.00	0.00	0.00	329.37	(M)
WAFFLE, MAPLE (2.4 OZ) - LR1459 (1 pkg.)	30	250.00	9.00	4.00	0.00	35.00	290.00	37.00	0.00	15.00	14.00	6.00	8.00	4.00	0.00	0.00	0.00	2.00	0.00
Category: Grains; May Choose: 2																			
CEREAL, CHEERIOS GF - LR1281 (1 oz.)	10	119.47	2.02	0.00	0.00	0.00	141.75	21.26	3.04	1.01	1.01	4.05	9.11	60.75	303.75	3.65	1.21	190.35	(M)

Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
CEREAL, CINNAMON TOAST CRUNCH - LR1063 (1 oz.)	10	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	2.50	90.00	300.00	3.60	1.40	0.00	(M)
CEREAL, COCOA PUFFS, BOWLPAK - LR1064 (28 g.)	10	120.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	8.00	2.00	2.70	80.00	400.00	4.80	1.60	0.00	(M)
MUFFIN, BLUEBERRY, WG - LR1277 (1 ea.)	20	190.00	6.00	2.00	0.00	30.00	130.00	30.23	2.00	16.00	0.00	3.00	0.90	30.00	(M)	(M)	0.00	0.00	(M)
Category: FRUIT FRESH; May Choose: 2																			
APPLE, FRESH RED DELICIOUS W/SKIN 163 CT - LR1399 (1 small (1- 3)	100	64.58	0.00	0.00	0.00	0.00	2.02	16.14	2.02	12.11	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
MIXED BERRY CUP, FROZEN, USDA - LR1290 (4 oz.)	100	50.00	0.00	0.00	0.00	0.00	0.00	13.00	2.00	10.00	6.00	0.00	0.30	10.00	(M)	21.00	(M)	70.00	(M)
Category: UHT MILK; May Choose: 1																			
MILK, 1% LOW-FAT UHT - LR1206 (1 CARTON (1/)	0	100.00	2.50	1.50	0.00	12.00	110.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	0.00	(M)	(M)	(M)
Category: FRESH MILK; May Choose: 1																			
MILK, CHOCOLATE, LOW-FAT - LR1238 (1 Carton)	75	130.00	0.00	0.00	0.00	5.00	125.00	23.00	0.00	22.00	10.00	8.00	0.00	307.00	159.00	0.00(M)	3.00	401.00	(M)
MILK, WHITE 1% LOWFAT - LR1228 (226.8 g.)	25	110.00	2.50	1.50	0.00	10.00	125.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Breakfast (k-12) 4 - Day: 4	100																		
Category: Entrees; May Choose: 1																			
BENEFIT BANANA CHOC CHUNK - LR1314 (1 Bar)	30	279.51	7.99	3.00	0.00	14.97	219.61	47.91	3.00	22.96	0.00	4.99	1.80	19.96	0.00	0.00	(M)	(M)	(M)
SAUSAGE AND CHEESE CROISSANT - LR1461 (1 sandwich)	27	325.00	17.00	7.05	0.00	33.50	580.00	31.00	2.00	4.00	3.00(M)	14.50	1.00	192.50	305.00 (M)	0.00(M)	1.00(M)	240.00 (M)	(M)
Category: Grains; May Choose: 2																			
CEREAL, CHEERIOS GF - LR1281 (1 oz.)	13	119.47	2.02	0.00	0.00	0.00	141.75	21.26	3.04	1.01	1.01	4.05	9.11	60.75	303.75	3.65	1.21	190.35	(M)
CEREAL, CINNAMON TOAST CRUNCH - LR1063 (1 oz.)	10	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	2.50	90.00	300.00	3.60	1.40	0.00	(M)
CEREAL, COCOA PUFFS, BOWLPAK - LR1064 (28 g.)	10	120.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	8.00	2.00	2.70	80.00	400.00	4.80	1.60	0.00	(M)

Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
CRACKERS, CINNAMON GRAHAM WG - LR1398 (1 pkg.)	20	130.00	4.00	0.00	0.00	0.00	120.00	21.00	1.00	8.00	(M)	2.00	1.08	100.00	0.00	0.00	(M)	(M)	(M)
Category: FRUIT FRESH; May Choose: 2																			
ORANGE, FRESH MEDIUM - LR1028 (8 SECTIONS)	100	80.00	0.00	0.00	0.00	0.00	0.00	19.00	3.00	14.00	(M)	1.00	0.00	60.00	100.00	78.00	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
STRAWBERRY CUP, FROZEN - LR1179 (1 CUP (4.5 O)	60	90.00	0.00	0.00	0.00	0.00	0.00	22.00	2.00	18.00	(M)	1.00	0.36	20.00	0.00	66.00	(M)	(M)	(M)
Category: UHT MILK; May Choose: 1																			
MILK, 1% LOW-FAT UHT - LR1206 (1 CARTON (1/)	0	100.00	2.50	1.50	0.00	12.00	110.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	0.00	(M)	(M)	(M)
Category: FRESH MILK; May Choose: 1																			
MILK, CHOCOLATE, LOW-FAT - LR1238 (1 Carton)	75	130.00	0.00	0.00	0.00	5.00	125.00	23.00	0.00	22.00	10.00	8.00	0.00	307.00	159.00	0.00(M)	3.00	401.00	(M)
MILK, WHITE 1% LOWFAT - LR1228 (226.8 g.)	25	110.00	2.50	1.50	0.00	10.00	125.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)
Breakfast (k-12) 5 - Day: 5	100																		
Category: Entrees; May Choose: 1																			
BREAKFAST PIZZA, TURKEY SAUSAGE - LR1075 (3.31 oz.)	30	209.64	6.99	2.00	0.00	14.97	349.40	26.95	2.99	4.99	2.00	8.98	1.80	99.83	0.00	0.00	0.00	329.37	(M)
PANCAKES, BITES, WG - LR1460 (2.4 ounces)	30	249.85	11.99	1.00	0.00	39.98	289.83	36.98	2.00	12.99	10.99	4.00	1.00	35.98	0.00	0.00	0.00	139.92	0.00
Category: Grains; May Choose: 2																			
CEREAL, CHEERIOS GF - LR1281 (1 oz.)	10	119.47	2.02	0.00	0.00	0.00	141.75	21.26	3.04	1.01	1.01	4.05	9.11	60.75	303.75	3.65	1.21	190.35	(M)
CEREAL, CINNAMON TOAST CRUNCH - LR1063 (1 oz.)	10	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	2.50	90.00	300.00	3.60	1.40	0.00	(M)
CEREAL, COCOA PUFFS, BOWLPAC - LR1064 (28 g.)	10	120.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	8.00	2.00	2.70	80.00	400.00	4.80	1.60	0.00	(M)
CRACKERS, CINNAMON GRAHAM WG - LR1398 (1 pkg.)	20	130.00	4.00	0.00	0.00	0.00	120.00	21.00	1.00	8.00	(M)	2.00	1.08	100.00	0.00	0.00	(M)	(M)	(M)
Category: FRUIT FRESH; May Choose: 2																			

Menu Cycle Week – Nutrient Analysis

Menu Item (Serving Size)	Plan Qty	Calorie s (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calciu m (mg)	VitA (mcg RAE)	VitC (mg)	VitD (mcg)	Potassi um (mg)	Mois (g)
APPLE, FRESH RED DELICIOUS W/SKIN 163 CT - LR1399 (1 small (1- 3)	100	64.58	0.00	0.00	0.00	0.00	2.02	16.14	2.02	12.11	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Category: Fruits; May Choose: 2																			
PEACHES, DICED IN EXTRA LIGHT SYRUP - LR1435 (1/2 c.)	100	60.00	0.00	0.00	0.00	0.00	5.00	14.00	1.00	13.00	5.00	0.00	0.20	6.00	(M)	(M)	(M)	113.00	(M)
Category: UHT MILK; May Choose: 1																			
MILK, 1% LOW-FAT UHT - LR1206 (1 CARTON (1/)	0	100.00	2.50	1.50	0.00	12.00	110.00	12.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	0.00	(M)	(M)	(M)
Category: FRESH MILK; May Choose: 1																			
MILK, CHOCOLATE, LOW-FAT - LR1238 (1 Carton)	75	130.00	0.00	0.00	0.00	5.00	125.00	23.00	0.00	22.00	10.00	8.00	0.00	307.00	159.00	0.00(M)	3.00	401.00	(M)
MILK, WHITE 1% LOWFAT - LR1228 (226.8 g.)	25	110.00	2.50	1.50	0.00	10.00	125.00	13.00	0.00	12.00	(M)	8.00	0.00	300.00	500.00	1.20	(M)	(M)	(M)