

# Menu Calendar Nutrient Analysis Report - January, 2019

Generated on: 12/14/2018 2:31:52 PM by Alane Webb

Site: ALL

Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Nov- Jan Menu 18 Breakfast Middle School Mon - ServingDate: 01/07/2019</b>																	
Scrambled Eggs - SR1179 (1/4 c.)	100	93.33	6.00	2.00	0.00	226.67	86.67	0.00	0.00	0.00	8.00	0.96	26.67	266.67	0.00	-15.90 (M)	(M)
Bagel - CAR1438 (1 bagel)	8	180.00	1.00	0.00	0.00	0.00	200.00	35.00	4.00	3.00	7.00	1.80	20.00	0.00	2.40	(M)	(M)
Belgian Waffle - CAR1058 (1 waffle)	8	190.00	6.00	1.00	0.00	20.00	280.00	32.00	4.00	7.00	4.00	1.80	40.00	0.00	0.00	(M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BenefIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BenefIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	4	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Cinnamon Bun - CAR1046 (1 ea.)	8	259.06	8.63	2.16	0.00	21.59	323.83	41.02	3.24	16.19	5.40	1.17	64.77	431.77	1.29	(M)	(M)
French Toast Sticks - CAR1476 (4 stick.)	0	256.38	9.86	1.97	0.00	0.00	295.82	37.47	2.96	8.88	5.92	1.80	33.53	21.69	0.00	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)

# Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Nov- Jan Menu 18 Breakfast Middle School Mon - ServingDate: 01/07/2019</b>																	
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
<b>Nov- Jan Menu 18 Breakfast Middle School Tues W2 - ServingDate: 01/08/2019</b>																	
Sausage Breakfast Burrito - SR1358 (1 burrito)	100	236.24	10.15	3.73	0.00	64.23	318.50	26.99	3.97	0.70	11.10	2.57	123.60	231.00	0.20	(M)	(M)
String Cheese Mozzarella - CAR1211 (1 ea.)	100	80.00	6.00	4.00	0.00	15.00	200.00	1.00	0.00	0.00	6.00	0.00	200.00	200.00	0.00	(M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	12	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Soft Wheat Bagel - SR1168 (1 bagel)	16	180.00	1.00	0.00	0.00	0.00	200.00	35.00	4.00	3.00	7.00	1.80	20.00	0.00	2.40	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17

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Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Nov- Jan Menu 18 Breakfast Middle School Tues W2 - ServingDate: 01/08/2019</b>																	
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
Cream Cheese cup - CAR1069 (1 oz.)	100	60.75	5.06	3.04	0.00	20.25	131.63	2.02	0.00	2.02	2.02	0.00	40.50	405.00	0.00	(M)	(M)
<b>Nov-Jan 18 Breakfast Middle School Wed W2 - ServingDate: 01/09/2019</b>																	
Sausage Breakfast Pizza - SR1167 (1 slice)	100	210.03	7.00	2.00	0.00	15.00	480.08	26.00	2.00	9.00	9.00	1.80	100.02	200.03	0.00	(M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BenefIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BenefIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	4	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Cinnamon Bun - CAR1046 (1 ea.)	24	259.06	8.63	2.16	0.00	21.59	323.83	41.02	3.24	16.19	5.40	1.17	64.77	431.77	1.29	(M)	(M)

# Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Nov-Jan 18 Breakfast Middle School Wed W2 - ServingDate: 01/09/2019</b>																	
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
<b>Nov-Jan Menu 18 Breakfast Middle School Thurs W2 - ServingDate: 01/10/2019</b>																	
Scrambled Eggs - SR1179 (1/4 c.)	100	93.33	6.00	2.00	0.00	226.67	86.67	0.00	0.00	0.00	8.00	0.96	26.67	266.67	0.00	-15.90 (M)	(M)
Bagel - CAR1438 (1 bagel)	8	180.00	1.00	0.00	0.00	0.00	200.00	35.00	4.00	3.00	7.00	1.80	20.00	0.00	2.40	(M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	8	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL

Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Nov-Jan Menu 18 Breakfast Middle School Thurs W2 - ServingDate: 01/10/2019</b>																	
Waffle Sticks - CAR1078 (4 stick.)	2	240.00	7.00	1.00	0.00	2.00	330.00	38.00	5.00	8.00	5.00	1.80	60.00	0.00	0.00	(M)	(M)
Soft Wheat Bagel - SR1168 (1 bagel)	10	180.00	1.00	0.00	0.00	0.00	200.00	35.00	4.00	3.00	7.00	1.80	20.00	0.00	2.40	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
Cream Cheese cup - CAR1069 (1 oz.)	100	60.75	5.06	3.04	0.00	20.25	131.63	2.02	0.00	2.02	2.02	0.00	40.50	405.00	0.00	(M)	(M)
<b>Nov-Jan Menu 18 Breakfast Middle School Friday W2 - ServingDate: 01/11/2019</b>																	
Scrambled Eggs - SR1179 (1/4 c.)	100	93.33	6.00	2.00	0.00	226.67	86.67	0.00	0.00	0.00	8.00	0.96	26.67	266.67	0.00	-15.90 (M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BenefIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BenefIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Nov-Jan Menu 18 Breakfast Middle School Friday W2 - ServingDate: 01/11/2019</b>																	
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	12	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Pancakes - CAR1077 (3 ea.)	16	230.00	6.00	1.00	0.00	10.00	330.00	41.00	3.00	5.00	5.00	1.80	0.00	0.00	0.00	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
<b>Nov- Jan Menu 18 Breakfast Middle School Mon - ServingDate: 01/14/2019</b>																	
Scrambled Eggs - SR1179 (1/4 c.)	100	93.33	6.00	2.00	0.00	226.67	86.67	0.00	0.00	0.00	8.00	0.96	26.67	266.67	0.00	-15.90 (M)	(M)
Bagel - CAR1438 (1 bagel)	8	180.00	1.00	0.00	0.00	0.00	200.00	35.00	4.00	3.00	7.00	1.80	20.00	0.00	2.40	(M)	(M)
Belgian Waffle - CAR1058 (1 waffle)	8	190.00	6.00	1.00	0.00	20.00	280.00	32.00	4.00	7.00	4.00	1.80	40.00	0.00	0.00	(M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL

Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Nov- Jan Menu 18 Breakfast Middle School Mon - ServingDate: 01/14/2019</b>																	
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	4	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Cinnamon Bun - CAR1046 (1 ea.)	8	259.06	8.63	2.16	0.00	21.59	323.83	41.02	3.24	16.19	5.40	1.17	64.77	431.77	1.29	(M)	(M)
French Toast Sticks - CAR1476 (4 stick.)	0	256.38	9.86	1.97	0.00	0.00	295.82	37.47	2.96	8.88	5.92	1.80	33.53	21.69	0.00	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
<b>Nov- Jan Menu 18 Breakfast Middle School Tues W2 - ServingDate: 01/15/2019</b>																	
Sausage Breakfast Burrito - SR1358 (1 burrito)	100	236.24	10.15	3.73	0.00	64.23	318.50	26.99	3.97	0.70	11.10	2.57	123.60	231.00	0.20	(M)	(M)
String Cheese Mozzarella - CAR1211 (1 ea.)	100	80.00	6.00	4.00	0.00	15.00	200.00	1.00	0.00	0.00	6.00	0.00	200.00	200.00	0.00	(M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL

Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Nov- Jan Menu 18 Breakfast Middle School Tues W2 - ServingDate: 01/15/2019</b>																	
Apple Cinnamon BenefIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BenefIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	12	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Soft Wheat Bagel - SR1168 (1 bagel)	16	180.00	1.00	0.00	0.00	0.00	200.00	35.00	4.00	3.00	7.00	1.80	20.00	0.00	2.40	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie <2)	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
Cream Cheese cup - CAR1069 (1 oz.)	100	60.75	5.06	3.04	0.00	20.25	131.63	2.02	0.00	2.02	2.02	0.00	40.50	405.00	0.00	(M)	(M)
<b>Nov-Jan 18 Breakfast Middle School Wed W2 - ServingDate: 01/16/2019</b>																	
Sausage Breakfast Pizza - SR1167 (1 slice)	100	210.03	7.00	2.00	0.00	15.00	480.08	26.00	2.00	9.00	9.00	1.80	100.02	200.03	0.00	(M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)



## Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL

Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Nov-Jan 18 Breakfast Middle School Wed W2 - ServingDate: 01/16/2019</b>																	
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	4	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Cinnamon Bun - CAR1046 (1 ea.)	24	259.06	8.63	2.16	0.00	21.59	323.83	41.02	3.24	16.19	5.40	1.17	64.77	431.77	1.29	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
<b>Nov-Jan Menu 18 Breakfast Middle School Thurs W2 - ServingDate: 01/17/2019</b>																	
Scrambled Eggs - SR1179 (1/4 c.)	100	93.33	6.00	2.00	0.00	226.67	86.67	0.00	0.00	0.00	8.00	0.96	26.67	266.67	0.00	-15.90 (M)	(M)
Bagel - CAR1438 (1 bagel)	8	180.00	1.00	0.00	0.00	0.00	200.00	35.00	4.00	3.00	7.00	1.80	20.00	0.00	2.40	(M)	(M)

# Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Nov-Jan Menu 18 Breakfast Middle School Thurs W2 - ServingDate: 01/17/2019</b>																	
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	8	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Waffle Sticks - CAR1078 (4 stick.)	2	240.00	7.00	1.00	0.00	2.00	330.00	38.00	5.00	8.00	5.00	1.80	60.00	0.00	0.00	(M)	(M)
Soft Wheat Bagel - SR1168 (1 bagel)	10	180.00	1.00	0.00	0.00	0.00	200.00	35.00	4.00	3.00	7.00	1.80	20.00	0.00	2.40	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
Cream Cheese cup - CAR1069 (1 oz.)	100	60.75	5.06	3.04	0.00	20.25	131.63	2.02	0.00	2.02	2.02	0.00	40.50	405.00	0.00	(M)	(M)

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL

Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Nov-Jan Menu 18 Breakfast Middle School Friday W2 - ServingDate: 01/18/2019</b>																	
Scrambled Eggs - SR1179 (1/4 c.)	100	93.33	6.00	2.00	0.00	226.67	86.67	0.00	0.00	0.00	8.00	0.96	26.67	266.67	0.00	-15.90 (M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BenefIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BenefIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	12	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Pancakes - CAR1077 (3 ea.)	16	230.00	6.00	1.00	0.00	10.00	330.00	41.00	3.00	5.00	5.00	1.80	0.00	0.00	0.00	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie <2)	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)

# Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Nov- Jan Menu 18 Breakfast Middle School Tues W2 - ServingDate: 01/22/2019</b>																	
Sausage Breakfast Burrito - SR1358 (1 burrito)	100	236.24	10.15	3.73	0.00	64.23	318.50	26.99	3.97	0.70	11.10	2.57	123.60	231.00	0.20	(M)	(M)
String Cheese Mozzarella - CAR1211 (1 ea.)	100	80.00	6.00	4.00	0.00	15.00	200.00	1.00	0.00	0.00	6.00	0.00	200.00	200.00	0.00	(M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	12	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Soft Wheat Bagel - SR1168 (1 bagel)	16	180.00	1.00	0.00	0.00	0.00	200.00	35.00	4.00	3.00	7.00	1.80	20.00	0.00	2.40	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)

# Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Nov- Jan Menu 18 Breakfast Middle School Tues W2 - ServingDate: 01/22/2019</b>																	
Cream Cheese cup - CAR1069 (1 oz.)	100	60.75	5.06	3.04	0.00	20.25	131.63	2.02	0.00	2.02	2.02	0.00	40.50	405.00	0.00	(M)	(M)
<b>Nov-Jan 18 Breakfast Middle School Wed W2 - ServingDate: 01/23/2019</b>																	
Sausage Breakfast Pizza - SR1167 (1 slice)	100	210.03	7.00	2.00	0.00	15.00	480.08	26.00	2.00	9.00	9.00	1.80	100.02	200.03	0.00	(M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	4	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Cinnamon Bun - CAR1046 (1 ea.)	24	259.06	8.63	2.16	0.00	21.59	323.83	41.02	3.24	16.19	5.40	1.17	64.77	431.77	1.29	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL

Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Nov-Jan 18 Breakfast Middle School Wed W2 - ServingDate: 01/23/2019</b>																	
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
<b>Nov-Jan Menu 18 Breakfast Middle School Thurs W2 - ServingDate: 01/24/2019</b>																	
Scrambled Eggs - SR1179 (1/4 c.)	100	93.33	6.00	2.00	0.00	226.67	86.67	0.00	0.00	0.00	8.00	0.96	26.67	266.67	0.00	-15.90 (M)	(M)
Bagel - CAR1438 (1 bagel)	8	180.00	1.00	0.00	0.00	0.00	200.00	35.00	4.00	3.00	7.00	1.80	20.00	0.00	2.40	(M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	8	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Waffle Sticks - CAR1078 (4 stick.)	2	240.00	7.00	1.00	0.00	2.00	330.00	38.00	5.00	8.00	5.00	1.80	60.00	0.00	0.00	(M)	(M)
Soft Wheat Bagel - SR1168 (1 bagel)	10	180.00	1.00	0.00	0.00	0.00	200.00	35.00	4.00	3.00	7.00	1.80	20.00	0.00	2.40	(M)	(M)

# Menu Calendar Nutrient Analysis Report - January, 2019

Generated on: 12/14/2018 2:31:52 PM by Alane Webb

Site: ALL  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Nov-Jan Menu 18 Breakfast Middle School Thurs W2 - ServingDate: 01/24/2019</b>																	
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
Cream Cheese cup - CAR1069 (1 oz.)	100	60.75	5.06	3.04	0.00	20.25	131.63	2.02	0.00	2.02	2.02	0.00	40.50	405.00	0.00	(M)	(M)
<b>Nov-Jan Menu 18 Breakfast Middle School Friday W2 - ServingDate: 01/25/2019</b>																	
Scrambled Eggs - SR1179 (1/4 c.)	100	93.33	6.00	2.00	0.00	226.67	86.67	0.00	0.00	0.00	8.00	0.96	26.67	266.67	0.00	-15.90 (M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)

## Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL

Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Nov-Jan Menu 18 Breakfast Middle School Friday W2 - ServingDate: 01/25/2019</b>																	
Rice Krispies Cereal - CAR1171 (1 bowl)	12	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Pancakes - CAR1077 (3 ea.)	16	230.00	6.00	1.00	0.00	10.00	330.00	41.00	3.00	5.00	5.00	1.80	0.00	0.00	0.00	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
<b>Nov- Jan Menu 18 Breakfast Middle School Mon - ServingDate: 01/28/2019</b>																	
Scrambled Eggs - SR1179 (1/4 c.)	100	93.33	6.00	2.00	0.00	226.67	86.67	0.00	0.00	0.00	8.00	0.96	26.67	266.67	0.00	-15.90 (M)	(M)
Bagel - CAR1438 (1 bagel)	8	180.00	1.00	0.00	0.00	0.00	200.00	35.00	4.00	3.00	7.00	1.80	20.00	0.00	2.40	(M)	(M)
Belgian Waffle - CAR1058 (1 waffle)	8	190.00	6.00	1.00	0.00	20.00	280.00	32.00	4.00	7.00	4.00	1.80	40.00	0.00	0.00	(M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)



# Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Nov- Jan Menu 18 Breakfast Middle School Mon - ServingDate: 01/28/2019</b>																	
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	4	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Cinnamon Bun - CAR1046 (1 ea.)	8	259.06	8.63	2.16	0.00	21.59	323.83	41.02	3.24	16.19	5.40	1.17	64.77	431.77	1.29	(M)	(M)
French Toast Sticks - CAR1476 (4 stick.)	0	256.38	9.86	1.97	0.00	0.00	295.82	37.47	2.96	8.88	5.92	1.80	33.53	21.69	0.00	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
<b>Nov- Jan Menu 18 Breakfast Middle School Tues W2 - ServingDate: 01/29/2019</b>																	
Sausage Breakfast Burrito - SR1358 (1 burrito)	100	236.24	10.15	3.73	0.00	64.23	318.50	26.99	3.97	0.70	11.10	2.57	123.60	231.00	0.20	(M)	(M)
String Cheese Mozzarella - CAR1211 (1 ea.)	100	80.00	6.00	4.00	0.00	15.00	200.00	1.00	0.00	0.00	6.00	0.00	200.00	200.00	0.00	(M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)

# Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Nov- Jan Menu 18 Breakfast Middle School Tues W2 - ServingDate: 01/29/2019</b>																	
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	12	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Soft Wheat Bagel - SR1168 (1 bagel)	16	180.00	1.00	0.00	0.00	0.00	200.00	35.00	4.00	3.00	7.00	1.80	20.00	0.00	2.40	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
Cream Cheese cup - CAR1069 (1 oz.)	100	60.75	5.06	3.04	0.00	20.25	131.63	2.02	0.00	2.02	2.02	0.00	40.50	405.00	0.00	(M)	(M)
<b>Nov-Jan 18 Breakfast Middle School Wed W2 - ServingDate: 01/30/2019</b>																	
Sausage Breakfast Pizza - SR1167 (1 slice)	100	210.03	7.00	2.00	0.00	15.00	480.08	26.00	2.00	9.00	9.00	1.80	100.02	200.03	0.00	(M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)

# Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Nov-Jan 18 Breakfast Middle School Wed W2 - ServingDate: 01/30/2019</b>																	
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	4	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Cinnamon Bun - CAR1046 (1 ea.)	24	259.06	8.63	2.16	0.00	21.59	323.83	41.02	3.24	16.19	5.40	1.17	64.77	431.77	1.29	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
<b>Nov-Jan Menu 18 Breakfast Middle School Thurs W2 - ServingDate: 01/31/2019</b>																	
Scrambled Eggs - SR1179 (1/4 c.)	100	93.33	6.00	2.00	0.00	226.67	86.67	0.00	0.00	0.00	8.00	0.96	26.67	266.67	0.00	-15.90 (M)	(M)
Bagel - CAR1438 (1 bagel)	8	180.00	1.00	0.00	0.00	0.00	200.00	35.00	4.00	3.00	7.00	1.80	20.00	0.00	2.40	(M)	(M)
French Toast Breakfast Bar - CAR1299 (1 Bar)	8	289.49	8.98	2.50	0.00	24.96	199.65	46.92	3.00	20.96	4.99	1.80	39.93	0.00	0.00	(M)	(M)
Oatmeal Chocolate Breakfast Bar - CAR1300 (1 Bar)	8	289.49	8.98	3.00	0.00	19.96	239.58	46.92	3.00	21.96	4.99	1.80	19.96	0.00	0.00	(M)	(M)

# Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL  
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Nov-Jan Menu 18 Breakfast Middle School Thurs W2 - ServingDate: 01/31/2019</b>																	
Oatmeal Raisin Benefit Bar - CAR1162 (1 Bar)	8	290.00	9.00	3.00	0.00	20.00	190.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon BeneFIT Bar - SR1751 (1 Bar)	8	290.00	9.00	3.00	0.00	15.00	240.00	48.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Banana Chocolate Chunk BeneFIT Bar - SR1753 (1 Bar)	8	280.00	8.00	3.00	0.00	15.00	220.00	48.00	3.00	23.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Frosted Mini Wheats Cereal - CAR1170 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	0.00	24.00	3.00	6.00	3.00	8.10	0.00	0.00	0.00	(M)	(M)
Apple Jacks Cereal - SR1360 (1 bowl)	8	110.00	1.00	0.50	0.00	0.00	160.00	24.00	2.00	8.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	8	110.00	1.50	0.00	0.00	0.00	160.00	22.00	2.00	9.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Multigrain Frosted Flakes Cereal - SR1185 (1 bowl)	8	100.00	0.00	0.00	0.00	0.00	160.00	24.00	3.00	7.00	2.00	4.50	0.00	500.00	15.00	(M)	(M)
Rice Krispies Cereal - CAR1171 (1 bowl)	8	100.00	0.50	0.00	0.00	0.00	170.00	23.00	1.00	1.00	2.00	8.10	0.00	1000.00	12.00	(M)	(M)
Waffle Sticks - CAR1078 (4 stick.)	2	240.00	7.00	1.00	0.00	2.00	330.00	38.00	5.00	8.00	5.00	1.80	60.00	0.00	0.00	(M)	(M)
Soft Wheat Bagel - SR1168 (1 bagel)	10	180.00	1.00	0.00	0.00	0.00	200.00	35.00	4.00	3.00	7.00	1.80	20.00	0.00	2.40	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2)	50	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
100% Orange Juice - SR1295 (4 fl oz cup)	50	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)
Cream Cheese cup - CAR1069 (1 oz.)	100	60.75	5.06	3.04	0.00	20.25	131.63	2.02	0.00	2.02	2.02	0.00	40.50	405.00	0.00	(M)	(M)

**Legend**  
(M) - Missing Nutrient Values

# Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL  
Date: 01/01/2019 - 01/31/2019

**Report Selections**

Meal Type: Breakfast  
Site Group: Did You Know Café  
Menu Line: BRKFST-Café Classics  
Serving Group: K-8  
Nutrients Option: All

Please be advised that our menu items may contain allergens or may have come in contact with items containing allergens. In addition, food manufacturers may change their formulation or manner of processing without our knowledge. Sodexo therefore cannot guarantee the accuracy of nutrition information. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion size and other factors. The nutrition analyses provided are approximations only. Sodexo assumes no liability for any adverse reactions that may occur in the school cafeteria. We encourage all food allergic individuals to first inform the school nurse of allergy/intolerance and then work with our staff to plan a menu.

# Menu Calendar Nutrient Analysis Report

Site: ALL  
Date: 01/31/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>NOV- JAN DYK DAY 4 - ServingDate: 01/31/2019</b>																	
Bean and Cheese Burrito - CAR1378 (1 ea.)	25	145.55	4.14	1.81	0.01	7.67	239.47	20.48	3.98	0.67	7.80	1.67	85.50	147.50	0.77	(M)	(M)
Cheese Pizza - CAR1390 (1 slice regu)	25	399.50	15.98	6.99	0.00	34.96	439.45	42.95	4.00	6.99	8.99	2.70	349.56	399.50	0.00	(M)	(M)
Hawaiian Pizza - CAR1601 (1 slice)	25	422.00	16.73	7.24	0.00	42.46	496.95	45.07	4.12	8.87	10.74	2.83	352.06 (M)	399.50 (M)	2.02	(M)	(M)
Turkey & Cheddar Sub - CAR1441 (1 sandwich)	25	316.74	10.34	5.56	0.00	37.99	755.25	32.00	5.00	2.00	24.21	1.62	222.50	303.75	9.00	(M)	(M)
Teriyaki Beef Dippers - CAR1018 (4 ea.)	100	160.00	8.00	3.50	0.50	40.00	440.00	6.00	1.00	4.00	14.00	1.44	20.00	0.00	0.00	(M)	(M)
Steamed Brown Rice - SR1098 (1/2 c.)	100	117.19	0.69	0.00	0.00	0.00	2.03	25.51	1.38	0.00	2.76	0.50	2.03	0.00	0.00	52.57 (M)	0.07(M)
Fruit Cocktail in Pear Juice - CAR1561 (1/2 c.)	25	65.00	0.00	0.00	0.00	0.00	10.83	15.17	1.08	11.92	0.00	0.00	0.00	216.67	1.30	(M)	(M)
Peaches in Pear Juice - CAR1235 (1/2 c.)	25	50.01	0.00	0.00	0.00	0.00	10.00	12.00	0.00	10.00	0.00	0.00	0.00	300.08	1.20	(M)	(M)
Ready-to-Serve Apples - SR1216 (1 kiddie (<2))	25	47.62	0.16	0.03	0.00	0.00	0.92	12.65	2.20	9.51	0.24	0.11	5.49	49.45	4.21	78.35	0.17
Banana - SR1166 (1 medium (7"))	25	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	1.29	0.31	5.90	75.52	10.27	(M)	(M)
Mixed Salad Greens - SR1080 (1/2 c.)	50	5.57	0.06	0.01	0.00	0.00	11.56	1.04	0.49	0.27	0.53	0.36	14.79	2687.63	3.87	33.54	0.26
Celery Sticks - SR1014 (6 stick.)	50	10.34	0.11	0.03	0.00	0.00	51.71	1.92	1.03	0.87	0.45	0.13	25.86	290.23	2.00	61.68	0.49
Chocolate Milk - CAR1014 (1 Half Pint)	70	120.00	0.00	0.00	0.00	5.00	190.00	20.00	0.00	18.00	9.00	0.00	300.00	500.00	1.20	(M)	(M)
Milk - CAR1015 (1 Half Pint)	30	130.00	2.50	1.50	0.00	15.00	160.00	16.00	0.00	15.00	10.00	0.00	400.00	500.00	2.40	(M)	(M)

**Legend**  
(M) - Missing Nutrient Values

**Report Selections**  
Meal Type: Lunch  
Site Group: Did You Know Café  
Menu Line: DYK-Remix  
Serving Group: 6-8  
Nutrients Option: All

# Menu Calendar Nutrient Analysis Report

Site: ALL  
Date: 01/31/2019 - 01/31/2019

Please be advised that our menu items may contain allergens or may have come in contact with items containing allergens. In addition, food manufacturers may change their formulation or manner of processing without our knowledge. Sodexo therefore cannot guarantee the accuracy of nutrition information. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion size and other factors. The nutrition analyses provided are approximations only. Sodexo assumes no liability for any adverse reactions that may occur in the school cafeteria. We encourage all food allergic individuals to first inform the school nurse of allergy/intolerance and then work with our staff to plan a menu.