

Nutrient Detail Report

District: Manor ISD

School: Manor Senior High

Menu: Breakfast 9-12 SY 19-20

Date Range: September 03, 2019 - September 30, 2019



| Recipe Name | Recipe # | Portion Size | Plan Qty | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Carbohydrates (g) |
|---|-------------|--|----------|-----------------|-------------|---------------|-------------------|---------------|-------------|-------------------|
| Tue - 09/03/2019 | | | | | | | | | | |
| Breakfast 9-12 SY 19-20 | | | | | | | | | | |
| | | Total | 1200 | | | | | | | |
| Bean and Cheese Breakfast Taco | 194443 7 | 1.00 taco | 510 | 242.236 | 13.158 | 9.338 | 5.298 | 0.000 | 465.922 | 28.225 |
| Frudel, Apple | 195234 7 | 1.00 each | 110 | 210.000 | 5.000 | 6.000 | 1.500 | 0.000 | 280.000 | 36.000 |
| Frudel, Cherry | 194431 3 | 1.00 each | 130 | 210.000 | 5.000 | 6.000 | 1.500 | 0.000 | 290.000 | 37.000 |
| Cereal, Honey Nut Cheerios W/ 2 pkgs of Graham Crackers | 194844 7 | 1.00 bowl w/ 2 pkgs of graham crackers | 200 | 290.000 | 4.000 | 5.500 | 0.000 | 0.000 | 370.000 | 54.000 |
| Cereal, Trix, 25% LS W/ 2 pkgs of Graham Crackers | 194844 9 | 1.00 bowl w/ 2 pkgs of graham crackers | 150 | 290.000 | 3.000 | 5.500 | 0.000 | 0.000 | 350.000 | 56.000 |
| Breakfast Break - Corn Star w/ Animal Crackers, Applesauce & Craisins | 195704 9 | 1.00 svg | 100 | 438.000 | 4.800 | 9.000 | 1.900 | 0.000 | 211.000 | 84.000 |
| Juice, 100%, Variety 4 oz cups (72/case) | 196182 3 | 1.00 each | 1100 | 50.000 | 0.000 | 0.000 | 0.000 | 0.000 | 10.000 | 13.000 |
| Fresh Pear (135 count) | 127752 0 | 1.00 each | 250 | 64.637 | 0.408 | 0.159 | 0.025 | 0.000 | 1.134 | 17.271 |
| Milk, 1% Low Fat, Borden, 1/2 pint | 194461 3 | 1.00 each | 330 | 100.000 | 8.000 | 2.500 | 1.500 | 0.000 | 125.000 | 12.000 |

| | | | | | | | | | | | |
|---|-------------|-------------|-----|---------|--------|--------|-------|-------|-------|---------|--------|
| Milk, Chocolate, Fat Free, Borden 1/2 pint | 194475 3 | 1.00 carton | 400 | 110.000 | 8.000 | 0.000 | 0.000 | 0.000 | 0.000 | 100.000 | 19.000 |
| Milk, Fat Free, Skim, White, Borden, 1/2 pint | 194475 5 | 1.00 carton | 75 | 80.000 | 8.000 | 0.000 | 0.000 | 0.000 | 0.000 | 125.000 | 12.000 |
| Salsa, Home-Made, Bulk | 194530 5 | 2.00 oz | 325 | 14.581 | 0.653 | 0.141 | 0.022 | 0.000 | 0.000 | 104.989 | 3.199 |
| Weighted Daily Average | | | | 398.449 | 13.662 | 8.282 | 3.134 | 0.000 | 0.000 | 491.458 | 69.068 |
| % of Calories | | | | | 13.72% | 18.71% | 7.08% | 0.00% | | | 69.34% |

| Recipe Name | Recipe # | Portion Size | Plan Qty | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Carbohydrates (g) |
|---|-------------|--|----------|-----------------|-------------|---------------|-------------------|---------------|-------------|-------------------|
| Wed - 09/04/2019 | | | | | | | | | | |
| Breakfast 9-12 SY 19-20 | | | | | | | | | | |
| | | Total | 1200 | | | | | | | |
| Yogurt Parfait & Banana Bread | 196551 9 | 1.00 serving (1 parfait w/ bread) | 400 | 414.031 | 8.831 | 11.046 | 2.522 | 0.000 | 273.794 | 71.905 |
| Glazed Donut Ring (Goody Ring) WG, Super Bakery | 196551 7 | 1.00 each | 500 | 230.000 | 5.000 | 11.000 | 4.000 | 0.000 | 260.000 | 29.000 |
| Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers | 194843 5 | 1.00 bowl w/ 2 pkgs of graham crackers | 100 | 290.000 | 4.000 | 5.000 | 0.500 | 0.000 | 370.000 | 56.000 |
| Cereal, Cinnamon Toast Crunch W/ 2 packages of Graham Crackers | 194843 7 | 1.00 bowl w/ 2 pkgs of graham crackers | 100 | 290.000 | 3.000 | 7.000 | 0.500 | 0.000 | 370.000 | 54.000 |
| Breakfast Break - Mini Blueberry muffin w/ Animal Crackers, Applesauce & Craisins | 195283 7 | 1.00 svg | 100 | 408.000 | 4.400 | 7.300 | 1.500 | 0.000 | 194.000 | 80.500 |

| | | | | | | | | | | | |
|---|-------------|-------------|------|---------|--------|--------|-------|-------|-------|---------|--------|
| Juice, 100%, Variety 4 oz cups (72/case) | 196182 3 | 1.00 each | 1100 | 50.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 10.000 | 13.000 |
| Apples, Red Delicious (138 Count) | 194806 3 | 1.00 apple | 500 | 95.004 | 0.473 | 0.309 | 0.055 | 0.000 | 0.000 | 2.002 | 25.134 |
| Milk, 1% Low Fat, Borden, 1/2 pint | 194461 3 | 1.00 each | 330 | 100.000 | 8.000 | 2.500 | 1.500 | 0.000 | 0.000 | 125.000 | 12.000 |
| Milk, Chocolate, Fat Free, Borden 1/2 pint | 194475 3 | 1.00 carton | 400 | 110.000 | 8.000 | 0.000 | 0.000 | 0.000 | 0.000 | 100.000 | 19.000 |
| Milk, Fat Free, Skim, White, Borden, 1/2 pint | 194475 5 | 1.00 carton | 75 | 80.000 | 8.000 | 0.000 | 0.000 | 0.000 | 0.000 | 125.000 | 12.000 |
| Weighted Daily Average | | | | 470.762 | 11.541 | 10.690 | 3.151 | 0.000 | 0.000 | 362.953 | 84.699 |
| % of Calories | | | | | 9.81% | 20.44% | 6.02% | 0.00% | | | 71.97% |

| Recipe Name | Recipe # | Portion Size | Plan Qty | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Carbohydrates (g) |
|---|-------------|--|----------|-----------------|-------------|---------------|-------------------|---------------|-------------|-------------------|
| Thu - 09/05/2019 | | | | | | | | | | |
| Breakfast 9-12 SY 19-20 | | | | | | | | | | |
| | | Total | 1200 | | | | | | | |
| Scrambled Eggs W/ Hash Brown Rounds & Whole Grain Toast | 19659 87 | 1.00 svg (2 oz eggs, 2 hash brown rounds, 1 slice toast) | 800 | 359.204 | 13.186 | 13.796 | 2.481 | 0.000* | 547.198 | 49.732 |
| Cereal, Honey Nut Cheerios W/ 2 pkgs of Graham Crackers | 19484 47 | 1.00 bowl w/ 2 pkgs of graham crackers | 100 | 290.000 | 4.000 | 5.500 | 0.000 | 0.000 | 370.000 | 54.000 |
| Cereal, Trix, 25% LS W/ 2 pkgs of Graham Crackers | 19484 49 | 1.00 bowl w/ 2 pkgs of graham crackers | 150 | 290.000 | 3.000 | 5.500 | 0.000 | 0.000 | 350.000 | 56.000 |

| | | | | | | | | | | |
|---|-------------|----------------------|------|---------|--------|--------|-------|--------|---------|--------|
| Breakfast Break - Corn Star w/ Animal Crackers, Applesauce & Craisins | 19570 49 | 1.00 svg | 150 | 438.000 | 4.800 | 9.000 | 1.900 | 0.000 | 211.000 | 84.000 |
| Juice, 100%, Variety 4 oz cups (72/case) | 19618 23 | 1.00 each | 1100 | 50.000 | 0.000 | 0.000 | 0.000 | 0.000 | 10.000 | 13.000 |
| Fresh Oranges, Whole W/ Peel (138 count) | 13101 51 | 1.00 each | 500 | 95.254 | 1.966 | 0.454 | 0.053 | 0.000 | 3.024 | 23.436 |
| Milk, 1% Low Fat, Borden, 1/2 pint | 19446 13 | 1.00 each | 330 | 100.000 | 8.000 | 2.500 | 1.500 | 0.000 | 125.000 | 12.000 |
| Milk, Chocolate, Fat Free, Borden 1/2 pint | 19447 53 | 1.00 carton | 400 | 110.000 | 8.000 | 0.000 | 0.000 | 0.000 | 100.000 | 19.000 |
| Milk, Fat Free, Skim, White, Borden, 1/2 pint | 19447 55 | 1.00 carton | 75 | 80.000 | 8.000 | 0.000 | 0.000 | 0.000 | 125.000 | 12.000 |
| Jelly, Assorted, portion pac | 19484 53 | 1.00 each | 500 | 25.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 7.000 |
| Ketchup, Low Sodium, Red Gold, 1000/9 gram; as served - 2 each | 19452 77 | 1.00 svg (2 packets) | 475 | 20.000 | 0.000 | 0.000 | 0.000 | 0.000 | 50.000 | 4.000 |
| Weighted Daily Average | | | | 527.659 | 16.285 | 12.345 | 2.326 | 0.000* | 571.496 | 91.720 |
| % of Calories | | | | | 12.34% | 21.06% | 3.97% | 0.00%* | | 69.53% |

| Recipe Name | Recipe # | Portion Size | Plan Qty | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Carbohydrates (g) |
|-------------------------|----------|--------------|----------|-----------------|-------------|---------------|-------------------|---------------|-------------|-------------------|
| Fri - 09/06/2019 | | | | | | | | | | |
| Breakfast 9-12 SY 19-20 | | | | | | | | | | |
| | | Total | 1200 | | | | | | | |

| | | | | | | | | | | |
|--|-------------|--|------|---------|--------|--------|-------|-------|---------|--------|
| Sausage, Egg & Cheese Breakfast Slider (72/case) | 196592 9 | 1.00 package (2 sliders) | 525 | 160.000 | 8.000 | 5.000 | 1.500 | 0.000 | 290.000 | 20.000 |
| Concha, White, Whole Grain, Lux Bakery (48/2.25oz) | 196595 7 | 1.00 each | 400 | 190.000 | 4.000 | 6.000 | 2.500 | 0.000 | 85.000 | 33.000 |
| Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers | 194843 5 | 1.00 bowl w/ 2 pkgs of graham crackers | 90 | 290.000 | 4.000 | 5.000 | 0.500 | 0.000 | 370.000 | 56.000 |
| Cereal, Cinnamon Toast Crunch W/ 2 packages of Graham Crackers | 194843 7 | 1.00 bowl w/ 2 pkgs of graham crackers | 85 | 290.000 | 3.000 | 7.000 | 0.500 | 0.000 | 370.000 | 54.000 |
| Breakfast Break - Pop-tart w/ Animal Crackers, Applesauce & Craisins | 195283 3 | 1.00 svg | 100 | 470.000 | 4.333 | 6.667 | 2.000 | 0.000 | 310.000 | 98.667 |
| Juice, 100%, Variety 4 oz cups (72/case) | 196182 3 | 1.00 each | 1100 | 50.000 | 0.000 | 0.000 | 0.000 | 0.000 | 10.000 | 13.000 |
| Fresh Banana, Unpeeled (100-120 count) | 131014 9 | 1.00 each | 500 | 121.040 | 1.482 | 0.449 | 0.152 | 0.000 | 1.360 | 31.062 |
| Milk, 1% Low Fat, Borden, 1/2 pint | 194461 3 | 1.00 each | 330 | 100.000 | 8.000 | 2.500 | 1.500 | 0.000 | 125.000 | 12.000 |
| Milk, Chocolate, Fat Free, Borden 1/2 pint | 194475 3 | 1.00 carton | 400 | 110.000 | 8.000 | 0.000 | 0.000 | 0.000 | 100.000 | 19.000 |
| Milk, Fat Free, Skim, White, Borden, 1/2 pint | 194475 5 | 1.00 carton | 75 | 80.000 | 8.000 | 0.000 | 0.000 | 0.000 | 125.000 | 12.000 |
| Weighted Daily Average | | | | 380.225 | 11.691 | 6.489 | 2.205 | 0.000 | 320.254 | 71.240 |
| % of Calories | | | | | 12.30% | 15.36% | 5.22% | 0.00% | | 74.94% |

| Recipe Name | Recipe # | Portion Size | Plan Qty | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Carbohydrates (g) |
|-------------|----------|--------------|----------|-----------------|-------------|---------------|-------------------|---------------|-------------|-------------------|
|-------------|----------|--------------|----------|-----------------|-------------|---------------|-------------------|---------------|-------------|-------------------|

| Mon - 09/09/2019 | | | | | | | | | | |
|--|-------------|--|------|---------|-------|-------|-------|-------|---------|--------|
| Breakfast 9-12 SY 19-20 | | | | | | | | | | |
| | | Total | 1200 | | | | | | | |
| Yogurt Cup & Vanilla Goldfish Grahams | 196880 9 | 1.00 serving | 325 | 200.000 | 5.000 | 4.000 | 1.000 | 0.000 | 170.000 | 35.000 |
| Mini Pancakes, Maple | 194431 9 | 1.00 each | 260 | 230.000 | 4.000 | 7.000 | 1.000 | 0.000 | 270.000 | 41.000 |
| Mini Pancakes, Strawberry | 195234 9 | 1.00 each | 250 | 240.000 | 4.000 | 7.000 | 1.000 | 0.000 | 270.000 | 42.000 |
| Cereal, Cinnamon Toast Crunch W/ 2 packages of Graham Crackers | 194843 7 | 1.00 bowl w/ 2 pkgs of graham crackers | 150 | 290.000 | 3.000 | 7.000 | 0.500 | 0.000 | 370.000 | 54.000 |
| Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers | 194843 5 | 1.00 bowl w/ 2 pkgs of graham crackers | 125 | 290.000 | 4.000 | 5.000 | 0.500 | 0.000 | 370.000 | 56.000 |
| Breakfast Break - Pop-tart w/ Animal Crackers, Applesauce & Craisins | 195283 3 | 1.00 svg | 90 | 470.000 | 4.333 | 6.667 | 2.000 | 0.000 | 310.000 | 98.667 |
| Fresh Pear (135 count) | 127752 0 | 1.00 each | 300 | 64.637 | 0.408 | 0.159 | 0.025 | 0.000 | 1.134 | 17.271 |
| Juice, 100%, Variety 4 oz cups (72/case) | 196182 3 | 1.00 each | 1070 | 50.000 | 0.000 | 0.000 | 0.000 | 0.000 | 10.000 | 13.000 |
| Milk, 1% Low Fat, Borden, 1/2 pint | 194461 3 | 1.00 each | 330 | 100.000 | 8.000 | 2.500 | 1.500 | 0.000 | 125.000 | 12.000 |
| Milk, Chocolate, Fat Free, Borden 1/2 pint | 194475 3 | 1.00 carton | 400 | 110.000 | 8.000 | 0.000 | 0.000 | 0.000 | 100.000 | 19.000 |
| Milk, Fat Free, Skim, White, Borden, 1/2 pint | 194475 5 | 1.00 carton | 75 | 80.000 | 8.000 | 0.000 | 0.000 | 0.000 | 125.000 | 12.000 |
| Weighted Daily Average | | | | 385.618 | 9.639 | 6.681 | 1.379 | 0.000 | 353.554 | 73.389 |

| | | | | | | | |
|---------------|--|--------|--------|-------|-------|--|--------|
| % of Calories | | 10.00% | 15.59% | 3.22% | 0.00% | | 76.13% |
|---------------|--|--------|--------|-------|-------|--|--------|

| Recipe Name | Recipe # | Portion Size | Plan Qty | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Carbohydrates (g) |
|---|-------------|--|----------|-----------------|-------------|---------------|-------------------|---------------|-------------|-------------------|
| Tue - 09/10/2019 | | | | | | | | | | |
| Breakfast 9-12 SY 19-20 | | | | | | | | | | |
| | | Total | 1200 | | | | | | | |
| Potato, Egg & Cheese Breakfast Taco | 195812 3 | 1.00 taco | 600 | 267.719 | 15.624 | 13.111 | 6.745 | 0.000 | 418.042 | 23.116 |
| Cereal, Honey Nut Cheerios W/ 2 pkgs of Graham Crackers | 194844 7 | 1.00 bowl w/ 2 pkgs of graham crackers | 200 | 290.000 | 4.000 | 5.500 | 0.000 | 0.000 | 370.000 | 54.000 |
| Cereal, Trix, 25% LS W/ 2 pkgs of Graham Crackers | 194844 9 | 1.00 bowl w/ 2 pkgs of graham crackers | 200 | 290.000 | 3.000 | 5.500 | 0.000 | 0.000 | 350.000 | 56.000 |
| Breakfast Break - Corn Star w/ Animal Crackers, Applesauce & Craisins | 195704 9 | 1.00 svg | 200 | 438.000 | 4.800 | 9.000 | 1.900 | 0.000 | 211.000 | 84.000 |
| Juice, 100%, Variety 4 oz cups (72/case) | 196182 3 | 1.00 each | 1050 | 50.000 | 0.000 | 0.000 | 0.000 | 0.000 | 10.000 | 13.000 |
| Apples, Red Delicious (138 Count) | 194806 3 | 1.00 apple | 350 | 95.004 | 0.473 | 0.309 | 0.055 | 0.000 | 2.002 | 25.134 |
| Milk, 1% Low Fat, Borden, 1/2 pint | 194461 3 | 1.00 each | 330 | 100.000 | 8.000 | 2.500 | 1.500 | 0.000 | 125.000 | 12.000 |
| Milk, Chocolate, Fat Free, Borden 1/2 pint | 194475 3 | 1.00 carton | 400 | 110.000 | 8.000 | 0.000 | 0.000 | 0.000 | 100.000 | 19.000 |
| Milk, Fat Free, Skim, White, Borden, 1/2 pint | 194475 5 | 1.00 carton | 75 | 80.000 | 8.000 | 0.000 | 0.000 | 0.000 | 125.000 | 12.000 |

| | | | | | | | | | | |
|------------------------|-------------|---------|-----|---------|--------|--------|-------|-------|---------|--------|
| Salsa, Home-Made, Bulk | 194530 5 | 2.00 oz | 300 | 14.581 | 0.653 | 0.141 | 0.022 | 0.000 | 104.989 | 3.199 |
| Weighted Daily Average | | | | 447.798 | 15.447 | 10.702 | 4.123 | 0.000 | 475.290 | 73.780 |
| % of Calories | | | | | 13.80% | 21.51% | 8.29% | 0.00% | | 65.90% |

| Recipe Name | Recipe # | Portion Size | Plan Qty | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Carbohydrates (g) |
|---|-------------|--|----------|-----------------|-------------|---------------|-------------------|---------------|-------------|-------------------|
| Wed - 09/11/2019 | | | | | | | | | | |
| Breakfast 9-12 SY 19-20 | | | | | | | | | | |
| | | Total | 1200 | | | | | | | |
| Cinnamon Roll, Whole Grain, 2.6 oz, Rich's (140/case) | 196251 5 | 1.00 roll | 555 | 230.225 | 5.150 | 1.547 | 0.528 | 0.000 | 137.644 | 51.191 |
| Breakfast Pizza Double Stuff | 196650 5 | 1.00 pizza | 575 | 210.000 | 9.000 | 9.000 | 3.000 | 0.000 | 440.000 | 25.000 |
| Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers | 194843 5 | 1.00 bowl w/ 2 pkgs of graham crackers | 20 | 290.000 | 4.000 | 5.000 | 0.500 | 0.000 | 370.000 | 56.000 |
| Cereal, Cinnamon Toast Crunch W/ 2 packages of Graham Crackers | 194843 7 | 1.00 bowl w/ 2 pkgs of graham crackers | 20 | 290.000 | 3.000 | 7.000 | 0.500 | 0.000 | 370.000 | 54.000 |
| Breakfast Break - Mini Blueberry muffin w/ Animal Crackers, Applesauce & Craisins | 195283 7 | 1.00 svg | 30 | 408.000 | 4.400 | 7.300 | 1.500 | 0.000 | 194.000 | 80.500 |
| Juice, 100%, Variety 4 oz cups (72/case) | 196182 3 | 1.00 each | 1050 | 50.000 | 0.000 | 0.000 | 0.000 | 0.000 | 10.000 | 13.000 |
| Fresh Oranges, Whole W/ Peel (138 count) | 131015 1 | 1.00 each | 500 | 95.254 | 1.966 | 0.454 | 0.053 | 0.000 | 3.024 | 23.436 |

| | | | | | | | | | | |
|---|-------------|-------------|-----|---------|--------|--------|-------|-------|---------|--------|
| Milk, 1% Low Fat, Borden, 1/2 pint | 194461 3 | 1.00 each | 330 | 100.000 | 8.000 | 2.500 | 1.500 | 0.000 | 125.000 | 12.000 |
| Milk, Chocolate, Fat Free, Borden 1/2 pint | 194475 3 | 1.00 carton | 400 | 110.000 | 8.000 | 0.000 | 0.000 | 0.000 | 100.000 | 19.000 |
| Milk, Fat Free, Skim, White, Borden, 1/2 pint | 194475 5 | 1.00 carton | 75 | 80.000 | 8.000 | 0.000 | 0.000 | 0.000 | 125.000 | 12.000 |
| Weighted Daily Average | | | | 379.577 | 13.107 | 6.287 | 2.170 | 0.000 | 377.208 | 71.024 |
| % of Calories | | | | | 13.81% | 14.91% | 5.15% | 0.00% | | 74.85% |

| Recipe Name | Recipe # | Portion Size | Plan Qty | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Carbohydrates (g) |
|---|-------------|--|----------|-----------------|-------------|---------------|-------------------|---------------|-------------|-------------------|
| Thu - 09/12/2019 | | | | | | | | | | |
| Breakfast 9-12 SY 19-20 | | | | | | | | | | |
| | | Total | 1200 | | | | | | | |
| Cereal, Honey Nut Cheerios W/ 2 pkgs of Graham Crackers | 194844 7 | 1.00 bowl w/ 2 pkgs of graham crackers | 25 | 290.000 | 4.000 | 5.500 | 0.000 | 0.000 | 370.000 | 54.000 |
| Cereal, Trix, 25% LS W/ 2 pkgs of Graham Crackers | 194844 9 | 1.00 bowl w/ 2 pkgs of graham crackers | 25 | 290.000 | 3.000 | 5.500 | 0.000 | 0.000 | 350.000 | 56.000 |
| Breakfast Break - Corn Star w/ Animal Crackers, Applesauce & Craisins | 195704 9 | 1.00 svg | 25 | 438.000 | 4.800 | 9.000 | 1.900 | 0.000 | 211.000 | 84.000 |
| Biscuit & Sausage Patty, K-12 | 196238 7 | 1.00 svg (1 biscuit, 1 sausage) | 725 | 382.014 | 7.045 | 26.201 | 10.567 | 0.000 | 832.573 | 29.000 |
| French Toast Donut Bites, Whole Grain 9-12 (384/case) | 196251 9 | 6.00 donut bites | 400 | 397.731 | 4.026 | 24.008 | 10.002 | 0.000 | 540.107 | 44.690 |

| | | | | | | | | | | | |
|---|-------------|-------------|------|---------|--------|--------|--------|-------|-------|---------|--------|
| Juice, 100%, Variety 4 oz cups (72/case) | 196182 3 | 1.00 each | 1050 | 50.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 10.000 | 13.000 |
| Fresh Pear (135 count) | 127752 0 | 1.00 each | 300 | 64.637 | 0.408 | 0.159 | 0.025 | 0.000 | 0.000 | 1.134 | 17.271 |
| Milk, 1% Low Fat, Borden, 1/2 pint | 194461 3 | 1.00 each | 330 | 100.000 | 8.000 | 2.500 | 1.500 | 0.000 | 0.000 | 125.000 | 12.000 |
| Milk, Chocolate, Fat Free, Borden 1/2 pint | 194475 3 | 1.00 carton | 400 | 110.000 | 8.000 | 0.000 | 0.000 | 0.000 | 0.000 | 100.000 | 19.000 |
| Milk, Fat Free, Skim, White, Borden, 1/2 pint | 194475 5 | 1.00 carton | 75 | 80.000 | 8.000 | 0.000 | 0.000 | 0.000 | 0.000 | 125.000 | 12.000 |
| Jelly, Assorted, portion pac | 194845 3 | 1.00 each | 600 | 25.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 7.000 |
| Weighted Daily Average | | | | 526.161 | 11.313 | 24.976 | 10.177 | 0.000 | 0.000 | 786.999 | 66.035 |
| % of Calories | | | | | 8.60% | 42.72% | 17.41% | 0.00% | | | 50.20% |

| Recipe Name | Recipe # | Portion Size | Plan Qty | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Carbohydrates (g) |
|---|-------------|--------------------------------|----------|-----------------|-------------|---------------|-------------------|---------------|-------------|-------------------|
| Fri - 09/13/2019 | | | | | | | | | | |
| Breakfast 9-12 SY 19-20 | | | | | | | | | | |
| | | Total | 1200 | | | | | | | |
| Egg & Cheese Sandwich on a Whole Grain English Muffin W/ Sausage Patty (9-12) | 196253 9 | 1.00 sandwich w/ sausage patty | 500 | 392.014 | 13.045 | 27.201 | 10.067 | 0.000 | 652.573 | 24.000 |
| Waffle, Dutch, Whole Grain (48 ea/case) | 195825 9 | 1.00 each | 500 | 300.000 | 4.000 | 13.000 | 3.000 | 0.000 | 350.000 | 43.000 |

| | | | | | | | | | | |
|--|-------------|--|------|---------|--------|--------|--------|-------|---------|--------|
| Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers | 194843 5 | 1.00 bowl w/ 2 pkgs of graham crackers | 50 | 290.000 | 4.000 | 5.000 | 0.500 | 0.000 | 370.000 | 56.000 |
| Cereal, Cinnamon Toast Crunch W/ 2 packages of Graham Crackers | 194843 7 | 1.00 bowl w/ 2 pkgs of graham crackers | 50 | 290.000 | 3.000 | 7.000 | 0.500 | 0.000 | 370.000 | 54.000 |
| Breakfast Break - Pop-tart w/ Animal Crackers, Applesauce & Craisins | 195283 3 | 1.00 svg | 100 | 470.000 | 4.333 | 6.667 | 2.000 | 0.000 | 310.000 | 98.667 |
| Juice, 100%, Variety 4 oz cups (72/case) | 196182 3 | 1.00 each | 1050 | 50.000 | 0.000 | 0.000 | 0.000 | 0.000 | 10.000 | 13.000 |
| Fresh Banana, Unpeeled (100-120 count) | 131014 9 | 1.00 each | 500 | 121.040 | 1.482 | 0.449 | 0.152 | 0.000 | 1.360 | 31.062 |
| Milk, 1% Low Fat, Borden, 1/2 pint | 194461 3 | 1.00 each | 330 | 100.000 | 8.000 | 2.500 | 1.500 | 0.000 | 125.000 | 12.000 |
| Milk, Chocolate, Fat Free, Borden 1/2 pint | 194475 3 | 1.00 carton | 400 | 110.000 | 8.000 | 0.000 | 0.000 | 0.000 | 100.000 | 19.000 |
| Milk, Fat Free, Skim, White, Borden, 1/2 pint | 194475 5 | 1.00 carton | 75 | 80.000 | 8.000 | 0.000 | 0.000 | 0.000 | 125.000 | 12.000 |
| Jelly, Assorted, portion pac | 194845 3 | 1.00 each | 500 | 25.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 7.000 |
| Weighted Daily Average | | | | 525.439 | 13.739 | 18.681 | 6.129 | 0.000 | 559.243 | 78.340 |
| % of Calories | | | | | 10.46% | 32.00% | 10.50% | 0.00% | | 59.64% |

| Recipe Name | Recipe # | Portion Size | Plan Qty | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Carbohydrates (g) |
|-------------------------|----------|--------------|----------|-----------------|-------------|---------------|-------------------|---------------|-------------|-------------------|
| Mon - 09/16/2019 | | | | | | | | | | |
| Breakfast 9-12 SY 19-20 | | | | | | | | | | |

| | | Total | 1200 | | | | | | | |
|--|-------------|--|------|---------|--------|--------|-------|-------|---------|--------|
| Biscuit & Sausage Links, 9-12 | 196229 1 | 1.00 svg (1 biscuit, 2 links) | 615 | 360.557 | 14.038 | 20.042 | 8.514 | 0.000 | 921.115 | 30.003 |
| Bagel, Lenders, Whole Grain, 2 oz | 194443 1 | 1.00 bagel | 180 | 140.743 | 6.032 | 1.005 | 0.000 | 0.000 | 180.956 | 29.154 |
| Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers | 194843 5 | 1.00 bowl w/ 2 pkgs of graham crackers | 120 | 290.000 | 4.000 | 5.000 | 0.500 | 0.000 | 370.000 | 56.000 |
| Cereal, Cinnamon Toast Crunch W/ 2 packages of Graham Crackers | 194843 7 | 1.00 bowl w/ 2 pkgs of graham crackers | 120 | 290.000 | 3.000 | 7.000 | 0.500 | 0.000 | 370.000 | 54.000 |
| Breakfast Break - Pop-tart w/ Animal Crackers, Applesauce & Craisins | 195283 3 | 1.00 svg | 165 | 470.000 | 4.333 | 6.667 | 2.000 | 0.000 | 310.000 | 98.667 |
| Fresh Pear (135 count) | 127752 0 | 1.00 each | 350 | 64.637 | 0.408 | 0.159 | 0.025 | 0.000 | 1.134 | 17.271 |
| Juice, 100%, Variety 4 oz cups (72/case) | 196182 3 | 1.00 each | 1050 | 50.000 | 0.000 | 0.000 | 0.000 | 0.000 | 10.000 | 13.000 |
| Milk, 1% Low Fat, Borden, 1/2 pint | 194461 3 | 1.00 each | 330 | 100.000 | 8.000 | 2.500 | 1.500 | 0.000 | 125.000 | 12.000 |
| Milk, Chocolate, Fat Free, Borden 1/2 pint | 194475 3 | 1.00 carton | 375 | 110.000 | 8.000 | 0.000 | 0.000 | 0.000 | 100.000 | 19.000 |
| Milk, Fat Free, Skim, White, Borden, 1/2 pint | 194475 5 | 1.00 carton | 75 | 80.000 | 8.000 | 0.000 | 0.000 | 0.000 | 125.000 | 12.000 |
| Jelly, Assorted, portion pac | 194845 3 | 1.00 each | 500 | 25.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 7.000 |
| Cream Cheese, 1 oz portion cup | 194845 7 | 1.00 each | 180 | 90.000 | 1.000 | 8.000 | 5.000 | 0.000 | 140.000 | 2.000 |
| Weighted Daily Average | | | | 481.916 | 14.864 | 14.473 | 5.908 | 0.000 | 719.358 | 73.933 |

| | | | | | | | | |
|---------------|--|--|--------|--------|--------|-------|--|--------|
| % of Calories | | | 12.34% | 27.03% | 11.03% | 0.00% | | 61.37% |
|---------------|--|--|--------|--------|--------|-------|--|--------|

| Recipe Name | Recipe # | Portion Size | Plan Qty | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Carbohydrates (g) |
|---|-------------|--|----------|-----------------|-------------|---------------|-------------------|---------------|-------------|-------------------|
| Tue - 09/17/2019 | | | | | | | | | | |
| Breakfast 9-12 SY 19-20 | | | | | | | | | | |
| | | Total | 1200 | | | | | | | |
| Yogurt Parfait & Muffin | 196551 5 | 1.00 serving (1 parfait w/ 1 muffin) | 450 | 414.031 | 8.831 | 10.046 | 2.522 | 0.000 | 343.794 | 74.905 |
| Blueberry Cinnamon Twisted Stix (96/case) | 196650 8 | 1.00 stck | 500 | 190.000 | 7.000 | 7.000 | 2.500 | 0.000 | 300.000 | 24.000 |
| Cereal, Honey Nut Cheerios W/ 2 pkgs of Graham Crackers | 194844 7 | 1.00 bowl w/ 2 pkgs of graham crackers | 75 | 290.000 | 4.000 | 5.500 | 0.000 | 0.000 | 370.000 | 54.000 |
| Cereal, Trix, 25% LS W/ 2 pkgs of Graham Crackers | 194844 9 | 1.00 bowl w/ 2 pkgs of graham crackers | 75 | 290.000 | 3.000 | 5.500 | 0.000 | 0.000 | 350.000 | 56.000 |
| Breakfast Break - Corn Star w/ Animal Crackers, Applesauce & Craisins | 195704 9 | 1.00 svg | 100 | 438.000 | 4.800 | 9.000 | 1.900 | 0.000 | 211.000 | 84.000 |
| Fresh Oranges, Whole W/ Peel (138 count) | 131015 1 | 1.00 each | 350 | 95.254 | 1.966 | 0.454 | 0.053 | 0.000 | 3.024 | 23.436 |
| Juice, 100%, Variety 4 oz cups (72/case) | 196182 3 | 1.00 each | 1050 | 50.000 | 0.000 | 0.000 | 0.000 | 0.000 | 10.000 | 13.000 |
| Milk, 1% Low Fat, Borden, 1/2 pint | 194461 3 | 1.00 each | 330 | 100.000 | 8.000 | 2.500 | 1.500 | 0.000 | 125.000 | 12.000 |
| Milk, Chocolate, Fat Free, Borden 1/2 pint | 194475 3 | 1.00 carton | 375 | 110.000 | 8.000 | 0.000 | 0.000 | 0.000 | 100.000 | 19.000 |

| | | | | | | | | | | |
|---|-------------|-------------|----|---------|--------|--------|-------|-------|---------|--------|
| Milk, Fat Free, Skim, White, Borden, 1/2 pint | 194475 5 | 1.00 carton | 75 | 80.000 | 8.000 | 0.000 | 0.000 | 0.000 | 125.000 | 12.000 |
| Weighted Daily Average | | | | 445.586 | 12.839 | 8.941 | 2.574 | 0.000 | 399.576 | 80.162 |
| % of Calories | | | | | 11.53% | 18.06% | 5.20% | 0.00% | | 71.96% |

| Recipe Name | Recipe # | Portion Size | Plan Qty | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Carbohydrates (g) |
|---|-------------|--|----------|-----------------|-------------|---------------|-------------------|---------------|-------------|-------------------|
| Wed - 09/18/2019 | | | | | | | | | | |
| Breakfast 9-12 SY 19-20 | | | | | | | | | | |
| | | Total | 1200 | | | | | | | |
| Cheese Toast, Home-made, Whole Grain | 194443 9 | 1.00 slice | 265 | 283.963 | 11.220 | 13.531 | 5.683 | 0.000* | 665.126 | 30.279 |
| Breakfast on a Stick, Blueberry, WG (48/case) | 195817 9 | 1.00 each | 200 | 210.000 | 6.000 | 11.000 | 3.000 | 0.000 | 370.000 | 20.000 |
| Breakfast on a Stick, WG, Original (48/case) | 195817 3 | 1.00 each | 200 | 200.000 | 6.000 | 11.000 | 3.000 | 0.000 | 380.000 | 19.000 |
| Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers | 194843 5 | 1.00 bowl w/ 2 pkgs of graham crackers | 130 | 290.000 | 4.000 | 5.000 | 0.500 | 0.000 | 370.000 | 56.000 |
| Cereal, Cinnamon Toast Crunch W/ 2 packages of Graham Crackers | 194843 7 | 1.00 bowl w/ 2 pkgs of graham crackers | 125 | 290.000 | 3.000 | 7.000 | 0.500 | 0.000 | 370.000 | 54.000 |
| Breakfast Break - Mini Blueberry muffin w/ Animal Crackers, Applesauce & Craisins | 195283 7 | 1.00 svg | 280 | 408.000 | 4.400 | 7.300 | 1.500 | 0.000 | 194.000 | 80.500 |
| Fresh Pear (135 count) | 127752 0 | 1.00 each | 300 | 64.637 | 0.408 | 0.159 | 0.025 | 0.000 | 1.134 | 17.271 |

| | | | | | | | | | | | |
|--|-------------|--------------|------|---------|--------|--------|-------|--------|--------|---------|--------|
| Juice, 100%, Variety 4 oz cups (72/case) | 196182 3 | 1.00 each | 1050 | 50.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 10.000 | 13.000 |
| Milk, 1% Low Fat, Borden, 1/2 pint | 194461 3 | 1.00 each | 330 | 100.000 | 8.000 | 2.500 | 1.500 | 0.000 | 0.000 | 125.000 | 12.000 |
| Milk, Chocolate, Fat Free, Borden 1/2 pint | 194475 3 | 1.00 carton | 375 | 110.000 | 8.000 | 0.000 | 0.000 | 0.000 | 0.000 | 100.000 | 19.000 |
| Milk, Fat Free, Skim, White, Borden, 1/2 pint | 194475 5 | 1.00 carton | 75 | 80.000 | 8.000 | 0.000 | 0.000 | 0.000 | 0.000 | 125.000 | 12.000 |
| Mustard, Heinz/Americana, 500/5.5 g packets - 1 each | 194528 1 | 1.00 package | 325 | 5.000 | 1.000 | 0.000 | 0.000 | 0.000 | 0.000 | 85.000 | 1.000 |
| Jelly, Assorted, portion pac | 194845 3 | 1.00 each | 325 | 25.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 7.000 |
| Weighted Daily Average | | | | 422.776 | 11.823 | 10.356 | 3.130 | 0.000* | 0.000* | 501.265 | 71.509 |
| % of Calories | | | | | 11.19% | 22.05% | 6.66% | 0.00%* | | | 67.66% |

| Recipe Name | Recipe # | Portion Size | Plan Qty | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Carbohydrates (g) |
|-------------------------------|-------------|---------------------------------|----------|-----------------|-------------|---------------|-------------------|---------------|-------------|-------------------|
| Thu - 09/19/2019 | | | | | | | | | | |
| Breakfast 9-12 SY 19-20 | | | | | | | | | | |
| | | Total | 1200 | | | | | | | |
| Biscuit & Sausage Patty, K-12 | 196238 7 | 1.00 svg (1 biscuit, 1 sausage) | 600 | 382.014 | 7.045 | 26.201 | 10.567 | 0.000 | 832.573 | 29.000 |
| Mini Cinnis | 194433 9 | 1.00 package | 300 | 240.000 | 5.000 | 8.000 | 2.000 | 0.000 | 300.000 | 40.000 |

| | | | | | | | | | | |
|---|-------------|--|------|---------|--------|--------|--------|-------|---------|--------|
| Cereal, Honey Nut Cheerios W/ 2 pkgs of Graham Crackers | 194844 7 | 1.00 bowl w/ 2 pkgs of graham crackers | 100 | 290.000 | 4.000 | 5.500 | 0.000 | 0.000 | 370.000 | 54.000 |
| Cereal, Trix, 25% LS W/ 2 pkgs of Graham Crackers | 194844 9 | 1.00 bowl w/ 2 pkgs of graham crackers | 100 | 290.000 | 3.000 | 5.500 | 0.000 | 0.000 | 350.000 | 56.000 |
| Breakfast Break - Corn Star w/ Animal Crackers, Applesauce & Craisins | 195704 9 | 1.00 svg | 100 | 438.000 | 4.800 | 9.000 | 1.900 | 0.000 | 211.000 | 84.000 |
| Fresh Banana, Unpeeled (100-120 count) | 131014 9 | 1.00 each | 400 | 121.040 | 1.482 | 0.449 | 0.152 | 0.000 | 1.360 | 31.062 |
| Juice, 100%, Variety 4 oz cups (72/case) | 196182 3 | 1.00 each | 1050 | 50.000 | 0.000 | 0.000 | 0.000 | 0.000 | 10.000 | 13.000 |
| Milk, 1% Low Fat, Borden, 1/2 pint | 194461 3 | 1.00 each | 330 | 100.000 | 8.000 | 2.500 | 1.500 | 0.000 | 125.000 | 12.000 |
| Milk, Chocolate, Fat Free, Borden 1/2 pint | 194475 3 | 1.00 carton | 375 | 110.000 | 8.000 | 0.000 | 0.000 | 0.000 | 100.000 | 19.000 |
| Milk, Fat Free, Skim, White, Borden, 1/2 pint | 194475 5 | 1.00 carton | 75 | 80.000 | 8.000 | 0.000 | 0.000 | 0.000 | 125.000 | 12.000 |
| Jelly, Assorted, portion pac | 194845 3 | 1.00 each | 400 | 25.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 7.000 |
| Weighted Daily Average | | | | 495.145 | 11.450 | 17.604 | 6.405 | 0.000 | 651.511 | 74.717 |
| % of Calories | | | | | 9.25% | 32.00% | 11.64% | 0.00% | | 60.36% |

| Recipe Name | Recipe # | Portion Size | Plan Qty | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Carbohydrates (g) |
|-------------------------|----------|--------------|----------|-----------------|-------------|---------------|-------------------|---------------|-------------|-------------------|
| Fri - 09/20/2019 | | | | | | | | | | |
| Breakfast 9-12 SY 19-20 | | | | | | | | | | |

| | | Total | 1200 | | | | | | | |
|---|-------------|--|------|---------|--------|--------|-------|-------|---------|--------|
| Breakfast Burrito W/ Egg, Turkey Sausage, Potato & Cheese, Fernandos, 96/case | 196880 1 | 1.00 burrito | 350 | 210.474 | 9.020 | 10.023 | 3.508 | 0.000 | 300.677 | 20.045 |
| Honey Bun (Goody Bun), WG, Super Bakery (80/case) | 196551 1 | 1.00 each | 550 | 240.000 | 5.000 | 10.000 | 3.500 | 0.000 | 250.000 | 34.000 |
| Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers | 194843 5 | 1.00 bowl w/ 2 pkgs of graham crackers | 100 | 290.000 | 4.000 | 5.000 | 0.500 | 0.000 | 370.000 | 56.000 |
| Cereal, Cinnamon Toast Crunch W/ 2 packages of Graham Crackers | 194843 7 | 1.00 bowl w/ 2 pkgs of graham crackers | 100 | 290.000 | 3.000 | 7.000 | 0.500 | 0.000 | 370.000 | 54.000 |
| Breakfast Break - Pop-tart w/ Animal Crackers, Applesauce & Craisins | 195283 3 | 1.00 svg | 100 | 470.000 | 4.333 | 6.667 | 2.000 | 0.000 | 310.000 | 98.667 |
| Fresh Oranges, Whole W/ Peel (138 count) | 131015 1 | 1.00 each | 400 | 95.254 | 1.966 | 0.454 | 0.053 | 0.000 | 3.024 | 23.436 |
| Juice, 100%, Variety 4 oz cups (72/case) | 196182 3 | 1.00 each | 1050 | 50.000 | 0.000 | 0.000 | 0.000 | 0.000 | 10.000 | 13.000 |
| Milk, 1% Low Fat, Borden, 1/2 pint | 194461 3 | 1.00 each | 330 | 100.000 | 8.000 | 2.500 | 1.500 | 0.000 | 125.000 | 12.000 |
| Milk, Chocolate, Fat Free, Borden 1/2 pint | 194475 3 | 1.00 carton | 375 | 110.000 | 8.000 | 0.000 | 0.000 | 0.000 | 100.000 | 19.000 |
| Milk, Fat Free, Skim, White, Borden, 1/2 pint | 194475 5 | 1.00 carton | 75 | 80.000 | 8.000 | 0.000 | 0.000 | 0.000 | 125.000 | 12.000 |
| Salsa, Home-Made, Bulk | 194530 5 | 2.00 oz | 350 | 14.581 | 0.653 | 0.141 | 0.022 | 0.000 | 104.989 | 3.199 |
| Weighted Daily Average | | | | 405.517 | 11.913 | 9.942 | 3.314 | 0.000 | 403.598 | 68.926 |
| % of Calories | | | | | 11.75% | 22.07% | 7.35% | 0.00% | | 67.99% |

| Recipe Name | Recipe # | Portion Size | Plan Qty | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Carbohydrates (g) |
|--|-------------|--|----------|-----------------|-------------|---------------|-------------------|---------------|-------------|-------------------|
| Mon - 09/23/2019 | | | | | | | | | | |
| Breakfast 9-12 SY 19-20 | | | | | | | | | | |
| | | Total | 1200 | | | | | | | |
| Breakfast Pizza | 194442 9 | 1.00 Each | 635 | 210.000 | 10.000 | 8.000 | 2.000 | 0.000 | 430.000 | 25.000 |
| Donut, Whole Grain, Mini, Powdered | 195515 1 | 1.00 pkg | 180 | 270.000 | 4.000 | 11.000 | 3.000 | 0.000 | 230.000 | 41.000 |
| Donut, whole grain, mini, Chocolate | 195515 3 | 1.00 pkg | 170 | 320.000 | 5.000 | 15.000 | 7.000 | 0.000 | 270.000 | 41.000 |
| Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers | 194843 5 | 1.00 bowl w/ 2 pkgs of graham crackers | 60 | 290.000 | 4.000 | 5.000 | 0.500 | 0.000 | 370.000 | 56.000 |
| Cereal, Cinnamon Toast Crunch W/ 2 packages of Graham Crackers | 194843 7 | 1.00 bowl w/ 2 pkgs of graham crackers | 75 | 290.000 | 3.000 | 7.000 | 0.500 | 0.000 | 370.000 | 54.000 |
| Breakfast Break - Pop-tart w/ Animal Crackers, Applesauce & Craisins | 195283 3 | 1.00 svg | 80 | 470.000 | 4.333 | 6.667 | 2.000 | 0.000 | 310.000 | 98.667 |
| Juice, 100%, Variety 4 oz cups (72/case) | 196182 3 | 1.00 each | 1100 | 50.000 | 0.000 | 0.000 | 0.000 | 0.000 | 10.000 | 13.000 |
| Fresh Oranges, Whole W/ Peel (138 count) | 131015 1 | 1.00 each | 500 | 95.254 | 1.966 | 0.454 | 0.053 | 0.000 | 3.024 | 23.436 |
| Milk, 1% Low Fat, Borden, 1/2 pint | 194461 3 | 1.00 each | 330 | 100.000 | 8.000 | 2.500 | 1.500 | 0.000 | 125.000 | 12.000 |
| Milk, Chocolate, Fat Free, Borden 1/2 pint | 194475 3 | 1.00 carton | 375 | 110.000 | 8.000 | 0.000 | 0.000 | 0.000 | 100.000 | 19.000 |
| Milk, Fat Free, Skim, White, Borden, 1/2 pint | 194475 5 | 1.00 carton | 75 | 80.000 | 8.000 | 0.000 | 0.000 | 0.000 | 125.000 | 12.000 |

| | | | | | | | |
|------------------------|---------|--------|--------|-------|-------|---------|--------|
| Weighted Daily Average | 413.314 | 13.296 | 10.017 | 3.124 | 0.000 | 446.448 | 69.609 |
| % of Calories | | 12.87% | 21.81% | 6.80% | 0.00% | | 67.37% |

| Recipe Name | Recipe # | Portion Size | Plan Qty | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Carbohydrates (g) |
|---|-------------|--|----------|-----------------|-------------|---------------|-------------------|---------------|-------------|-------------------|
| Tue - 09/24/2019 | | | | | | | | | | |
| Breakfast 9-12 SY 19-20 | | | | | | | | | | |
| | | Total | 1200 | | | | | | | |
| Chorizo, Egg & Cheese Breakfast Taco | 196253 7 | 1.00 taco | 700 | 354.435 | 23.057 | 22.831 | 9.175 | 0.000 | 709.637 | 17.446 |
| Fruit & Pancake Bowl, Peach, 3.8 oz, IW, | 196720 3 | 1.00 bowl | 150 | 228.918 | 4.976 | 4.479 | 2.488 | 0.000 | 328.447 | 40.807 |
| Fruit & Pancake Bowl, Strawberry, 3.8 oz, IW, | 196720 4 | 1.00 bowl | 200 | 218.965 | 4.976 | 4.976 | 2.488 | 0.000 | 338.400 | 38.817 |
| Cereal, Honey Nut Cheerios W/ 2 pkgs of Graham Crackers | 194844 7 | 1.00 bowl w/ 2 pkgs of graham crackers | 50 | 290.000 | 4.000 | 5.500 | 0.000 | 0.000 | 370.000 | 54.000 |
| Cereal, Trix, 25% LS W/ 2 pkgs of Graham Crackers | 194844 9 | 1.00 bowl w/ 2 pkgs of graham crackers | 50 | 290.000 | 3.000 | 5.500 | 0.000 | 0.000 | 350.000 | 56.000 |
| Breakfast Break - Corn Star w/ Animal Crackers, Applesauce & Craisins | 195704 9 | 1.00 svg | 50 | 438.000 | 4.800 | 9.000 | 1.900 | 0.000 | 211.000 | 84.000 |
| Juice, 100%, Variety 4 oz cups (72/case) | 196182 3 | 1.00 each | 1050 | 50.000 | 0.000 | 0.000 | 0.000 | 0.000 | 10.000 | 13.000 |
| Apples, Red Delicious (138 Count) | 194806 3 | 1.00 apple | 400 | 95.004 | 0.473 | 0.309 | 0.055 | 0.000 | 2.002 | 25.134 |

| | | | | | | | | | | |
|---|-------------|-------------|-----|---------|--------|--------|--------|-------|---------|--------|
| Milk, 1% Low Fat, Borden, 1/2 pint | 194461 3 | 1.00 each | 330 | 100.000 | 8.000 | 2.500 | 1.500 | 0.000 | 125.000 | 12.000 |
| Milk, Chocolate, Fat Free, Borden 1/2 pint | 194475 3 | 1.00 carton | 375 | 110.000 | 8.000 | 0.000 | 0.000 | 0.000 | 100.000 | 19.000 |
| Milk, Fat Free, Skim, White, Borden, 1/2 pint | 194475 5 | 1.00 carton | 75 | 80.000 | 8.000 | 0.000 | 0.000 | 0.000 | 125.000 | 12.000 |
| Salsa, Home-Made, Bulk | 194530 5 | 2.00 oz | 500 | 14.581 | 0.653 | 0.141 | 0.022 | 0.000 | 104.989 | 3.199 |
| Weighted Daily Average | | | | 462.648 | 21.023 | 16.390 | 6.597 | 0.000 | 676.803 | 60.904 |
| % of Calories | | | | | 18.18% | 31.88% | 12.83% | 0.00% | | 52.66% |

| Recipe Name | Recipe # | Portion Size | Plan Qty | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Carbohydrates (g) |
|---|-------------|--|----------|-----------------|-------------|---------------|-------------------|---------------|-------------|-------------------|
| Wed - 09/25/2019 | | | | | | | | | | |
| Breakfast 9-12 SY 19-20 | | | | | | | | | | |
| | | Total | 1200 | | | | | | | |
| Biscuit & Sausage Patty, K-12 | 196238 7 | 1.00 svg (1 biscuit, 1 sausage) | 800 | 382.014 | 7.045 | 26.201 | 10.567 | 0.000 | 832.573 | 29.000 |
| Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers | 194843 5 | 1.00 bowl w/ 2 pkgs of graham crackers | 125 | 290.000 | 4.000 | 5.000 | 0.500 | 0.000 | 370.000 | 56.000 |
| Cereal, Cinnamon Toast Crunch W/ 2 packages of Graham Crackers | 194843 7 | 1.00 bowl w/ 2 pkgs of graham crackers | 125 | 290.000 | 3.000 | 7.000 | 0.500 | 0.000 | 370.000 | 54.000 |
| Breakfast Break - Mini Blueberry muffin w/ Animal Crackers, Applesauce & Craisins | 195283 7 | 1.00 svg | 150 | 408.000 | 4.400 | 7.300 | 1.500 | 0.000 | 194.000 | 80.500 |

| | | | | | | | | | | | |
|---|-------------|-------------|------|---------|--------|--------|--------|-------|-------|---------|--------|
| Juice, 100%, Variety 4 oz cups (72/case) | 196182 3 | 1.00 each | 1050 | 50.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 10.000 | 13.000 |
| Fresh Pear (135 count) | 127752 0 | 1.00 each | 250 | 64.637 | 0.408 | 0.159 | 0.025 | 0.000 | 0.000 | 1.134 | 17.271 |
| Milk, 1% Low Fat, Borden, 1/2 pint | 194461 3 | 1.00 each | 330 | 100.000 | 8.000 | 2.500 | 1.500 | 0.000 | 0.000 | 125.000 | 12.000 |
| Milk, Chocolate, Fat Free, Borden 1/2 pint | 194475 3 | 1.00 carton | 375 | 110.000 | 8.000 | 0.000 | 0.000 | 0.000 | 0.000 | 100.000 | 19.000 |
| Milk, Fat Free, Skim, White, Borden, 1/2 pint | 194475 5 | 1.00 carton | 75 | 80.000 | 8.000 | 0.000 | 0.000 | 0.000 | 0.000 | 125.000 | 12.000 |
| Jelly, Assorted, portion pac | 194845 3 | 1.00 each | 500 | 25.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 7.000 |
| Weighted Daily Average | | | | 500.600 | 11.261 | 20.350 | 7.754 | 0.000 | 0.000 | 738.806 | 68.731 |
| % of Calories | | | | | 9.00% | 36.59% | 13.94% | 0.00% | | | 54.92% |

| Recipe Name | Recipe # | Portion Size | Plan Qty | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Carbohydrates (g) |
|---|-------------|--|----------|-----------------|-------------|---------------|-------------------|---------------|-------------|-------------------|
| Thu - 09/26/2019 | | | | | | | | | | |
| Breakfast 9-12 SY 19-20 | | | | | | | | | | |
| | | Total | 1200 | | | | | | | |
| Chicken Mega Minis Waffle Flavored W/ Biscuit | 196651 2 | 6.00 pieces w/ biscuit | 725 | 411.967 | 16.122 | 19.103 | 6.519 | 0.000 | 922.997 | 42.122 |
| Cereal, Honey Nut Cheerios W/ 2 pkgs of Graham Crackers | 194844 7 | 1.00 bowl w/ 2 pkgs of graham crackers | 60 | 290.000 | 4.000 | 5.500 | 0.000 | 0.000 | 370.000 | 54.000 |

| | | | | | | | | | | |
|---|-------------|--|------|---------|--------|--------|-------|-------|---------|--------|
| Cereal, Trix, 25% LS W/ 2 pkgs of Graham Crackers | 194844 9 | 1.00 bowl w/ 2 pkgs of graham crackers | 65 | 290.000 | 3.000 | 5.500 | 0.000 | 0.000 | 350.000 | 56.000 |
| Breakfast Break - Corn Star w/ Animal Crackers, Applesauce & Craisins | 195704 9 | 1.00 svg | 50 | 438.000 | 4.800 | 9.000 | 1.900 | 0.000 | 211.000 | 84.000 |
| Mini Bagels, Cinnamon, Pillsbury | 195354 3 | 1.00 each | 150 | 240.000 | 6.000 | 6.000 | 2.500 | 0.000 | 180.000 | 41.000 |
| Mini Bagels, Strawberry, Pillsbury | 195354 1 | 1.00 each | 150 | 230.000 | 6.000 | 6.000 | 2.500 | 0.000 | 180.000 | 41.000 |
| Juice, 100%, Variety 4 oz cups (72/case) | 196182 3 | 1.00 each | 1050 | 50.000 | 0.000 | 0.000 | 0.000 | 0.000 | 10.000 | 13.000 |
| Fresh Oranges, Whole W/ Peel (138 count) | 131015 1 | 1.00 each | 500 | 95.254 | 1.966 | 0.454 | 0.053 | 0.000 | 3.024 | 23.436 |
| Milk, 1% Low Fat, Borden, 1/2 pint | 194461 3 | 1.00 each | 330 | 100.000 | 8.000 | 2.500 | 1.500 | 0.000 | 125.000 | 12.000 |
| Milk, Chocolate, Fat Free, Borden 1/2 pint | 194475 3 | 1.00 carton | 375 | 110.000 | 8.000 | 0.000 | 0.000 | 0.000 | 100.000 | 19.000 |
| Milk, Fat Free, Skim, White, Borden, 1/2 pint | 194475 5 | 1.00 carton | 75 | 80.000 | 8.000 | 0.000 | 0.000 | 0.000 | 125.000 | 12.000 |
| Ketchup, Low Sodium, Red Gold, 1000/9 gram; as served - 2 each | 194527 7 | 1.00 svg (2 packets) | 600 | 20.000 | 0.000 | 0.000 | 0.000 | 0.000 | 50.000 | 4.000 |
| Weighted Daily Average | | | | 516.419 | 17.822 | 14.866 | 5.077 | 0.000 | 757.342 | 78.060 |
| % of Calories | | | | | 13.80% | 25.91% | 8.85% | 0.00% | | 60.46% |

| Recipe Name | Recipe # | Portion Size | Plan Qty | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Carbohydrates (g) |
|-------------|----------|--------------|----------|-----------------|-------------|---------------|-------------------|---------------|-------------|-------------------|
|-------------|----------|--------------|----------|-----------------|-------------|---------------|-------------------|---------------|-------------|-------------------|

| Fri - 09/27/2019 | | | | | | | | | | |
|--|-------------|--|------|---------|-------|--------|-------|-------|---------|--------|
| Breakfast 9-12 SY 19-20 | | | | | | | | | | |
| | | Total | 1200 | | | | | | | |
| Pancakes, Cinnamon Glaze, IW (80/case) | 196650 6 | 1.00 pkg | 565 | 220.000 | 4.000 | 7.000 | 1.500 | 0.000 | 260.000 | 35.000 |
| Pig 'N A Blanket | 194434 1 | 1.00 each | 400 | 250.000 | 8.000 | 10.000 | 3.000 | 0.000 | 490.000 | 31.000 |
| Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers | 194843 5 | 1.00 bowl w/ 2 pkgs of graham crackers | 75 | 290.000 | 4.000 | 5.000 | 0.500 | 0.000 | 370.000 | 56.000 |
| Cereal, Cinnamon Toast Crunch W/ 2 packages of Graham Crackers | 194843 7 | 1.00 bowl w/ 2 pkgs of graham crackers | 80 | 290.000 | 3.000 | 7.000 | 0.500 | 0.000 | 370.000 | 54.000 |
| Breakfast Break - Pop-tart w/ Animal Crackers, Applesauce & Craisins | 195283 3 | 1.00 svg | 80 | 470.000 | 4.333 | 6.667 | 2.000 | 0.000 | 310.000 | 98.667 |
| Juice, 100%, Variety 4 oz cups (72/case) | 196182 3 | 1.00 each | 1050 | 50.000 | 0.000 | 0.000 | 0.000 | 0.000 | 10.000 | 13.000 |
| Fresh Banana, Unpeeled (100-120 count) | 131014 9 | 1.00 each | 500 | 121.040 | 1.482 | 0.449 | 0.152 | 0.000 | 1.360 | 31.062 |
| Milk, 1% Low Fat, Borden, 1/2 pint | 194461 3 | 1.00 each | 330 | 100.000 | 8.000 | 2.500 | 1.500 | 0.000 | 125.000 | 12.000 |
| Milk, Chocolate, Fat Free, Borden 1/2 pint | 194475 3 | 1.00 carton | 375 | 110.000 | 8.000 | 0.000 | 0.000 | 0.000 | 100.000 | 19.000 |
| Milk, Fat Free, Skim, White, Borden, 1/2 pint | 194475 5 | 1.00 carton | 75 | 80.000 | 8.000 | 0.000 | 0.000 | 0.000 | 125.000 | 12.000 |
| Jelly, Assorted, portion pac | 194845 3 | 1.00 each | 250 | 25.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 7.000 |
| Mustard, Heinz/Americana, 500/5.5 g packets - 1 each | 194528 1 | 1.00 package | 250 | 5.000 | 1.000 | 0.000 | 0.000 | 0.000 | 85.000 | 1.000 |

| | | | | | | | |
|------------------------|---------|--------|--------|-------|-------|---------|--------|
| Weighted Daily Average | 423.017 | 11.315 | 8.727 | 2.380 | 0.000 | 454.671 | 76.462 |
| % of Calories | | 10.70% | 18.57% | 5.06% | 0.00% | | 72.30% |

| Recipe Name | Recipe # | Portion Size | Plan Qty | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Carbohydrates (g) |
|--|-------------|--|----------|-----------------|-------------|---------------|-------------------|---------------|-------------|-------------------|
| Mon - 09/30/2019 | | | | | | | | | | |
| Breakfast 9-12 SY 19-20 | | | | | | | | | | |
| | | Total | 1200 | | | | | | | |
| Biscuit & Sausage Patty, K-12 | 196238 7 | 1.00 svg (1 biscuit, 1 sausage) | 745 | 382.014 | 7.045 | 26.201 | 10.567 | 0.000 | 832.573 | 29.000 |
| French Toast, Cinnamon | 195815 3 | 1.00 each | 135 | 220.000 | 4.000 | 7.000 | 1.000 | 0.000 | 200.000 | 37.000 |
| French Toast, Triple Berry | 195815 5 | 1.00 each | 100 | 220.000 | 4.000 | 7.000 | 1.000 | 0.000 | 190.000 | 37.000 |
| Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers | 194843 5 | 1.00 bowl w/ 2 pkgs of graham crackers | 70 | 290.000 | 4.000 | 5.000 | 0.500 | 0.000 | 370.000 | 56.000 |
| Cereal, Cinnamon Toast Crunch W/ 2 packages of Graham Crackers | 194843 7 | 1.00 bowl w/ 2 pkgs of graham crackers | 75 | 290.000 | 3.000 | 7.000 | 0.500 | 0.000 | 370.000 | 54.000 |
| Breakfast Break - Pop-tart w/ Animal Crackers, Applesauce & Craisins | 195283 3 | 1.00 svg | 75 | 470.000 | 4.333 | 6.667 | 2.000 | 0.000 | 310.000 | 98.667 |
| Juice, 100%, Variety 4 oz cups (72/case) | 196182 3 | 1.00 each | 1100 | 50.000 | 0.000 | 0.000 | 0.000 | 0.000 | 10.000 | 13.000 |
| Fresh Oranges, Whole W/ Peel (138 count) | 131015 1 | 1.00 each | 500 | 95.254 | 1.966 | 0.454 | 0.053 | 0.000 | 3.024 | 23.436 |

| | | | | | | | | | | |
|---|-------------|-------------|-----|---------|--------|--------|--------|-------|---------|--------|
| Milk, 1% Low Fat, Borden, 1/2 pint | 194461 3 | 1.00 each | 330 | 100.000 | 8.000 | 2.500 | 1.500 | 0.000 | 125.000 | 12.000 |
| Milk, Chocolate, Fat Free, Borden 1/2 pint | 194475 3 | 1.00 carton | 400 | 110.000 | 8.000 | 0.000 | 0.000 | 0.000 | 100.000 | 19.000 |
| Milk, Fat Free, Skim, White, Borden, 1/2 pint | 194475 5 | 1.00 carton | 75 | 80.000 | 8.000 | 0.000 | 0.000 | 0.000 | 125.000 | 12.000 |
| Jelly, Assorted, portion pac | 194845 3 | 1.00 each | 500 | 25.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 7.000 |
| Weighted Daily Average | | | | 509.773 | 12.035 | 19.660 | 7.376 | 0.000 | 705.253 | 73.040 |
| % of Calories | | | | | 9.44% | 34.71% | 13.02% | 0.00% | | 57.31% |

| Nutrient | Menu AVG | % of Cals | Target | Pass/Fail | Shortfall/Overage | Notes/Errors |
|-------------------|----------|-----------|---------|-----------|-------------------|--------------|
| Calories (kcal) | 455.920 | | 450/600 | Pass | | |
| Protein (g) | 13.303 | 11.67% | | | | |
| Total Fat (g) | 12.823 | 25.31% | | | | |
| Saturated Fat (g) | 4.422 | 8.73% | <10 | Pass | | |
| Trans Fat (g) | 0.000* | | | | | |
| Sodium (mg) | 537.654 | | ≤ 640 | Pass | | |
| Carbohydrates (g) | 73.767 | 64.72% | | | | |

* = Indicates missing Nutrient Information.

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