

October 2021 High School Breakfast Nutritionals (Grades 9-12)

Fri - 10/01/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Mini Maple Pancakes	Pouches	200	280	4.00	13.01	5.00	36.02	4.00	0.50
Breakfast Chicken Slider	Sliders	247	464	3.95	4.94	13.83	29.66	7.91	1.48
Assorted Cereals (2oz)	2 oz servings	219	311	4.38	15.91	3.58	46.88	2.98	0.60
Assorted Poptarts	3.25 oz	336	355	5.53	28.10	4.15	70.02	5.07	1.84
Assorted Muffins	Muffins	260	140	2.00	21.00	5.00	43.50	7.50	1.25
Cinnamon Roll	2.7 oz	240	240	3.00	12.00	5.00	38.00	7.00	1.50
Sausage Pancake Roll Ups	1 roll up	200	380	1.00	7.00	6.00	19.00	11.00	3.00
Breakfast Pizza w/Turkey Sa	3 oz	210	330	3.00	5.00	10.00	25.00	7.00	2.00
Yogurt Parfait	1 EACH	245	141	4.45	27.17	9.71	51.63	2.45	0.52
Hash Browns	2 oz	101	283	1.01	1.01	1.01	14.17	4.05	0.51
Assorted Juice	4 oz serving	63	4	0.00	13.17	0.00	15.00	0.00	0.00
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Hot Sauce	packs	0	65	0.00	0.00	0.00	0.00	0.00	0.00

Mon - 10/04/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Waffle-Dutch	One Waffle	300	350	3.00	12.00	4.00	43.00	13.00	3.00
Breakfast Chicken Slider	Sliders	247	464	3.95	4.94	13.83	29.66	7.91	1.48
Assorted Cereals (2oz)	2 oz servings	219	311	4.38	15.91	3.58	46.88	2.98	0.60
Assorted Poptarts	3.25 oz	336	355	5.53	28.10	4.15	70.02	5.07	1.84
Assorted Muffins	Muffins	260	140	2.00	21.00	5.00	43.50	7.50	1.25
Cinnamon Roll	2.7 oz	240	240	3.00	12.00	5.00	38.00	7.00	1.50
Sausage Pancake Roll Ups	1 roll up	200	380	1.00	7.00	6.00	19.00	11.00	3.00
Breakfast Pizza w/Turkey Sa	3 oz	210	330	3.00	5.00	10.00	25.00	7.00	2.00
Yogurt Parfait	1 EACH	245	141	4.45	27.17	9.71	51.63	2.45	0.52
Assorted Juice	4 oz serving	63	4	0.00	13.17	0.00	15.00	0.00	0.00
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Hot Sauce	packs	0	65	0.00	0.00	0.00	0.00	0.00	0.00
Syrup	1.5 oz	121	34	0.00	12.15	0.00	23.54	0.00	0.00

Tue - 10/05/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Breakfast Taco	serving	347	673	1.00	1.99	14.69	18.43	24.54	8.74
Sausage, Egg & Cheese Slid	Sliders	341	662	2.97	4.46	14.46	25.76	21.46	7.74
Assorted Cereals (2oz)	2 oz servings	219	311	4.38	15.91	3.58	46.88	2.98	0.60
Assorted Poptarts	3.25 oz	336	355	5.53	28.10	4.15	70.02	5.07	1.84
Assorted Muffins	Muffins	260	140	2.00	21.00	5.00	43.50	7.50	1.25
Cinnamon Roll	2.7 oz	240	240	3.00	12.00	5.00	38.00	7.00	1.50
Sausage Pancake Roll Ups	1 roll up	200	380	1.00	7.00	6.00	19.00	11.00	3.00
Breakfast Pizza w/Turkey Sa	3 oz	210	330	3.00	5.00	10.00	25.00	7.00	2.00
Yogurt Parfait	1 EACH	245	141	4.45	27.17	9.71	51.63	2.45	0.52
Breakfast Potatoes	4 oz	134	147	2.67	0.00	2.67	25.39	2.67	0.00
Assorted Juice	4 oz serving	63	4	0.00	13.17	0.00	15.00	0.00	0.00
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Hot Sauce	packs	0	65	0.00	0.00	0.00	0.00	0.00	0.00

Mon - 10/11/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Waffle-Dutch	One Waffle	300	350	3.00	12.00	4.00	43.00	13.00	3.00
Breakfast Chicken Slider	Sliders	247	464	3.95	4.94	13.83	29.66	7.91	1.48
Assorted Cereals (2oz)	2 oz servings	219	311	4.38	15.91	3.58	46.88	2.98	0.60
Assorted Poptarts	3.25 oz	336	355	5.53	28.10	4.15	70.02	5.07	1.84
Assorted Muffins	Muffins	260	140	2.00	21.00	5.00	43.50	7.50	1.25
Cinnamon Roll	2.7 oz	240	240	3.00	12.00	5.00	38.00	7.00	1.50
Sausage Pancake Roll Ups	1 roll up	200	380	1.00	7.00	6.00	19.00	11.00	3.00
Breakfast Pizza w/Turkey Sa	3 oz	210	330	3.00	5.00	10.00	25.00	7.00	2.00
Yogurt Parfait	1 EACH	245	141	4.45	27.17	9.71	51.63	2.45	0.52
Assorted Juice	4 oz serving	63	4	0.00	13.17	0.00	15.00	0.00	0.00
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Hot Sauce	packs	0	65	0.00	0.00	0.00	0.00	0.00	0.00
Syrup	1.5 oz	121	34	0.00	12.15	0.00	23.54	0.00	0.00

Tue - 10/12/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Breakfast Taco	serving	347	673	1.00	1.99	14.69	18.43	24.54	8.74
Sausage, Egg & Cheese Slid	Sliders	341	662	2.97	4.46	14.46	25.76	21.46	7.74
Assorted Cereals (2oz)	2 oz servings	219	311	4.38	15.91	3.58	46.88	2.98	0.60
Assorted Poptarts	3.25 oz	336	355	5.53	28.10	4.15	70.02	5.07	1.84
Assorted Muffins	Muffins	260	140	2.00	21.00	5.00	43.50	7.50	1.25
Cinnamon Roll	2.7 oz	240	240	3.00	12.00	5.00	38.00	7.00	1.50
Sausage Pancake Roll Ups	1 roll up	200	380	1.00	7.00	6.00	19.00	11.00	3.00
Breakfast Pizza w/Turkey Sa	3 oz	210	330	3.00	5.00	10.00	25.00	7.00	2.00
Yogurt Parfait	1 EACH	245	141	4.45	27.17	9.71	51.63	2.45	0.52
Breakfast Potatoes	4 oz	134	147	2.67	0.00	2.67	25.39	2.67	0.00
Assorted Juice	4 oz serving	63	4	0.00	13.17	0.00	15.00	0.00	0.00
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Hot Sauce	packs	0	65	0.00	0.00	0.00	0.00	0.00	0.00

Wed - 10/13/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
WG French Toast Sticks	4 sticks	280	290	3.00	11.00	6.00	35.00	12.00	2.00
Breakfast Chicken Slider	Sliders	247	464	3.95	4.94	13.83	29.66	7.91	1.48
Assorted Cereals (2oz)	2 oz servings	219	311	4.38	15.91	3.58	46.88	2.98	0.60
Assorted Poptarts	3.25 oz	336	355	5.53	28.10	4.15	70.02	5.07	1.84
Assorted Muffins	Muffins	260	140	2.00	21.00	5.00	43.50	7.50	1.25
Cinnamon Roll	2.7 oz	240	240	3.00	12.00	5.00	38.00	7.00	1.50
Sausage Pancake Roll Ups	1 roll up	200	380	1.00	7.00	6.00	19.00	11.00	3.00
Breakfast Pizza w/Turkey Sa	3 oz	210	330	3.00	5.00	10.00	25.00	7.00	2.00
Yogurt Parfait	1 EACH	245	141	4.45	27.17	9.71	51.63	2.45	0.52
Assorted Juice	4 oz serving	63	4	0.00	13.17	0.00	15.00	0.00	0.00
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Hot Sauce	packs	0	65	0.00	0.00	0.00	0.00	0.00	0.00

Thu - 10/14/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Breakfast Bowl	servings	360	701	1.00	1.00	14.34	19.14	25.79	10.15
Toast, Whole Wheat	serving	80	160	1.00	2.00	3.00	15.00	1.00	0.00
Sausage, Egg & Cheese Slid	Sliders	341	662	2.97	4.46	14.46	25.76	21.46	7.74
Assorted Cereals (2oz)	2 oz servings	219	311	4.38	15.91	3.58	46.88	2.98	0.60
Assorted Poptarts	3.25 oz	336	355	5.53	28.10	4.15	70.02	5.07	1.84
Assorted Muffins	Muffins	260	140	2.00	21.00	5.00	43.50	7.50	1.25
Cinnamon Roll	2.7 oz	240	240	3.00	12.00	5.00	38.00	7.00	1.50
Sausage Pancake Roll Ups	1 roll up	200	380	1.00	7.00	6.00	19.00	11.00	3.00
Breakfast Pizza w/Turkey Sa	3 oz	210	330	3.00	5.00	10.00	25.00	7.00	2.00
Yogurt Parfait	1 EACH	245	141	4.45	27.17	9.71	51.63	2.45	0.52
Assorted Juice	4 oz serving	63	4	0.00	13.17	0.00	15.00	0.00	0.00
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Hot Sauce	packs	0	65	0.00	0.00	0.00	0.00	0.00	0.00

Fri - 10/15/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Mini Maple Pancakes	Pouches	200	280	4.00	13.01	5.00	36.02	4.00	0.50
Breakfast Chicken Slider	Sliders	247	464	3.95	4.94	13.83	29.66	7.91	1.48
Assorted Cereals (2oz)	2 oz servings	219	311	4.38	15.91	3.58	46.88	2.98	0.60
Assorted Poptarts	3.25 oz	336	355	5.53	28.10	4.15	70.02	5.07	1.84
Assorted Muffins	Muffins	260	140	2.00	21.00	5.00	43.50	7.50	1.25
Cinnamon Roll	2.7 oz	240	240	3.00	12.00	5.00	38.00	7.00	1.50
Sausage Pancake Roll Ups	1 roll up	200	380	1.00	7.00	6.00	19.00	11.00	3.00
Breakfast Pizza w/Turkey Sa	3 oz	210	330	3.00	5.00	10.00	25.00	7.00	2.00
Yogurt Parfait	1 EACH	245	141	4.45	27.17	9.71	51.63	2.45	0.52
Hash Browns	2 oz	101	283	1.01	1.01	1.01	14.17	4.05	0.51
Assorted Juice	4 oz serving	63	4	0.00	13.17	0.00	15.00	0.00	0.00
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Hot Sauce	packs	0	65	0.00	0.00	0.00	0.00	0.00	0.00

Mon - 10/18/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Waffle-Dutch	One Waffle	300	350	3.00	12.00	4.00	43.00	13.00	3.00
Breakfast Chicken Slider	Sliders	247	464	3.95	4.94	13.83	29.66	7.91	1.48
Assorted Cereals (2oz)	2 oz servings	219	311	4.38	15.91	3.58	46.88	2.98	0.60
Assorted Poptarts	3.25 oz	336	355	5.53	28.10	4.15	70.02	5.07	1.84
Assorted Muffins	Muffins	260	140	2.00	21.00	5.00	43.50	7.50	1.25
Cinnamon Roll	2.7 oz	240	240	3.00	12.00	5.00	38.00	7.00	1.50
Sausage Pancake Roll Ups	1 roll up	200	380	1.00	7.00	6.00	19.00	11.00	3.00
Breakfast Pizza w/Turkey Sa	3 oz	210	330	3.00	5.00	10.00	25.00	7.00	2.00
Yogurt Parfait	1 EACH	245	141	4.45	27.17	9.71	51.63	2.45	0.52
Assorted Juice	4 oz serving	63	4	0.00	13.17	0.00	15.00	0.00	0.00
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Hot Sauce	packs	0	65	0.00	0.00	0.00	0.00	0.00	0.00
Syrup	1.5 oz	121	34	0.00	12.15	0.00	23.54	0.00	0.00

Tue - 10/19/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Breakfast Taco	serving	347	673	1.00	1.99	14.69	18.43	24.54	8.74
Sausage, Egg & Cheese Slid	Sliders	341	662	2.97	4.46	14.46	25.76	21.46	7.74
Assorted Cereals (2oz)	2 oz servings	219	311	4.38	15.91	3.58	46.88	2.98	0.60
Assorted Poptarts	3.25 oz	336	355	5.53	28.10	4.15	70.02	5.07	1.84
Assorted Muffins	Muffins	260	140	2.00	21.00	5.00	43.50	7.50	1.25
Cinnamon Roll	2.7 oz	240	240	3.00	12.00	5.00	38.00	7.00	1.50
Sausage Pancake Roll Ups	1 roll up	200	380	1.00	7.00	6.00	19.00	11.00	3.00
Breakfast Pizza w/Turkey Sa	3 oz	210	330	3.00	5.00	10.00	25.00	7.00	2.00
Yogurt Parfait	1 EACH	245	141	4.45	27.17	9.71	51.63	2.45	0.52
Breakfast Potatoes	4 oz	134	147	2.67	0.00	2.67	25.39	2.67	0.00
Assorted Juice	4 oz serving	63	4	0.00	13.17	0.00	15.00	0.00	0.00
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Hot Sauce	packs	0	65	0.00	0.00	0.00	0.00	0.00	0.00

Wed - 10/20/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
WG French Toast Sticks	4 sticks	280	290	3.00	11.00	6.00	35.00	12.00	2.00
Breakfast Chicken Slider	Sliders	247	464	3.95	4.94	13.83	29.66	7.91	1.48
Assorted Cereals (2oz)	2 oz servings	219	311	4.38	15.91	3.58	46.88	2.98	0.60
Assorted Poptarts	3.25 oz	336	355	5.53	28.10	4.15	70.02	5.07	1.84
Assorted Muffins	Muffins	260	140	2.00	21.00	5.00	43.50	7.50	1.25
Cinnamon Roll	2.7 oz	240	240	3.00	12.00	5.00	38.00	7.00	1.50
Sausage Pancake Roll Ups	1 roll up	200	380	1.00	7.00	6.00	19.00	11.00	3.00
Breakfast Pizza w/Turkey Sa	3 oz	210	330	3.00	5.00	10.00	25.00	7.00	2.00
Yogurt Parfait	1 EACH	245	141	4.45	27.17	9.71	51.63	2.45	0.52
Assorted Juice	4 oz serving	63	4	0.00	13.17	0.00	15.00	0.00	0.00
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Hot Sauce	packs	0	65	0.00	0.00	0.00	0.00	0.00	0.00

Thu - 10/21/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Breakfast Bowl	servings	360	701	1.00	1.00	14.34	19.14	25.79	10.15
Toast, Whole Wheat	serving	80	160	1.00	2.00	3.00	15.00	1.00	0.00
Sausage, Egg & Cheese Slid	Sliders	341	662	2.97	4.46	14.46	25.76	21.46	7.74
Assorted Cereals (2oz)	2 oz servings	219	311	4.38	15.91	3.58	46.88	2.98	0.60
Assorted Poptarts	3.25 oz	336	355	5.53	28.10	4.15	70.02	5.07	1.84
Assorted Muffins	Muffins	260	140	2.00	21.00	5.00	43.50	7.50	1.25
Cinnamon Roll	2.7 oz	240	240	3.00	12.00	5.00	38.00	7.00	1.50
Sausage Pancake Roll Ups	1 roll up	200	380	1.00	7.00	6.00	19.00	11.00	3.00
Breakfast Pizza w/Turkey Sa	3 oz	210	330	3.00	5.00	10.00	25.00	7.00	2.00
Yogurt Parfait	1 EACH	245	141	4.45	27.17	9.71	51.63	2.45	0.52
Assorted Juice	4 oz serving	63	4	0.00	13.17	0.00	15.00	0.00	0.00
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Hot Sauce	packs	0	65	0.00	0.00	0.00	0.00	0.00	0.00

Fri - 10/22/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Mini Maple Pancakes	Pouches	200	280	4.00	13.01	5.00	36.02	4.00	0.50
Breakfast Chicken Slider	Sliders	247	464	3.95	4.94	13.83	29.66	7.91	1.48
Assorted Cereals (2oz)	2 oz servings	219	311	4.38	15.91	3.58	46.88	2.98	0.60
Assorted Poptarts	3.25 oz	336	355	5.53	28.10	4.15	70.02	5.07	1.84
Assorted Muffins	Muffins	260	140	2.00	21.00	5.00	43.50	7.50	1.25
Cinnamon Roll	2.7 oz	240	240	3.00	12.00	5.00	38.00	7.00	1.50
Sausage Pancake Roll Ups	1 roll up	200	380	1.00	7.00	6.00	19.00	11.00	3.00
Breakfast Pizza w/Turkey Sa	3 oz	210	330	3.00	5.00	10.00	25.00	7.00	2.00
Yogurt Parfait	1 EACH	245	141	4.45	27.17	9.71	51.63	2.45	0.52
Hash Browns	2 oz	101	283	1.01	1.01	1.01	14.17	4.05	0.51
Assorted Juice	4 oz serving	63	4	0.00	13.17	0.00	15.00	0.00	0.00
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Hot Sauce	packs	0	65	0.00	0.00	0.00	0.00	0.00	0.00

Mon - 10/25/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Waffle-Dutch	One Waffle	300	350	3.00	12.00	4.00	43.00	13.00	3.00
Breakfast Chicken Slider	Sliders	247	464	3.95	4.94	13.83	29.66	7.91	1.48
Assorted Cereals (2oz)	2 oz servings	219	311	4.38	15.91	3.58	46.88	2.98	0.60
Assorted Poptarts	3.25 oz	336	355	5.53	28.10	4.15	70.02	5.07	1.84
Assorted Muffins	Muffins	260	140	2.00	21.00	5.00	43.50	7.50	1.25
Cinnamon Roll	2.7 oz	240	240	3.00	12.00	5.00	38.00	7.00	1.50
Sausage Pancake Roll Ups	1 roll up	200	380	1.00	7.00	6.00	19.00	11.00	3.00
Breakfast Pizza w/Turkey Sa	3 oz	210	330	3.00	5.00	10.00	25.00	7.00	2.00
Yogurt Parfait	1 EACH	245	141	4.45	27.17	9.71	51.63	2.45	0.52
Assorted Juice	4 oz serving	63	4	0.00	13.17	0.00	15.00	0.00	0.00
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Hot Sauce	packs	0	65	0.00	0.00	0.00	0.00	0.00	0.00
Syrup	1.5 oz	121	34	0.00	12.15	0.00	23.54	0.00	0.00

Tue - 10/26/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Breakfast Taco	serving	347	673	1.00	1.99	14.69	18.43	24.54	8.74
Sausage, Egg & Cheese Slid	Sliders	341	662	2.97	4.46	14.46	25.76	21.46	7.74
Assorted Cereals (2oz)	2 oz servings	219	311	4.38	15.91	3.58	46.88	2.98	0.60
Assorted Poptarts	3.25 oz	336	355	5.53	28.10	4.15	70.02	5.07	1.84
Assorted Muffins	Muffins	260	140	2.00	21.00	5.00	43.50	7.50	1.25
Cinnamon Roll	2.7 oz	240	240	3.00	12.00	5.00	38.00	7.00	1.50
Sausage Pancake Roll Ups	1 roll up	200	380	1.00	7.00	6.00	19.00	11.00	3.00
Breakfast Pizza w/Turkey Sa	3 oz	210	330	3.00	5.00	10.00	25.00	7.00	2.00
Yogurt Parfait	1 EACH	245	141	4.45	27.17	9.71	51.63	2.45	0.52
Breakfast Potatoes	4 oz	134	147	2.67	0.00	2.67	25.39	2.67	0.00
Assorted Juice	4 oz serving	63	4	0.00	13.17	0.00	15.00	0.00	0.00
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Hot Sauce	packs	0	65	0.00	0.00	0.00	0.00	0.00	0.00

Wed - 10/27/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
WG French Toast Sticks	4 sticks	280	290	3.00	11.00	6.00	35.00	12.00	2.00
Breakfast Chicken Slider	Sliders	247	464	3.95	4.94	13.83	29.66	7.91	1.48
Assorted Cereals (2oz)	2 oz servings	219	311	4.38	15.91	3.58	46.88	2.98	0.60
Assorted Poptarts	3.25 oz	336	355	5.53	28.10	4.15	70.02	5.07	1.84
Assorted Muffins	Muffins	260	140	2.00	21.00	5.00	43.50	7.50	1.25
Cinnamon Roll	2.7 oz	240	240	3.00	12.00	5.00	38.00	7.00	1.50
Sausage Pancake Roll Ups	1 roll up	200	380	1.00	7.00	6.00	19.00	11.00	3.00
Breakfast Pizza w/Turkey Sa	3 oz	210	330	3.00	5.00	10.00	25.00	7.00	2.00
Yogurt Parfait	1 EACH	245	141	4.45	27.17	9.71	51.63	2.45	0.52
Assorted Juice	4 oz serving	63	4	0.00	13.17	0.00	15.00	0.00	0.00
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Hot Sauce	packs	0	65	0.00	0.00	0.00	0.00	0.00	0.00

Thu - 10/28/2021	Portion Size	Cals	Mg Sodm	G Fiber	G Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Breakfast Bowl	servings	360	701	1.00	1.00	14.34	19.14	25.79	10.15
Toast, Whole Wheat	serving	80	160	1.00	2.00	3.00	15.00	1.00	0.00
Sausage, Egg & Cheese Slid	Sliders	341	662	2.97	4.46	14.46	25.76	21.46	7.74
Assorted Cereals (2oz)	2 oz servings	219	311	4.38	15.91	3.58	46.88	2.98	0.60
Assorted Poptarts	3.25 oz	336	355	5.53	28.10	4.15	70.02	5.07	1.84
Assorted Muffins	Muffins	260	140	2.00	21.00	5.00	43.50	7.50	1.25
Cinnamon Roll	2.7 oz	240	240	3.00	12.00	5.00	38.00	7.00	1.50
Sausage Pancake Roll Ups	1 roll up	200	380	1.00	7.00	6.00	19.00	11.00	3.00
Breakfast Pizza w/Turkey Sa	3 oz	210	330	3.00	5.00	10.00	25.00	7.00	2.00
Yogurt Parfait	1 EACH	245	141	4.45	27.17	9.71	51.63	2.45	0.52
Assorted Juice	4 oz serving	63	4	0.00	13.17	0.00	15.00	0.00	0.00
Assorted Fresh Fruit	1/2 cup serving	58	1	2.24	11.11	0.74	14.77	0.21	0.05
Assorted Canned Fruit	4 ounce	76	7	1.18	16.99	0.43	19.53	0.05	0.01
Milk, Chocolate FF	1 cup	110	180	0.00	25.00	11.00	19.00	0.00	0.00
Milk, 1 % White	1 cup	100	125	0.00	12.00	8.00	12.00	2.50	1.50
Ketchup, Individual	Pkt 6g	10	85	0.00	2.00	0.00	3.00	0.00	0.00
Mustard	1 ea	5	93	0.00	0.00	0.00	0.00	0.00	0.00
Hot Sauce	packs	0	65	0.00	0.00	0.00	0.00	0.00	0.00

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.