

Nutritional Information: SBP Breakfast

- Nutritional information is current as of 12/1/18 and will be updated as applicable.
- SBP breakfast meals are offered with: fruit (½ cup for PSN meals; 1 cup for K-12 meals) and fat-free or 1% milk (1 cup/8 fl oz) on the side.
- The fruit and milk are not included within the nutritional information for the meals on this report. This information is provided on a separate fruit/milk report.
- To determine the correct menu item on the report, please refer to the production record (MPR) for that day.

Carbohydrate Information:

If calculating the total grams of carbohydrate per meal, please account for carbohydrates from the fruit and/or milk that may be served with the meal by using the separate report for fruit/milk, see below for an example.

Sample Breakfast Meal

1. Locate the appropriate menu item name on each report. The appropriate meal size and portions should be selected for the student's age/grade group.

Breakfast Nutritional Information – select appropriate meal size for age/grade group

Recipe Description	Portion Size	Cal	Carb g
BRK, SAMPLE BRK ENTREE	1 EACH	220	33

Fruit and Milk Nutritional Information – select appropriate portion sizes for age/grade group

Recipe Description	Portion Size	Calories	Carbs g
FR, ORANGE 1/2 CUP	1 EACH	45	11.28
MILK - 0%, 8 FL OZ, K-12	1 EACH (8 FL OZ)	90	13
MILK - 1%, 8 FL OZ, K-12	1 EACH (8 FL OZ)	110	13

2. Add up the student's menu item selections to calculate the total carbohydrates from the meal:

Breakfast Entrée	33 g
Orange (1/2 cup)	11.28 g
Orange (1/2 cup)	11.28 g
Milk (8 fl oz)	13 g
Total Carbs for Sample Meal =	68.56 g

This information is provided as a helpful resource only. Students and families should ultimately be responsible for diabetes self-management.

Menu Calendar Nutrient Analysis Report - December, 2018

Date: 12/01/2018 - 12/31/2018

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
12/3/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Apple - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Apple - FR36 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Bar Zee Zees Cinnamon Crisp (BPS K-12) - 9238 (1 ea.)	250.00	39.00	9.00	2.50	0.00	80.00	3.00	13.00	4.00
Cinnamon Graham Crackers & String Cheese - 8009 (1 ea.)	190.00	19.00	9.50	3.50	15.00	215.00	1.00	6.00	9.00
12/4/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Apple - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Apple - FR36 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Classic Chicken Sausage & Cheddar Bagel - 8562 (1 ea.)	202.55	26.28	5.61	1.72	37.66	380.06	3.00	2.28	11.50
Plain Bagel & Cream Cheese - 7937 (1 ea.)	190.00	27.00	5.50	3.50	15.00	345.00	3.00	3.00	6.00
Yogurt & Educational Snacks (UB K-12) - 10232 (1 ea.)	190.00	36.00	4.00	0.00	5.00	125.00	2.00	16.00	6.00
12/5/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Apple - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Apple - FR36 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Cheddar Cheese & Omelet Gordita - 34691 (1 ea.)	206.57	22.00	8.78	3.02	90.08	313.75	1.00	9.00	8.27
Corn Chex Cereal & String Cheese - 8826 (1 ea.)	180.00	24.00	6.50	3.50	15.00	400.00	1.00	3.00	9.00
Autumn Spice Muffin - 7973 (1 ea.)	240.00	40.00	8.00	1.00	30.00	170.00	3.00	13.00	5.00
12/6/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Apple - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Apple - FR36 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Bagel Cinnamon Toast (BPS) - 9451 (1 ea.)	201.08	32.23	6.30	1.47	0.00	321.65	3.10	8.07	4.01
Bagel Blueberry Burst - 7934 (1 ea.)	210.00	32.00	5.00	3.50	15.00	285.00	3.00	5.00	7.00
Lemon Muffin - 7992 (1 ea.)	260.00	39.00	8.00	1.00	25.00	270.00	2.00	14.00	5.00
12/7/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Apple - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Apple - FR36 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Bagel Cinnamon Raisin (K-12) - 9500 (1 ea.)	225.00	37.00	6.00	3.50	15.00	285.00	2.00	13.00	6.00
Zee Zees Berry Apple Crisp Bar - 8032 (1 ea.)	250.00	41.00	8.00	2.00	0.00	80.00	3.00	14.00	4.00
12/10/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Apple - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Apple - FR36 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Cereal Multigrain Cheerios with String Cheese - 9095 (1 ea.)	180.00	23.00	7.00	3.50	15.00	310.00	3.00	6.00	9.00
Remy's Cinnamon Grahams & Yogurt - 36395 (1 ea.)	180.00	33.00	3.50	0.00	5.00	75.00	1.00	16.00	6.00
12/11/2018									

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Apple - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Apple - FR36 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Pancake Bowl Peach - 9971 (1 ea.)	230.00	40.00	5.00	3.00	40.00	360.00	2.00	13.00	5.00
Bar Zee Zees Cinnamon Crisp (BPS K-12) - 9238 (1 ea.)	250.00	39.00	9.00	2.50	0.00	80.00	3.00	13.00	4.00
Blueberry Burst Muffin - 7976 (1 ea.)	230.00	39.00	7.00	0.50	25.00	230.00	3.00	14.00	5.00
12/12/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Apple - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Apple - FR36 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Mini Cheesy Omelet & French Toast Stick - 7792 (1 ea.)	225.00	28.00	8.50	2.50	87.00	260.00	1.00	14.00	7.00
Plain Bagel & Cream Cheese - 7937 (1 ea.)	190.00	27.00	5.50	3.50	15.00	345.00	3.00	3.00	6.00
Cinnamon Graham Crackers & String Cheese - 8009 (1 ea.)	190.00	19.00	9.50	3.50	15.00	215.00	1.00	6.00	9.00
12/13/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Apple - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Apple - FR36 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Bagel Sandwich with Egg and Cheese (BPS K-8) - 8824 (1 ea.)	186.57	27.00	5.28	2.02	95.08	323.75	3.00	2.00	8.27
Cinnamon Crumble - 7943 (1 ea.)	250.00	37.00	9.00	1.00	25.00	190.00	3.00	8.00	5.00
Yogurt & Granola - 8201 (1 ea.)	200.00	34.00	4.50	0.50	5.00	90.00	2.00	16.00	7.00
12/14/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Apple - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Apple - FR36 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Bagel Blueberry Burst - 7934 (1 ea.)	210.00	32.00	5.00	3.50	15.00	285.00	3.00	5.00	7.00
Corn Chex Cereal & String Cheese - 8826 (1 ea.)	180.00	24.00	6.50	3.50	15.00	400.00	1.00	3.00	9.00
12/17/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Apple - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Apple - FR36 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Zee Zees Berry Apple Crisp Bar - 8032 (1 ea.)	250.00	41.00	8.00	2.00	0.00	80.00	3.00	14.00	4.00
Remy's Cinnamon Grahams & Yogurt - 36395 (1 ea.)	180.00	33.00	3.50	0.00	5.00	75.00	1.00	16.00	6.00
12/18/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Apple - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Apple - FR36 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Pepper Jack Cheese & Omelet Gordita - 8313 (1 ea.)	216.82	22.06	9.58	3.62	92.50	331.03	1.00	9.04	9.08
Plain Bagel & Cream Cheese - 7937 (1 ea.)	190.00	27.00	5.50	3.50	15.00	345.00	3.00	3.00	6.00
Corn Chex Cereal & String Cheese - 8826 (1 ea.)	180.00	24.00	6.50	3.50	15.00	400.00	1.00	3.00	9.00
12/19/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Apple - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Apple - FR36 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Rise & Shine Breakfast Burrito - 33303 (1 ea.)	238.33	27.16	10.82	2.29	121.00	222.79	2.00	0.30	9.38
Cinnamon Graham Crackers & String Cheese - 8009 (1 ea.)	190.00	19.00	9.50	3.50	15.00	215.00	1.00	6.00	9.00
Autumn Spice Muffin - 7973 (1 ea.)	240.00	40.00	8.00	1.00	30.00	170.00	3.00	13.00	5.00
12/20/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Apple - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Apple - FR36 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
French Toast Sticks - 7923 (1 ea.)	275.00	46.00	7.00	1.00	4.00	265.00	2.00	20.00	6.00
Bagel Blueberry Burst - 7934 (1 ea.)	210.00	32.00	5.00	3.50	15.00	285.00	3.00	5.00	7.00
Yogurt & Educational Snacks (UB K-12) - 10232 (1 ea.)	190.00	36.00	4.00	0.00	5.00	125.00	2.00	16.00	6.00
12/21/2018									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
Apple - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Apple - FR36 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Bar Zee Zees Cinnamon Crisp (BPS K-12) - 9238 (1 ea.)	250.00	39.00	9.00	2.50	0.00	80.00	3.00	13.00	4.00
Lemon Muffin - 7992 (1 ea.)	260.00	39.00	8.00	1.00	25.00	270.00	2.00	14.00	5.00