

## Nutritional Information: SBP Breakfast

- Nutritional information is current as of 3/1/19 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
<b>Total Carbs for Sample Meal = 68.56 g</b>	

*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 - March, 2019

Date: 03/01/2019 - 03/31/2019

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
<b>3/1/2019</b>									
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
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
Apple Cinnamon Muffin - 7971 (1 ea.)	250.00	40.00	8.00	1.00	20.00	260.00	3.00	14.00	4.00
Cereal Cheerios Gluten-Free - 9558 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free - 9556 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free - 9557 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
<b>3/4/2019</b>									
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
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
Cereal Chex Cinnamon 2 oz (UB) - 10653 (1 ea.)	230.00	45.00	5.00	0.50	0.00	340.00	2.00	12.00	3.00
Cereal Cheerios Gluten-Free - 9558 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free - 9556 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free - 9557 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
<b>3/5/2019</b>									
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
Smoky Sausage Scramble & Cornbread - 38973 (1 ea.)	276.94	38.73	9.49	1.39	124.02	307.95	1.00	23.91	8.90
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
Muffin French Toast & String Cheese (UB) - 10068 (1 ea.)	220.00	22.00	10.50	4.00	30.00	310.00	2.00	8.00	9.00
Cereal Cheerios Gluten-Free - 9558 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free - 9556 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free - 9557 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
<b>3/6/2019</b>									
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
Biscuit with Sausage & Cheddar - 10657 (1 ea.)	274.06	27.28	12.38	3.73	42.73	423.72	2.00	3.28	12.77
Lemon Muffin - 7992 (1 ea.)	260.00	39.00	8.00	1.00	25.00	270.00	2.00	14.00	5.00
Honey Grahams & Yogurt - 8208 (1 ea.)	170.00	33.00	3.00	0.00	5.00	70.00	2.00	14.00	6.00
Cereal Cheerios Gluten-Free - 9558 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free - 9556 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free - 9557 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
<b>3/7/2019</b>									
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
Pancake Apple Bowl - 10601 (1 ea.)	220.00	38.00	5.00	2.50	35.00	360.00	2.00	13.00	5.00
Bagel Blueberry Burst - 7934 (1 ea.)	210.00	32.00	5.00	3.50	15.00	285.00	3.00	5.00	7.00
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
Cereal Cheerios Gluten-Free - 9558 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Cereal Chex Cinnamon Gluten-Free - 9556 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free - 9557 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
<b>3/8/2019</b>									
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
French Toast Sticks - 7923 (1 ea.)	275.00	46.00	7.00	1.00	4.00	265.00	2.00	20.00	6.00
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
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
Cereal Cheerios Gluten-Free - 9558 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free - 9556 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free - 9557 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
<b>3/11/2019</b>									
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
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
Yogurt & Granola (BPS) - 9026 (1 ea.)	200.00	34.00	4.50	0.50	5.00	90.00	2.00	16.00	7.00
Cereal Cheerios Gluten-Free - 9558 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free - 9556 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free - 9557 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
<b>3/12/2019</b>									
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
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
Bagel Blueberry Burst - 7934 (1 ea.)	210.00	32.00	5.00	3.50	15.00	285.00	3.00	5.00	7.00
Apple Cinnamon Muffin - 7971 (1 ea.)	250.00	40.00	8.00	1.00	20.00	260.00	3.00	14.00	4.00
Cereal Cheerios Gluten-Free - 9558 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free - 9556 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free - 9557 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
<b>3/13/2019</b>									
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
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
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
Cinnamon Crumble - 7943 (1 ea.)	250.00	37.00	9.00	1.00	25.00	190.00	3.00	8.00	5.00
Cereal Cheerios Gluten-Free - 9558 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free - 9556 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free - 9557 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
<b>3/14/2019</b>									
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
Bagel Sandwich with Egg and Cheese (1 ea.)	186.57	27.00	5.28	2.02	95.08	323.75	3.00	2.00	8.27
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
Banana Muffin - 8037 (1 ea.)	240.00	39.00	8.00	1.00	30.00	260.00	3.00	12.00	5.00

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Cereal Cheerios Gluten-Free - 9558 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free - 9556 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free - 9557 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
<b>3/15/2019</b>									
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
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
Honey Grahams & Yogurt - 8208 (1 ea.)	170.00	33.00	3.00	0.00	5.00	70.00	2.00	14.00	6.00
Cereal Cheerios Gluten-Free - 9558 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free - 9556 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free - 9557 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
<b>3/18/2019</b>									
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
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
Yogurt & Granola (BPS) - 9026 (1 ea.)	200.00	34.00	4.50	0.50	5.00	90.00	2.00	16.00	7.00
Cereal Cheerios Gluten-Free - 9558 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free - 9556 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free - 9557 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
<b>3/19/2019</b>									
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
French Toast Sticks - 7923 (1 ea.)	275.00	46.00	7.00	1.00	4.00	265.00	2.00	20.00	6.00
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
Cereal Cheerios Gluten-Free - 9558 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free - 9556 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free - 9557 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
<b>3/20/2019</b>									
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
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
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
Cereal Cheerios Gluten-Free - 9558 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free - 9556 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free - 9557 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
<b>3/21/2019</b>									
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
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
Bagel Blueberry Burst - 7934 (1 ea.)	210.00	32.00	5.00	3.50	15.00	285.00	3.00	5.00	7.00
Honey Grahams & Yogurt - 8208 (1 ea.)	170.00	33.00	3.00	0.00	5.00	70.00	2.00	14.00	6.00

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Cereal Cheerios Gluten-Free - 9558 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free - 9556 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free - 9557 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
<b>3/22/2019</b>									
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
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
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
Cereal Cheerios Gluten-Free - 9558 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free - 9556 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free - 9557 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
<b>3/25/2019</b>									
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
Cereal Chex Cinnamon 2 oz (UB) - 10653 (1 ea.)	230.00	45.00	5.00	0.50	0.00	340.00	2.00	12.00	3.00
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
Cereal Cheerios Gluten-Free - 9558 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free - 9556 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free - 9557 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
<b>3/26/2019</b>									
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
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
Bagel Blueberry Burst - 7934 (1 ea.)	210.00	32.00	5.00	3.50	15.00	285.00	3.00	5.00	7.00
Muffin Mini Lemon & String Cheese (UB) - 10313 (1 ea.)	220.00	22.00	10.50	4.00	30.00	350.00	1.00	8.00	10.00
Cereal Cheerios Gluten-Free - 9558 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free - 9556 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free - 9557 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
<b>3/27/2019</b>									
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
English Muffin Turkey & Cheese Brekwich (6-8) - 35202 (1 ea.)	174.07	24.38	3.28	1.01	18.20	402.50	3.00	1.38	12.14
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
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
Cereal Cheerios Gluten-Free - 9558 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free - 9556 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free - 9557 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
<b>3/28/2019</b>									
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
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

<b>Item Name (Serving Size)</b>	<b>Calories (Kcal)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Sfat (g)</b>	<b>Chol (mg)</b>	<b>Na (mg)</b>	<b>TDF (g)</b>	<b>Sugars (g)</b>	<b>Pro (g)</b>
Cereal Cheerios Gluten-Free - 9558 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free - 9556 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free - 9557 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
<b>3/29/2019</b>									
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
Lemon Muffin - 7992 (1 ea.)	260.00	39.00	8.00	1.00	25.00	270.00	2.00	14.00	5.00
Honey Grahams & Yogurt - 8208 (1 ea.)	170.00	33.00	3.00	0.00	5.00	70.00	2.00	14.00	6.00
Cereal Cheerios Gluten-Free - 9558 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free - 9556 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free - 9557 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00