

## K-12 Breakfast Hot

Tue - 01/02/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
CEREAL BWL, CinnTstCrnc	Bowl	110	160	1.00	22.00	3.00	0.50
BRD: CRACK SS, Bear Grh	Package	130	100	2.00	20.00	4.00	0.00
FRUIT: CRAISINS, SS Origi	Box (1.16oz)	110	0	0.00	28.00	0.00	0.00
JUICE SS, Orange 100% 4o	1 Each	50	15	1.00	12.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00

Wed - 01/03/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: MUF AP, Choc 2oz W	Muffin	200	135	4.00	32.00	6.00	2.00
FRUIT: CUP SS, Applesc Ci	Each (1/2c)	50	15	0.00	14.00	0.00	0.00
JUICE SS, Grape100% 4oz	1 Each	80	15	1.00	18.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00

Thu - 01/04/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: ROLL AP, CinnMini W	Pouch	240	300	5.00	40.00	8.00	2.00
FRUIT: CUP SS, Applesc ST	Each (1/2c)	50	15	0.00	14.00	0.00	0.00
JUICE SS, Apple 100% 4oz	1 Each	60	15	0.00	14.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00

Fri - 01/05/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
CEREAL BWL, Rice Krispies	Bowl	100	170	2.00	23.00	0.50	0.00
BRD: CRACK SS, Animal W	Package	130	110	2.00	21.00	4.00	1.00
FRUIT: CRAISINS, SS Origi	Box (1.16oz)	110	0	0.00	28.00	0.00	0.00
JUICE SS, Orange 100% 4o	1 Each	50	15	1.00	12.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00

Mon - 01/08/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: Bkfst Rnd Cinn 2.2oz	1 Each	280	190	5.00	44.00	8.00	3.00
FRUIT: CUP SS, Applesc Pe	Each (1/2c)	50	15	0.00	14.00	0.00	0.00
JUICE SS, Apple 100% 4oz	1 Each	60	15	0.00	14.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00

Tue - 01/09/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
MELT MUFF, CSaus AM 1.2	Sandwich	265	690	18.50	24.50	10.50	3.75
JUICE SS, Grape100% 4oz	1 Each	80	15	1.00	18.00	0.00	0.00
FRUIT: CRAISINS, SS Origi	Box (1.16oz)	110	0	0.00	28.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00

Wed - 01/10/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: WAFFLE, AP WG Blue	Pouch	210	180	4.00	37.00	6.00	1.00
FRUIT: PEARS 135 ct.	Each (135ct)	75	1	0.47	19.95	0.18	0.03
JUICE SS, Apple 100% 4oz	1 Each	60	15	0.00	14.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00

Thu - 01/11/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: FR TST AP, Cinn WG	Pouch	220	380	3.00	37.00	7.00	1.00
FRUIT: CUP SS, Applesc 1/	Each (1/2c)	50	15	0.00	14.00	0.00	0.00
JUICE SS, Grape100% 4oz	1 Each	80	15	1.00	18.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00

Fri - 01/12/2018	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat

BRD: BAR, Benefit BanChoc	1 Each	280	220	5.00	48.00	8.00	3.00
FRUIT: CUP SS, Applesc Pe	Each (1/2c)	50	15	1.00	14.00	0.00	0.00
JUICE SS, Orange 100% 4o	1 Each	50	15	1.00	12.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
<b>Mon - 01/15/2018</b>							
	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: MUF AP, Blueb 2ozW	Muffin	190	130	3.00	31.00	6.00	2.00
YOGURT SS, Danimals Str/	1 Each	80	65	4.00	15.00	0.00	0.00
FRUIT: RAISINS, SS 1.5oz	Box (1.5oz)	127	5	1.31	33.67	0.20	0.02
JUICE SS, Apple 100% 4oz	1 Each	60	15	0.00	14.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
<b>Tue - 01/16/2018</b>							
	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: FR TST AP, Berry WG	Pouch	220	190	4.00	37.00	7.00	1.00
FRUIT: CRAISINS, SS Orig	Box (1.16oz)	110	0	0.00	28.00	0.00	0.00
JUICE SS, Grape100% 4oz	1 Each	80	15	1.00	18.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
<b>Wed - 01/17/2018</b>							
	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
STICKS, CORN DOG TkyMpl	1 Each	200	310	7.00	17.00	10.00	2.50
COND PC Syrup 1.4oz Smu	1 Each	110	25	0.00	29.00	0.00	0.00
BRD: CRACK SS, Animal W	Package	130	110	2.00	21.00	4.00	1.00
FRUIT: APPLE, 138ct Whole	Each(138ct)	62	1	0.31	16.52	0.20	0.03
JUICE SS, Orange 100% 4o	1 Each	50	15	1.00	12.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
<b>Thu - 01/18/2018</b>							
	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: PANCAKES, AP WG	Pouch	230	150	4.00	41.00	7.00	0.50
FRUIT: CUP SS, Applesc Ci	Each (1/2c)	50	15	0.00	14.00	0.00	0.00
JUICE SS, Frt Bid 100% 4oz	Each	60	10	0.00	14.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
<b>Fri - 01/19/2018</b>							
	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: BAR, Cereal Trix WG I	1 Each	150	100	2.00	30.00	3.50	0.50
BRD: CRACK SS, Bear Grh	Package	120	85	2.00	20.00	4.00	0.00
FRUIT: CRAISINS, SS Orig	Box (1.16oz)	110	0	0.00	28.00	0.00	0.00
FRUIT: PEARS 135 ct.	Each (135ct)	75	1	0.47	19.95	0.18	0.03
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
<b>Mon - 01/22/2018</b>							
	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
CEREAL BWL, CinnTstCrc	Bowl	110	160	1.00	22.00	3.00	0.50
BRD: CRACK SS, Bear Grh	Package	130	100	2.00	20.00	4.00	0.00
FRUIT: CUP SS, Applesc Mi	Each (1/2c)	50	15	1.00	14.00	0.00	0.00
JUICE SS, Orange 100% 4o	1 Each	50	15	1.00	12.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
<b>Tue - 01/23/2018</b>							
	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
MELT MUFF, EggPty AM 1.2	Sandwich	235	550	10.50	24.50	10.50	3.75
FRUIT: CRAISINS, SS Orig	Box (1.16oz)	110	0	0.00	28.00	0.00	0.00
JUICE SS, Frt Bid 100% 4oz	1 Each	60	10	0.00	14.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
<b>Wed - 01/24/2018</b>							
	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: FR TST AP, Cinn WG	Pouch	220	380	3.00	37.00	7.00	1.00
FRUIT: APPLE, 138ct Whole	Each(138ct)	62	1	0.31	16.52	0.20	0.03
JUICE SS, Grape100% 4oz	1 Each	80	15	1.00	18.00	0.00	0.00

MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
<b>Thu - 01/25/2018</b>							
	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
EGG: Omelet CH AP 2.0	1 Each	130	280	7.00	1.00	11.00	3.50
BRD: CRACK SS, Animal W	Package	130	110	2.00	21.00	4.00	1.00
JUICE SS, Apple 100% 4oz	1 Each	60	15	0.00	14.00	0.00	0.00
FRUIT: CUP SS, Applesc Ci	Each (1/2c)	50	15	0.00	14.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
<b>Fri - 01/26/2018</b>							
	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
CEREAL BWL, Cheerios Apl	Bowl	110	110	2.00	22.00	1.50	0.00
BRD: CRACK SS, Jungle W	Package	130	95	2.00	20.00	4.00	0.00
FRUIT: CUP SS, Applesc Pe	Each (1/2c)	50	15	0.00	14.00	0.00	0.00
FRUIT: CRAISINS, SS Orig	Box (1.16oz)	110	0	0.00	28.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
<b>Mon - 01/29/2018</b>							
	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
CEREAL BWL, Cheerios W	Bowl	100	140	3.00	20.00	2.00	0.50
BRD: CRACK SS, Bear Grh	Package	120	85	2.00	20.00	4.00	0.00
JUICE SS, Grape100% 4oz	1 Each	80	15	1.00	18.00	0.00	0.00
FRUIT: APPLE, Slcd IW 2oz	1 Each	30	0	0.00	7.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
<b>Tue - 01/30/2018</b>							
	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
BRD: ROLL AP, CinnMini W	Pouch	240	300	5.00	40.00	8.00	2.00
FRUIT: CUP SS, Applesc Pe	Each (1/2c)	50	15	1.00	14.00	0.00	0.00
JUICE SS, Apple 100% 4oz	1 Each	60	15	0.00	14.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00
<b>Wed - 01/31/2018</b>							
	Portion Size	Cals	Mg Sodm	G Protn	G Carb	G T-Fat	G S-Fat
MELT BGL, CSaus AM 1.25	Sandwich	285	610	19.50	29.50	10.50	3.75
FRUIT: APPLE, 138ct Whole	Each(138ct)	62	1	0.31	16.52	0.20	0.03
JUICE SS, Frt Bid 100% 4oz	1 Each	60	10	0.00	14.00	0.00	0.00
MILK SS, 1% White 8oz	Carton	100	120	8.00	11.00	2.50	1.50
MILK SS, Skim 8oz	Carton	80	120	8.00	11.00	0.00	0.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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.