

Middle School Breakfast 6-8

Monday, Sep 2, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Middle School Breakfast 6-8

Tuesday, Sep 3, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinn.Fr.Tst/Turk.Sausage	SVG.	60	30	90	0.00	0.36	0.00	0	0.00	0.00	6.00	0.00	4.00	1.00
Breakfast "Jax" Sandwich	1 EACH	365	138	620	0.00	0.72	118.50	250	0.00	1.00	18.50	31.00	18.50	6.75
Ham Breakfast Burrito	1 EACH	397	136	822	4.71	26.97	395.03	304	1.37	0.99	17.09	34.14	20.57	9.29
Mexican Sweetbread	EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Crumb Cake	1 EACH	283	32	215	3.00	1.20	16.00	0	0.10	24.00	3.40	47.00	9.00	1.20
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Bagel	EACH	163	0	172	3.30	1.80	13.00	0	0.00	3.00	5.90	33.50	0.61	0.06
Yogurt Parfait	1 EACH	295	7	173	5.71	1.98	171.81	722	28.89	29.05*	8.30	60.12	3.94	1.10
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mixed Fruit, Light Syrup	SERVING, 3.5 oz	72	0	8	1.40	0.40	7.60	132	2.40	*N/A*	0.60	18.80	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	0.00	0.00
Orange Juice	1 EACH	60	0	0	0.00	0.00	0.00	0	30.00	12.00	1.00	16.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	0	0.00	0.00	0.00	0	0.00	13.00	0.00	14.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Tapatio Sauce	OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Middle School Breakfast 6-8

Wednesday, Sep 4, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sau,Egg,Cheese,Biscuit	1 each	314	138	599	1.99	2.15	217.97	250	0.00	6.97	16.48	27.86	14.47	5.24
Egg & Chorizo Burrito	1 EACH	200	40	370	3.00	2.70	150.00	500	1.20	0.00	9.00	22.00	9.00	3.50
Breakfast Burrito, bacon	1 EACH	337	170	704	4.71	27.56	231.01	300	1.37	1.99	12.71	32.77	16.22	4.86
Mexican Sweetbread	EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
UBR,Oatmeal Chocolate Chip	SERVING	270	5	180	6.25	0.92	23.56	9	0.00	19.00	5.00	44.00	8.00	2.50
Mini Maple Pancakes	1 EACH	210	10	320	4.00	2.70	59.93	499	0.00	10.99	4.00	34.96	5.99	1.00
Cinnamon Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
French Toast Bar	1 EACH	290	25	200	3.00	1.80	40.00	0	0.00	21.00	5.00	47.00	9.00	2.50
Bagel	EACH	163	0	172	3.30	1.80	13.00	0	0.00	3.00	5.90	33.50	0.61	0.06
Yogurt with Granola	EACH	210	5	137	1.74	1.04	150.57	650	0.69	20.10	6.31	40.14	2.74	1.29
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Peaches, canned	SERVING, 4.5 oz	71	0	10	1.01	0.00	0.00	304	1.21	16.20	0.00	17.21	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	0.00	0.00
Orange Juice	1 EACH	60	0	0	0.00	0.00	0.00	0	30.00	12.00	1.00	16.00	0.00	0.00
Juice/Appleberry	45 EACH	2475	0	0	0.00	0.00	0.00	0	0.00	585.00	0.00	630.01	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Tapatio Sauce	OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Middle School Breakfast 6-8

Thursday, Sep 5, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinn.Fr.Tst/Turk.Sausage	SVG.	60	30	90	0.00	0.36	0.00	0	0.00	0.00	6.00	0.00	4.00	1.00
Breakfast "Jax" Sandwich	1 EACH	403	153	852	0.00	0.90	118.50	250	0.00	2.50	23.00	32.50	19.00	7.25
Waffle Sandwich	1 EACH	190	35	450	3.00	1.44	60.00	0	0.00	4.00	10.00	23.00	7.50	1.50
Mexican Sweetbread	EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Ham Breakfast Burrito	1 EACH	397	136	822	4.71	26.97	395.03	304	1.37	0.99	17.09	34.14	20.57	9.29
Crumb Cake	1 EACH	283	32	215	3.00	1.20	16.00	0	0.10	24.00	3.40	47.00	9.00	1.20
Bagel	EACH	163	0	172	3.30	1.80	13.00	0	0.00	3.00	5.90	33.50	0.61	0.06
Oatmeal Choc. Chip Bar	EACH	290	20	240	3.00	1.80	20.00	0	0.00	22.00	5.00	47.00	9.00	3.00
Yogurt Parfait	1 EACH	295	7	173	5.71	1.98	171.81	722	28.89	29.05*	8.30	60.12	3.94	1.10
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pears, Can,Light Syrup	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.00	74	0.00	14.78	0.00	17.24	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	0.00	0.00
Orange Juice	1 EACH	60	0	0	0.00	0.00	0.00	0	30.00	12.00	1.00	16.00	0.00	0.00
Juice/Appleberry	20 EACH	1100	0	0	0.00	0.00	0.00	0	0.00	260.00	0.00	280.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Tapatio Sauce	OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Middle School Breakfast 6-8

Friday, Sep 6, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sau,Egg,Cheese,Biscuit	1 each	314	138	599	1.99	2.15	217.97	250	0.00	6.97	16.48	27.86	14.47	5.24
Potato & Soy Chorizo Breakfast Burrito	1 EACH	496	30	1232	8.74	28.47	400.50	1030	10.64	3.75*	21.35	43.42	26.75	9.65
Egg-Scr,Tots & Muffin	1 Each	272	208	490	2.68	0.69	70.10	29	2.32	7.34	9.37	29.52	12.18	3.10
Mexican Sweetbread	EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Cinnamon Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Bagel	EACH	163	0	172	3.30	1.80	13.00	0	0.00	3.00	5.90	33.50	0.61	0.06
Yogurt with Granola	EACH	210	5	137	1.74	1.04	150.57	650	0.69	20.10	6.31	40.14	2.74	1.29
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin Oranges	SERVING 4 oz	31	0	4	0.44	0.32	8.87	133	94.19	7.54	0.44	7.54	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	0.00	0.00
Orange Juice	1 EACH	60	0	0	0.00	0.00	0.00	0	30.00	12.00	1.00	16.00	0.00	0.00
Juice/Appleberry	25 EACH	1375	0	0	0.00	0.00	0.00	0	0.00	325.00	0.00	350.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Tapatio Sauce	OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Middle School Breakfast 6-8

Monday, Sep 9, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Home Run Breakfast	SVG	585	207	1607	5.48	1.83	40.00	0	6.27	3.33	18.82	62.43	28.20	6.41
UBR Cinnamon Granola	1 EACH	280	5	190	6.29	0.68	29.81	8	0.01	19.00	5.00	44.00	8.00	3.00
Egg & Chorizo Burrito	1 EACH	200	40	370	3.00	2.70	150.00	500	1.20	0.00	9.00	22.00	9.00	3.50
Mexican Sweetbread	EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Oatmeal Choc. Chip Bar	EACH	290	20	240	3.00	1.80	20.00	0	0.00	22.00	5.00	47.00	9.00	3.00
Cinnamon Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
Bagel	EACH	163	0	172	3.30	1.80	13.00	0	0.00	3.00	5.90	33.50	0.61	0.06
Yogurt with Granola	EACH	210	5	137	1.74	1.04	150.57	650	0.69	20.10	6.31	40.14	2.74	1.29
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can,Lt Syrup	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.82	0	12.07	18.78	1.01	22.80	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	0.00	0.00
Orange Juice	1 EACH	60	0	0	0.00	0.00	0.00	0	30.00	12.00	1.00	16.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	0	0.00	0.00	0.00	0	0.00	13.00	0.00	14.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Tapatio Sauce	OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Middle School Breakfast 6-8

Tuesday, Sep 10, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinn.Fr.Tst/Turk.Sausage	SVG.	60	30	90	0.00	0.36	0.00	0	0.00	0.00	6.00	0.00	4.00	1.00
Breakfast "Jax" Sandwich	1 EACH	365	138	620	0.00	0.72	118.50	250	0.00	1.00	18.50	31.00	18.50	6.75
Ham Breakfast Burrito	1 EACH	397	136	822	4.71	26.97	395.03	304	1.37	0.99	17.09	34.14	20.57	9.29
Mexican Sweetbread	EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Crumb Cake	1 EACH	283	32	215	3.00	1.20	16.00	0	0.10	24.00	3.40	47.00	9.00	1.20
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Bagel	EACH	163	0	172	3.30	1.80	13.00	0	0.00	3.00	5.90	33.50	0.61	0.06
Yogurt Parfait	1 EACH	295	7	173	5.71	1.98	171.81	722	28.89	29.05*	8.30	60.12	3.94	1.10
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mixed Fruit, Light Syrup	SERVING, 3.5 oz	72	0	8	1.40	0.40	7.60	132	2.40	*N/A*	0.60	18.80	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	0.00	0.00
Orange Juice	1 EACH	60	0	0	0.00	0.00	0.00	0	30.00	12.00	1.00	16.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	0	0.00	0.00	0.00	0	0.00	13.00	0.00	14.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Tapatio Sauce	OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Middle School Breakfast 6-8

Wednesday, Sep 11, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sau,Egg,Cheese,Biscuit	1 each	314	138	599	1.99	2.15	217.97	250	0.00	6.97	16.48	27.86	14.47	5.24
Egg & Chorizo Burrito	1 EACH	200	40	370	3.00	2.70	150.00	500	1.20	0.00	9.00	22.00	9.00	3.50
Breakfast Burrito, bacon	1 EACH	337	170	704	4.71	27.56	231.01	300	1.37	1.99	12.71	32.77	16.22	4.86
Mexican Sweetbread	EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
UBR,Oatmeal Chocolate Chip	SERVING	270	5	180	6.25	0.92	23.56	9	0.00	19.00	5.00	44.00	8.00	2.50
Mini Maple Pancakes	1 EACH	210	10	320	4.00	2.70	59.93	499	0.00	10.99	4.00	34.96	5.99	1.00
Cinnamon Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
French Toast Bar	1 EACH	290	25	200	3.00	1.80	40.00	0	0.00	21.00	5.00	47.00	9.00	2.50
Bagel	EACH	163	0	172	3.30	1.80	13.00	0	0.00	3.00	5.90	33.50	0.61	0.06
Yogurt with Granola	EACH	210	5	137	1.74	1.04	150.57	650	0.69	20.10	6.31	40.14	2.74	1.29
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Peaches, canned	SERVING, 4.5 oz	71	0	10	1.01	0.00	0.00	304	1.21	16.20	0.00	17.21	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	0.00	0.00
Orange Juice	1 EACH	60	0	0	0.00	0.00	0.00	0	30.00	12.00	1.00	16.00	0.00	0.00
Juice/Appleberry	45 EACH	2475	0	0	0.00	0.00	0.00	0	0.00	585.00	0.00	630.01	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Tapatio Sauce	OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Middle School Breakfast 6-8

Thursday, Sep 12, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinn.Fr.Tst/Turk.Sausage	SVG.	60	30	90	0.00	0.36	0.00	0	0.00	0.00	6.00	0.00	4.00	1.00
Breakfast "Jax" Sandwich	1 EACH	403	153	852	0.00	0.90	118.50	250	0.00	2.50	23.00	32.50	19.00	7.25
Waffle Sandwich	1 EACH	190	35	450	3.00	1.44	60.00	0	0.00	4.00	10.00	23.00	7.50	1.50
Mexican Sweetbread	EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Ham Breakfast Burrito	1 EACH	397	136	822	4.71	26.97	395.03	304	1.37	0.99	17.09	34.14	20.57	9.29
Crumb Cake	1 EACH	283	32	215	3.00	1.20	16.00	0	0.10	24.00	3.40	47.00	9.00	1.20
Bagel	EACH	163	0	172	3.30	1.80	13.00	0	0.00	3.00	5.90	33.50	0.61	0.06
Oatmeal Choc. Chip Bar	EACH	290	20	240	3.00	1.80	20.00	0	0.00	22.00	5.00	47.00	9.00	3.00
Yogurt Parfait	1 EACH	295	7	173	5.71	1.98	171.81	722	28.89	29.05*	8.30	60.12	3.94	1.10
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pears, Can,Light Syrup	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.00	74	0.00	14.78	0.00	17.24	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	0.00	0.00
Orange Juice	1 EACH	60	0	0	0.00	0.00	0.00	0	30.00	12.00	1.00	16.00	0.00	0.00
Juice/Appleberry	20 EACH	1100	0	0	0.00	0.00	0.00	0	0.00	260.00	0.00	280.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Tapatio Sauce	OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Middle School Breakfast 6-8

Friday, Sep 13, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sau,Egg,Cheese,Biscuit	1 each	314	138	599	1.99	2.15	217.97	250	0.00	6.97	16.48	27.86	14.47	5.24
Potato & Soy Chorizo Breakfast Burrito	1 EACH	496	30	1232	8.74	28.47	400.50	1030	10.64	3.75*	21.35	43.42	26.75	9.65
Egg-Scr,Tots & Muffin	1 Each	272	208	490	2.68	0.69	70.10	29	2.32	7.34	9.37	29.52	12.18	3.10
Mexican Sweetbread	EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Cinnamon Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Bagel	EACH	163	0	172	3.30	1.80	13.00	0	0.00	3.00	5.90	33.50	0.61	0.06
Yogurt with Granola	EACH	210	5	137	1.74	1.04	150.57	650	0.69	20.10	6.31	40.14	2.74	1.29
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin Oranges	SERVING 4 oz	31	0	4	0.44	0.32	8.87	133	94.19	7.54	0.44	7.54	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	0.00	0.00
Orange Juice	1 EACH	60	0	0	0.00	0.00	0.00	0	30.00	12.00	1.00	16.00	0.00	0.00
Juice/Appleberry	25 EACH	1375	0	0	0.00	0.00	0.00	0	0.00	325.00	0.00	350.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Tapatio Sauce	OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Middle School Breakfast 6-8

Monday, Sep 16, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Home Run Breakfast	SVG	585	207	1607	5.48	1.83	40.00	0	6.27	3.33	18.82	62.43	28.20	6.41
UBR Cinnamon Granola	1 EACH	280	5	190	6.29	0.68	29.81	8	0.01	19.00	5.00	44.00	8.00	3.00
Egg & Chorizo Burrito	1 EACH	200	40	370	3.00	2.70	150.00	500	1.20	0.00	9.00	22.00	9.00	3.50
Mexican Sweetbread	EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Oatmeal Choc. Chip Bar	EACH	290	20	240	3.00	1.80	20.00	0	0.00	22.00	5.00	47.00	9.00	3.00
Cinnamon Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
Bagel	EACH	163	0	172	3.30	1.80	13.00	0	0.00	3.00	5.90	33.50	0.61	0.06
Yogurt with Granola	EACH	210	5	137	1.74	1.04	150.57	650	0.69	20.10	6.31	40.14	2.74	1.29
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can,Lt Syrup	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.82	0	12.07	18.78	1.01	22.80	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	0.00	0.00
Orange Juice	1 EACH	60	0	0	0.00	0.00	0.00	0	30.00	12.00	1.00	16.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	0	0.00	0.00	0.00	0	0.00	13.00	0.00	14.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Tapatio Sauce	OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Middle School Breakfast 6-8

Tuesday, Sep 17, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinn.Fr.Tst/Turk.Sausage	SVG.	60	30	90	0.00	0.36	0.00	0	0.00	0.00	6.00	0.00	4.00	1.00
Breakfast "Jax" Sandwich	1 EACH	365	138	620	0.00	0.72	118.50	250	0.00	1.00	18.50	31.00	18.50	6.75
Ham Breakfast Burrito	1 EACH	397	136	822	4.71	26.97	395.03	304	1.37	0.99	17.09	34.14	20.57	9.29
Mexican Sweetbread	EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Crumb Cake	1 EACH	283	32	215	3.00	1.20	16.00	0	0.10	24.00	3.40	47.00	9.00	1.20
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Bagel	EACH	163	0	172	3.30	1.80	13.00	0	0.00	3.00	5.90	33.50	0.61	0.06
Yogurt Parfait	1 EACH	295	7	173	5.71	1.98	171.81	722	28.89	29.05*	8.30	60.12	3.94	1.10
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mixed Fruit, Light Syrup	SERVING, 3.5 oz	72	0	8	1.40	0.40	7.60	132	2.40	*N/A*	0.60	18.80	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	0.00	0.00
Orange Juice	1 EACH	60	0	0	0.00	0.00	0.00	0	30.00	12.00	1.00	16.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	0	0.00	0.00	0.00	0	0.00	13.00	0.00	14.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Tapatio Sauce	OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Middle School Breakfast 6-8

Wednesday, Sep 18, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sau,Egg,Cheese,Biscuit	1 each	314	138	599	1.99	2.15	217.97	250	0.00	6.97	16.48	27.86	14.47	5.24
Egg & Chorizo Burrito	1 EACH	200	40	370	3.00	2.70	150.00	500	1.20	0.00	9.00	22.00	9.00	3.50
Breakfast Burrito, bacon	1 EACH	337	170	704	4.71	27.56	231.01	300	1.37	1.99	12.71	32.77	16.22	4.86
Mexican Sweetbread	EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
UBR,Oatmeal Chocolate Chip	SERVING	270	5	180	6.25	0.92	23.56	9	0.00	19.00	5.00	44.00	8.00	2.50
Mini Maple Pancakes	1 EACH	210	10	320	4.00	2.70	59.93	499	0.00	10.99	4.00	34.96	5.99	1.00
Cinnamon Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
French Toast Bar	1 EACH	290	25	200	3.00	1.80	40.00	0	0.00	21.00	5.00	47.00	9.00	2.50
Bagel	EACH	163	0	172	3.30	1.80	13.00	0	0.00	3.00	5.90	33.50	0.61	0.06
Yogurt with Granola	EACH	210	5	137	1.74	1.04	150.57	650	0.69	20.10	6.31	40.14	2.74	1.29
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Peaches, canned	SERVING, 4.5 oz	71	0	10	1.01	0.00	0.00	304	1.21	16.20	0.00	17.21	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	0.00	0.00
Orange Juice	1 EACH	60	0	0	0.00	0.00	0.00	0	30.00	12.00	1.00	16.00	0.00	0.00
Juice/Appleberry	45 EACH	2475	0	0	0.00	0.00	0.00	0	0.00	585.00	0.00	630.01	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Tapatio Sauce	OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Middle School Breakfast 6-8

Thursday, Sep 19, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinn.Fr.Tst/Turk.Sausage	SVG.	60	30	90	0.00	0.36	0.00	0	0.00	0.00	6.00	0.00	4.00	1.00
Breakfast "Jax" Sandwich	1 EACH	403	153	852	0.00	0.90	118.50	250	0.00	2.50	23.00	32.50	19.00	7.25
Waffle Sandwich	1 EACH	190	35	450	3.00	1.44	60.00	0	0.00	4.00	10.00	23.00	7.50	1.50
Mexican Sweetbread	EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Ham Breakfast Burrito	1 EACH	397	136	822	4.71	26.97	395.03	304	1.37	0.99	17.09	34.14	20.57	9.29
Crumb Cake	1 EACH	283	32	215	3.00	1.20	16.00	0	0.10	24.00	3.40	47.00	9.00	1.20
Bagel	EACH	163	0	172	3.30	1.80	13.00	0	0.00	3.00	5.90	33.50	0.61	0.06
Oatmeal Choc. Chip Bar	EACH	290	20	240	3.00	1.80	20.00	0	0.00	22.00	5.00	47.00	9.00	3.00
Yogurt Parfait	1 EACH	295	7	173	5.71	1.98	171.81	722	28.89	29.05*	8.30	60.12	3.94	1.10
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pears, Can,Light Syrup	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.00	74	0.00	14.78	0.00	17.24	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	0.00	0.00
Orange Juice	1 EACH	60	0	0	0.00	0.00	0.00	0	30.00	12.00	1.00	16.00	0.00	0.00
Juice/Appleberry	20 EACH	1100	0	0	0.00	0.00	0.00	0	0.00	260.00	0.00	280.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Tapatio Sauce	OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Middle School Breakfast 6-8

Friday, Sep 20, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sau,Egg,Cheese,Biscuit	1 each	314	138	599	1.99	2.15	217.97	250	0.00	6.97	16.48	27.86	14.47	5.24
Potato & Soy Chorizo Breakfast Burrito	1 EACH	496	30	1232	8.74	28.47	400.50	1030	10.64	3.75*	21.35	43.42	26.75	9.65
Egg-Scr,Tots & Muffin	1 Each	272	208	490	2.68	0.69	70.10	29	2.32	7.34	9.37	29.52	12.18	3.10
Mexican Sweetbread	EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Cinnamon Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Bagel	EACH	163	0	172	3.30	1.80	13.00	0	0.00	3.00	5.90	33.50	0.61	0.06
Yogurt with Granola	EACH	210	5	137	1.74	1.04	150.57	650	0.69	20.10	6.31	40.14	2.74	1.29
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin Oranges	SERVING 4 oz	31	0	4	0.44	0.32	8.87	133	94.19	7.54	0.44	7.54	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	0.00	0.00
Orange Juice	1 EACH	60	0	0	0.00	0.00	0.00	0	30.00	12.00	1.00	16.00	0.00	0.00
Juice/Appleberry	25 EACH	1375	0	0	0.00	0.00	0.00	0	0.00	325.00	0.00	350.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Tapatio Sauce	OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Middle School Breakfast 6-8

Monday, Sep 23, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Home Run Breakfast	SVG	585	207	1607	5.48	1.83	40.00	0	6.27	3.33	18.82	62.43	28.20	6.41
UBR Cinnamon Granola	1 EACH	280	5	190	6.29	0.68	29.81	8	0.01	19.00	5.00	44.00	8.00	3.00
Egg & Chorizo Burrito	1 EACH	200	40	370	3.00	2.70	150.00	500	1.20	0.00	9.00	22.00	9.00	3.50
Mexican Sweetbread	EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Oatmeal Choc. Chip Bar	EACH	290	20	240	3.00	1.80	20.00	0	0.00	22.00	5.00	47.00	9.00	3.00
Cinnamon Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
Bagel	EACH	163	0	172	3.30	1.80	13.00	0	0.00	3.00	5.90	33.50	0.61	0.06
Yogurt with Granola	EACH	210	5	137	1.74	1.04	150.57	650	0.69	20.10	6.31	40.14	2.74	1.29
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can,Lt Syrup	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.82	0	12.07	18.78	1.01	22.80	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	0.00	0.00
Orange Juice	1 EACH	60	0	0	0.00	0.00	0.00	0	30.00	12.00	1.00	16.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	0	0.00	0.00	0.00	0	0.00	13.00	0.00	14.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Tapatio Sauce	OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Middle School Breakfast 6-8

Tuesday, Sep 24, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinn.Fr.Tst/Turk.Sausage	SVG.	60	30	90	0.00	0.36	0.00	0	0.00	0.00	6.00	0.00	4.00	1.00
Breakfast "Jax" Sandwich	1 EACH	365	138	620	0.00	0.72	118.50	250	0.00	1.00	18.50	31.00	18.50	6.75
Ham Breakfast Burrito	1 EACH	397	136	822	4.71	26.97	395.03	304	1.37	0.99	17.09	34.14	20.57	9.29
Mexican Sweetbread	EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Crumb Cake	1 EACH	283	32	215	3.00	1.20	16.00	0	0.10	24.00	3.40	47.00	9.00	1.20
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Bagel	EACH	163	0	172	3.30	1.80	13.00	0	0.00	3.00	5.90	33.50	0.61	0.06
Yogurt Parfait	1 EACH	295	7	173	5.71	1.98	171.81	722	28.89	29.05*	8.30	60.12	3.94	1.10
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mixed Fruit, Light Syrup	SERVING, 3.5 oz	72	0	8	1.40	0.40	7.60	132	2.40	*N/A*	0.60	18.80	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	0.00	0.00
Orange Juice	1 EACH	60	0	0	0.00	0.00	0.00	0	30.00	12.00	1.00	16.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	0	0.00	0.00	0.00	0	0.00	13.00	0.00	14.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Tapatio Sauce	OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Middle School Breakfast 6-8

Wednesday, Sep 25, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sau,Egg,Cheese,Biscuit	1 each	314	138	599	1.99	2.15	217.97	250	0.00	6.97	16.48	27.86	14.47	5.24
Egg & Chorizo Burrito	1 EACH	200	40	370	3.00	2.70	150.00	500	1.20	0.00	9.00	22.00	9.00	3.50
Breakfast Burrito, bacon	1 EACH	337	170	704	4.71	27.56	231.01	300	1.37	1.99	12.71	32.77	16.22	4.86
Mexican Sweetbread	EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
UBR,Oatmeal Chocolate Chip	SERVING	270	5	180	6.25	0.92	23.56	9	0.00	19.00	5.00	44.00	8.00	2.50
Mini Maple Pancakes	1 EACH	210	10	320	4.00	2.70	59.93	499	0.00	10.99	4.00	34.96	5.99	1.00
Cinnamon Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
French Toast Bar	1 EACH	290	25	200	3.00	1.80	40.00	0	0.00	21.00	5.00	47.00	9.00	2.50
Bagel	EACH	163	0	172	3.30	1.80	13.00	0	0.00	3.00	5.90	33.50	0.61	0.06
Yogurt with Granola	EACH	210	5	137	1.74	1.04	150.57	650	0.69	20.10	6.31	40.14	2.74	1.29
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Peaches, canned	SERVING, 4.5 oz	71	0	10	1.01	0.00	0.00	304	1.21	16.20	0.00	17.21	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	0.00	0.00
Orange Juice	1 EACH	60	0	0	0.00	0.00	0.00	0	30.00	12.00	1.00	16.00	0.00	0.00
Juice/Appleberry	45 EACH	2475	0	0	0.00	0.00	0.00	0	0.00	585.00	0.00	630.01	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Tapatio Sauce	OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Middle School Breakfast 6-8

Thursday, Sep 26, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinn.Fr.Tst/Turk.Sausage	SVG.	60	30	90	0.00	0.36	0.00	0	0.00	0.00	6.00	0.00	4.00	1.00
Breakfast "Jax" Sandwich	1 EACH	403	153	852	0.00	0.90	118.50	250	0.00	2.50	23.00	32.50	19.00	7.25
Waffle Sandwich	1 EACH	190	35	450	3.00	1.44	60.00	0	0.00	4.00	10.00	23.00	7.50	1.50
Mexican Sweetbread	EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Ham Breakfast Burrito	1 EACH	397	136	822	4.71	26.97	395.03	304	1.37	0.99	17.09	34.14	20.57	9.29
Crumb Cake	1 EACH	283	32	215	3.00	1.20	16.00	0	0.10	24.00	3.40	47.00	9.00	1.20
Bagel	EACH	163	0	172	3.30	1.80	13.00	0	0.00	3.00	5.90	33.50	0.61	0.06
Oatmeal Choc. Chip Bar	EACH	290	20	240	3.00	1.80	20.00	0	0.00	22.00	5.00	47.00	9.00	3.00
Yogurt Parfait	1 EACH	295	7	173	5.71	1.98	171.81	722	28.89	29.05*	8.30	60.12	3.94	1.10
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pears, Can,Light Syrup	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.00	74	0.00	14.78	0.00	17.24	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	0.00	0.00
Orange Juice	1 EACH	60	0	0	0.00	0.00	0.00	0	30.00	12.00	1.00	16.00	0.00	0.00
Juice/Appleberry	20 EACH	1100	0	0	0.00	0.00	0.00	0	0.00	260.00	0.00	280.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Tapatio Sauce	OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Middle School Breakfast 6-8

Friday, Sep 27, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Sau,Egg,Cheese,Biscuit	1 each	314	138	599	1.99	2.15	217.97	250	0.00	6.97	16.48	27.86	14.47	5.24
Potato & Soy Chorizo Breakfast Burrito	1 EACH	496	30	1232	8.74	28.47	400.50	1030	10.64	3.75*	21.35	43.42	26.75	9.65
Egg-Scr,Tots & Muffin	1 Each	272	208	490	2.68	0.69	70.10	29	2.32	7.34	9.37	29.52	12.18	3.10
Mexican Sweetbread	EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Cinnamon Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
Banana Breakfast Bar	1 EACH	290	15	220	9.00	1.80	20.00	0	0.00	23.00	5.00	48.00	8.00	3.00
Bagel	EACH	163	0	172	3.30	1.80	13.00	0	0.00	3.00	5.90	33.50	0.61	0.06
Yogurt with Granola	EACH	210	5	137	1.74	1.04	150.57	650	0.69	20.10	6.31	40.14	2.74	1.29
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mandarin Oranges	SERVING 4 oz	31	0	4	0.44	0.32	8.87	133	94.19	7.54	0.44	7.54	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	0.00	0.00
Orange Juice	1 EACH	60	0	0	0.00	0.00	0.00	0	30.00	12.00	1.00	16.00	0.00	0.00
Juice/Appleberry	25 EACH	1375	0	0	0.00	0.00	0.00	0	0.00	325.00	0.00	350.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Tapatio Sauce	OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.

Middle School Breakfast 6-8

Monday, Sep 30, 2019

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Cinnamon Toast Crunch	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Home Run Breakfast	SVG	585	207	1607	5.48	1.83	40.00	0	6.27	3.33	18.82	62.43	28.20	6.41
UBR Cinnamon Granola	1 EACH	280	5	190	6.29	0.68	29.81	8	0.01	19.00	5.00	44.00	8.00	3.00
Egg & Chorizo Burrito	1 EACH	200	40	370	3.00	2.70	150.00	500	1.20	0.00	9.00	22.00	9.00	3.50
Mexican Sweetbread	EACH	200	5	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
Oatmeal Choc. Chip Bar	EACH	290	20	240	3.00	1.80	20.00	0	0.00	22.00	5.00	47.00	9.00	3.00
Cinnamon Roll	1 EACH	300	5	310	3.00	1.80	20.00	300	1.20	22.00	5.00	51.01	11.00	6.00
Bagel	EACH	163	0	172	3.30	1.80	13.00	0	0.00	3.00	5.90	33.50	0.61	0.06
Yogurt with Granola	EACH	210	5	137	1.74	1.04	150.57	650	0.69	20.10	6.31	40.14	2.74	1.29
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pineapple, Can,Lt Syrup	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.82	0	12.07	18.78	1.01	22.80	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Orange Smiles	SERVING, 4.75oz	40	0	1	2.00	0.00	0.00	0	0.00	7.00	1.00	10.00	0.00	0.00
Orange Juice	1 EACH	60	0	0	0.00	0.00	0.00	0	30.00	12.00	1.00	16.00	0.00	0.00
Juice/Appleberry	1 EACH	55	0	0	0.00	0.00	0.00	0	0.00	13.00	0.00	14.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk	1 EACH	120	10	150	0.00	0.00	350.00	500	2.40	14.00	10.00	14.00	2.50	1.50
Milk, Chocolate FF	1 EACH	110	5	135	0.00	0.72	250.00	500	0.00	18.00	8.00	20.00	0.00	0.00
Milk, FF, Carton, 8 oz.	1 EACH	90	5	120	0.00	0.00	300.00	500	2.40	12.00	9.00	12.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Maple Syrup	1 OZ	79	0	29	0.03	0.05	3.40	0	0.00	19.33	0.00	19.71	0.03	0.01
Tapatio Sauce	OZ	0	0	3118	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

[Print This Page](#)

[Close This Page](#)

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.