

# Menu Nutrient Analysis

Menu: Breakfast- Elem- Nutrition Information

Meal Pattern: [USDA]Meal Pattern SY 2017-2022

Menu Item (Serving Size)	Plan Qty	Calories (Kcal)(1)	Fat (g)	Sfat (g)(1)	TFat (g)(2)	Chol (mg)	Na (mg)(1)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
<b>Breakfast- Elem- Nutrition Information</b>	1																
<b>Category: Entrees; Choose: 1</b>																	
Bar, BeneFIT Oatmeal Chocolate Chip 2.5 oz, J&J Snack Foods, 40401, WGR - SR102962 (1 Bar (2.5oz))	0	290.00	9.00	3.00	0.00	20.00	240.00	47.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Bread, Whole Grain Ultra Bread Slice Banana (96g), Super Bakery, 6071, WGR - LR1100 (1 slices)	0	280.00	10.00	2.00	0.00	0.00	220.00	44.00	2.00	25.00	5.00	1.08	80.00	100.00	0.00	(M)	(M)
Breakfast Stick, WG, Sausage Wrapped Pancake, Jimmy Dean 2.5oz - LR1102 (1 piece)	0	200.00	11.00	3.00	0.00	20.00	280.00	19.00	1.00	8.00	6.00	1.44	40.00	0.00	0.00	(M)	(M)
Cinnamon Rolls, Mini Cinnis Pull Apart Rolls, Pillsbury General Mills, 33686, WGR - SR104478 (1 pkg.)	0	240.00	8.00	2.00	0.00	0.00	300.00	40.00	2.00	15.00	5.00	1.44	40.00	0.00	0.00	(M)	(M)
Donut, Yeast Ring, WG 2.45oz - LR1103 (1 donut)	0	298.28	15.98	7.46	0.00	0.00	319.59	31.96	3.00	7.46	5.33	0.75	14.84	10.40	0.00	0.00	0.00
Donuts, Mini Variety, WG Mr. Goodyman - LR1095 (1 pkg.)	0	305.00	13.80	5.80	0.00	0.00	258.00	41.00	2.00	19.60	4.70	1.48	46.00	0.00	0.00	(M)	(M)
Dutch Waffle/Funnel Cake 51% Whole Grain, 5" IW Frozen, J&J Snack Foods, 4521, WGR - SR101998 (1 ea.)	0	300.00	13.00	3.00	0.00	20.00	350.00	43.00	3.00	12.00	4.00	1.80	40.00	0.00	0.00	(M)	(M)
Pancakes, Minis Blueberry, Eggo, Kellogg's, 3800092560, WGR - SR106351 (1 pouch)	0	210.00	6.00	1.00	0.00	10.00	310.00	35.00	4.00	11.00	4.00	2.70	60.00	500.00	0.00	(M)	(M)
Pancakes, Minis Maple, Eggo, Kellogg's, 3800092562, WGR - SR106101 (1 pouch)	0	210.00	6.00	1.00	0.00	10.00	320.00	35.00	4.00	11.00	4.00	2.70	60.00	500.00	0.00	(M)	(M)
Roll, Cinnamon, WG, IW, 2.6 oz., Sky Blue Foods - LR1094 (1 roll.)	0	240.00	7.00	2.00	0.00	10.00	230.00	43.00	3.00	18.00	4.00	1.80	40.00	0.00	0.00	(M)	(M)
Sandwich, Breakfast,High School - Muffin - LR1053 (1 sandwich)	0	361.92	19.25	8.86	0.00	139.30	643.28	27.97	1.00	1.97	19.83	2.16	245.80	391.60	0.00	(M)	(M)

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Strudel, Apple Frudel K-12 Hot Breakfast, Pillsbury, General Mills, 127852000, WGR - SR100158 (1 frudel)	0	210.00	6.00	1.00	0.00	0.00	260.00	36.00	2.00	11.00	5.00	1.08	0.00	0.00	0.00	(M)	(M)
Strudel, Cherry Frudel K-12 Hot Breakfast, Pillsbury, General Mills, 127851000, WGR - SR102114 (1 frudel)	0	210.00	6.00	1.00	0.00	0.00	260.00	37.00	2.00	11.00	5.00	1.08	0.00	0.00	0.00	(M)	(M)
<b>Category: Grains; Choose: 2</b>		<b>Calories (Kcal)(1)</b>	<b>Fat (g)</b>	<b>Sfat (g)(1)</b>	<b>TFat (g)(2)</b>	<b>Chol (mg)</b>	<b>Na (mg)(1)</b>	<b>Carb (g)</b>	<b>TDF (g)</b>	<b>Sugars (g)</b>	<b>Pro (g)</b>	<b>Fe (mg)</b>	<b>Ca (mg)</b>	<b>A,IU</b>	<b>VitC (mg)</b>	<b>Mois (g)</b>	<b>Ash (g)</b>
Cereal Bar Variety - LR1126 (1 Bar)	0	152.50	3.50	0.25	0.00	0.00	116.25	30.00	2.75	10.25	2.25	1.80	200.00	237.50	0.60	(M)	(M)
Cereal Variety, HS - LR1028 (2 bowl)	0	232.00	3.40	0.40	0.00	0.00	348.00	46.00	2.80	19.60	4.00	8.28	184.00	920.00	11.04	(M)	(M)
Cracker, Cinnamon Graham Crackers, Keebler Bug Bites, Kellogg's, 210/1 oz., 55644, WGR - LR1138 (1 pkg.)	0	120.00	3.50	1.00	0.00	0.00	115.00	21.00	1.00	8.00	2.00	0.72	100.00	500.00	0.00	(M)	(M)
Muffin, Wild Blueberry, Delicious Essentials, 2 oz, Otis Spunkmeyer, 10143, WG - SR102266 (1 muffin)	0	190.00	6.00	2.00	0.00	45.00	130.00	30.00	2.00	16.00	3.00	1.08	20.00	100.00	0.00	(M)	(M)
Pastry, Pop-Tarts Frosted Strawberry Made With Whole Grain, 1.76 oz./12/10, Kellogg's, 38000-55130, WGR - SR106318 (1 pastry)	0	180.00	2.50	1.00	0.00	0.00	180.00	38.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Yogurt, Trix Triple Cherry Yogurt, Low Fat 4 oz, General Mills, 70470-31077, MMA - SR101017 (1 container)	0	100.00	0.50	0.50	0.00	5.00	50.00	20.00	(M)	13.00	3.00	0.00	100.00	500.00	0.00	(M)	(M)
<b>Category: Fruits; Choose: 2</b>		<b>Calories (Kcal)(1)</b>	<b>Fat (g)</b>	<b>Sfat (g)(1)</b>	<b>TFat (g)(2)</b>	<b>Chol (mg)</b>	<b>Na (mg)(1)</b>	<b>Carb (g)</b>	<b>TDF (g)</b>	<b>Sugars (g)</b>	<b>Pro (g)</b>	<b>Fe (mg)</b>	<b>Ca (mg)</b>	<b>A,IU</b>	<b>VitC (mg)</b>	<b>Mois (g)</b>	<b>Ash (g)</b>
Craisins, Sweetened Dried Cranberries, Strawberry Flavor, Ocean Spray 23445, F - SR107765 (1 pouch)	0	110.00	0.00	0.00	0.00	(M)	0.00	28.00	3.00	24.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Fresh Fruit, Variety, HS Breakfast - LR1089 (1 fruit)	0	22.56(M)	0.06(M)	0.01(M)	0.00(M)	0.00(M)	0.00(M)	5.64(M)	1.15(M)	4.49(M)	0.45(M)	0.05(M)	19.20(M)	108.00(M)	25.54(M)	41.64(M)	0.21(M)
Juice, Variety, High School Breakfast - LR1099 (1/2 c.)	0	58.05	0.00	0.00	0.00	0.00	6.50	14.65	0.00(M)	12.65	0.00	0.00	7.15	0.00	53.70	(M)	(M)
Raisins, Unsweetened 1.33oz Box - LR1107 (1 Box)	0	114.00	0.00	0.00	0.00	0.00	4.00	30.00	1.00	23.00	1.00	(M)	(M)	(M)	(M)	(M)	(M)

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Category: Milk; Choose: 1		Calories (Kcal)(1)	Fat (g)	Sfat (g)(1)	TFat (g)(2)	Chol (mg)	Na (mg)(1)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
Milk, Chocolate, Fat Free, Turner Dairy, Milk - SR100184 (1 cup servin)	0	130.00	0.50	0.00	0.00	5.00	200.00	24.00	0.00	22.00	8.00	0.36	300.00	400.00	2.40	(M)	(M)
Milk, Strawberry Flavored, Fat Free, Turners Dairy - SR100538 (1 c.)	0	150.00	0.50	0.00	0.00	5.00	110.00	27.00	0.00	24.00	8.00	0.00	300.00	400.00	2.40	(M)	(M)
Milk, Unflavored, 1% Low Fat, Turners Dairy, Milk - SR100873 (1 c.)	0	100.00	2.50	1.50	0.00	10.00	115.00	12.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Unflavored, Fat Free, Skim, Turners Dairy, M - SR100872 (1 c.)	0	90.00	0.00	0.00	0.00	4.99	115.00	13.00	0.00	12.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)
Milk, Vanilla Flavored, Fat Free, Turners Dairy, M - SR100539 (1 c.)	0	140.00	0.50	0.00	0.00	5.00	110.00	24.00	0.00	23.00	8.00	0.00	300.00	500.00	2.40	(M)	(M)