

April

ELEMENTARY BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
Cinnamon Skeeter Grahams with String Cheese (vg) Fresh Pear 3	Hot Pancakes with Syrup Local Fresh Apple 4	Hot Classic Chicken Sausage and Cheddar Cheese Bagel Sandwich Fresh Orange 5	Zee Zees Berry Apple Crisp Bar Fresh Pineapple and 100% Orange Juice 6	Hot Cheese Omelet with Dinner Roll (vg) Fresh Banana 7
Yogurt with Smart Crackers (vg) Fresh Pear 10	Hot Breakfast Cinnamon Crumble (vg) Local Fresh Apple 11	Hot Southwest Chicken Chorizo and Cheddar Cheese Bagel Sandwich Fresh Orange 12	Blueberry Burst Whole Grain Bagel with Cream Cheese (vg) Fresh Pineapple and 100% Orange Juice 13	Hot English Muffin with Egg and Cheddar Cheese (vg) Fresh Banana 14
<h3>No School for Students</h3>				
Cinnamon Chex with Skeeter Cinnamon Grahams with Raisins* <small>(Applesauce instead of Raisins for PK)</small> 24	Hot English Muffin with Southwest Chicken Chorizo and Cheddar Cheese Local Fresh Apple 25	Hot French Toast Sticks with Syrup (vg) Fresh Orange 26	Yogurt with Cinnamon Skeeter Grahams (vg) Fresh Pineapple and 100% Orange Juice 27	Hot Cinnamon Toast Bagel (vg) Fresh Banana 28

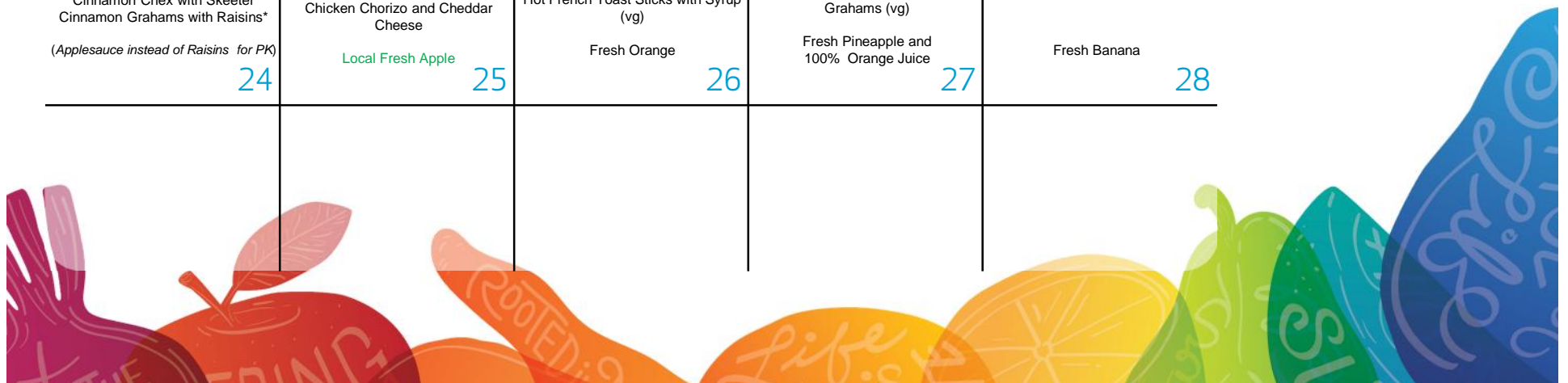
If you see it in **GREEN**, it is a local item; if it see it in **BLUE**, it is an international item!

Assorted Cereals Available Daily.
*Provided by Sodexo**Magic***

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered once a week

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

This institution is an equal opportunity provider



Menu Date	Recipe Description	Portion Size	Cals	Carb (g)	Cholst (mg)	Sodm (mg)	Fib (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugar (g)	Protn (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
4/3/2017	BRK, CINNA GRAHAMS/ CHS	SERVING	210	22	15	250	1	1.08	220	240	0	8	9	10.5	3.5	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	0.23	0.04	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	0.23	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
4/4/2017	BRK, PANCAKES:0714	1 EACH	194	37.77	0	203	1.98	1.43	39.7	70	0	13.95	3.97	1.98	0	0
	FR, APPLE 1/2 CUP	1 EACH	77	20.58	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	0.25	0.04	0
	FR, APPLE 1/2 CUP	1 EACH	77	20.58	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	0.25	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
4/5/2017	BRK, BAGEL SAUSAGE/ CHS:1116	1 EACH	223	31.28	38	370	3	2.11	109.4	94	0	3.28	13.51	5.11	1.72	0
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	0.12	0.01	0
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	0.12	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
4/6/2017	BRK, ZZ BAR BERRY APPLE:0417	1 EACH	250	41	0	80	3	1.08	20	0	0	14	4	8	2	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	0.09	0.01	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	0.09	0.01	0
	FR, JUICE ORANGE 4 FL OZ:1213	EACH (4 FL OZ)	60	13	0	0	0	0	0	0	42	12	0	0	0	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
4/7/2017	BRK, OMELET CHEESE:0317	1 EACH	230	22	195	380	2	1.74	84.6	374	1.2	3	11	10.5	3	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	0.39	0.13	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	0.39	0.13	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
4/10/2017	BRK, YOGURT/DJ CRACKERS:0115	1 EACH	180	32.05	5	145	2	8.1	250.5	465	4.8	18.05	6.01	4	0	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	0.23	0.04	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	0.23	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
4/11/2017	BRK, CRUMBLE CINNAMON:0316	1 EACH	240	37	25	190	3	1.44	20	0	9	8	5	9	1	0
	FR, APPLE 1/2 CUP	1 EACH	77	20.58	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	0.25	0.04	0
	FR, APPLE 1/2 CUP	1 EACH	77	20.58	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	0.25	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
4/12/2017	BRK, BAGEL CHORIZO/CHS:1116	1 EACH	231	31.94	30	380	3.31	2.36	110.5	378	0.75	3.31	14.13	5.39	1.95	0
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	0.12	0.01	0
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	0.12	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
4/13/2017	BRK, BAGEL BLUEBERRY CHS:0417	1 EACH	210	32	15	285	3	1.8	80	220	0	5	7	5	3.5	0

Menu Date	Recipe Description	Portion Size	Cals	Carb (g)	Cholst (mg)	Sodm (mg)	Fib (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugar (g)	Protn (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	0.09	0.01	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	0.09	0.01	0
	FR, JUICE ORANGE 4 FL OZ:1213	EACH (4 FL OZ)	60	13	0	0	0	0	0	0	42	12	0	0	0	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
4/14/2017	BRK, EM BREK EGG/CHS:1216	1 EACH	212	26	180	399	2	1.32	158.1	311	0	1	11.27	6.28	2.52	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	0.39	0.13	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	0.39	0.13	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
4/24/2017	BRK, SS HONEY BUTTON DCPS	1 EACH	200	40	0	55	4	1.44	20	0	0	10	5	2	0	0
	FR, RAISINS 1/4 CUP:0317	SERVING	120	32	0	4	2	0.72	20	0	0	24	1	0	0	0
	FR, RAISINS 1/4 CUP:0317	SERVING	120	32	0	4	2	0.72	20	0	0	24	1	0	0	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	0.23	0.04	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	0.23	0.04	0
	MILK 1% SHELF STABLE_0915	EACH (8 FL OZ)	110	13	10	130	0	0.07	305	478	0	12	8	2.5	1.5	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
4/25/2017	BRK, EM BREK CHORIZO SW:1216	1 EACH	246	33.94	30	375	2.31	1.28	150.5	403	0.75	9.31	13.13	5.89	1.95	0
	FR, APPLE 1/2 CUP	1 EACH	77	20.58	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	0.25	0.04	0
	FR, APPLE 1/2 CUP	1 EACH	77	20.58	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	0.25	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
4/26/2017	BRK, FRENCH TOAST STICKS:0417	1 EACH	275	46	10	265	2	0.72	40	40	0	20	6	7	1	0
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	0.12	0.01	0
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	0.12	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
4/27/2017	BRK, CINNA GRAHAMS/YOGURT	SERVING	210	35.05	5	120	1	1.08	170.5	105	0	21.05	6.01	5.5	0	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	0.09	0.01	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	0.09	0.01	0
	FR, JUICE ORANGE 4 FL OZ:1213	EACH (4 FL OZ)	60	13	0	0	0	0	0	0	42	12	0	0	0	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
4/28/2017	BRK, BAGEL CINNAMON TOAST	1 EACH	230	38.02	0	322	3.14	1.83	62.7	16	0.01	9.8	6.01	6.43	1.65	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	0.39	0.13	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	0.39	0.13	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/03/2017									
K-5 Breakfast	Total								
CEREAL COLD CHEERIOS	1 bowl	10	14	*N/A*	0.3	2.02	0.2	0.00	0.00
CEREAL COLD CHEX RICE	1 bowl	10	25	*N/A*	0.2	2.43	0.05	0.00	0.00
CEREAL COLD CIN CHEX RICE	1 bowl	11	17	1	0.1	2.33	0.2	0.00	0.00
CEREAL COLD GOLDEN GRAHAMS	1 bowl	10	22	1	0.1	2.43	0.1	0.00	0.00
CEREAL COLD RAISIN BRAN	1 bowl	11	13	*N/A*	0.3	2.7	0.05	0.00	0.00
CHEESE STRING	1 stick	80	150	*N/A*	7.0	1.0	6.0	3.50	0.00
APPLESAUCE CUP Peach	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
APPLESAUCE CUP Stawberry Banan	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
Weighted Daily Average		337	373	*38	16.01	53.51	8.61	4.70	0.00
% of Calories				*44.9%	19.0%	63.6%	23.0%	12.6%	0.0%
Nutrient Guideline		350-500	540					<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/04/2017									
K-5 Breakfast	Total								
CEREAL COLD CHEERIOS	1 bowl	10	14	*N/A*	0.3	2.02	0.2	0.00	0.00
CEREAL COLD CHEX RICE	1 bowl	10	25	*N/A*	0.2	2.43	0.05	0.00	0.00
CEREAL COLD CIN CHEX RICE	1 bowl	11	17	1	0.1	2.33	0.2	0.00	0.00
CEREAL COLD GOLDEN GRAHAMS	1 bowl	10	22	1	0.1	2.43	0.1	0.00	0.00
CEREAL COLD RAISIN BRAN	1 bowl	11	13	*N/A*	0.3	2.7	0.05	0.00	0.00
BRKFST BAR NUTRIGRAIN APPLE	1 bar	64	52	*N/A*	0.8	11.98	1.6	0.20	0.00
BRKFST BAR NUTRIGRAIN BLUE	1 bar	48	45	*N/A*	0.6	8.69	1.2	0.15	0.00
BRKFST BAR NUTRIGRAIN STRAW	1 bar	48	45	*N/A*	0.6	8.69	1.2	0.15	0.00
APPLESAUCE CUP Peach	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
APPLESAUCE CUP Stawberry Banan	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
Weighted Daily Average		416	365	*38	11.01	81.87	6.60	1.70	0.00
% of Calories				*36.3%	10.6%	78.7%	14.3%	3.7%	0.0%
Nutrient Guideline		350-500	540					<10.00	

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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/05/2017									
K-5 Breakfast	Total								
CEREAL COLD CHEERIOS	1 bowl	10	14	*N/A*	0.3	2.02	0.2	0.00	0.00
CEREAL COLD CHEX RICE	1 bowl	10	25	*N/A*	0.2	2.43	0.05	0.00	0.00
CEREAL COLD CIN CHEX RICE	1 bowl	11	17	1	0.1	2.33	0.2	0.00	0.00
CEREAL COLD GOLDEN GRAHAMS	1 bowl	10	22	1	0.1	2.43	0.1	0.00	0.00
CEREAL COLD RAISIN BRAN	1 bowl	11	13	*N/A*	0.3	2.7	0.05	0.00	0.00
CHEESE STRING	1 stick	80	150	*N/A*	7.0	1.0	6.0	3.50	0.00
APPLESAUCE CUP Peach	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
APPLESAUCE CUP Stawberry Banan	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
Weighted Daily Average		337	373	*38	16.01	53.51	8.61	4.70	0.00
% of Calories				*44.9%	19.0%	63.6%	23.0%	12.6%	0.0%
Nutrient Guideline		350-500	540					<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/06/2017									
K-5 Breakfast	Total								
CEREAL COLD CHEERIOS	1 bowl	10	14	*N/A*	0.3	2.02	0.2	0.00	0.00
CEREAL COLD CHEX RICE	1 bowl	10	25	*N/A*	0.2	2.43	0.05	0.00	0.00
CEREAL COLD CIN CHEX RICE	1 bowl	11	17	1	0.1	2.33	0.2	0.00	0.00
CEREAL COLD GOLDEN GRAHAMS	1 bowl	10	22	1	0.1	2.43	0.1	0.00	0.00
CEREAL COLD RAISIN BRAN	1 bowl	11	13	*N/A*	0.3	2.7	0.05	0.00	0.00
BRKFST BAR NUTRIGRAIN APPLE	1 bar	64	52	*N/A*	0.8	11.98	1.6	0.20	0.00
BRKFST BAR NUTRIGRAIN BLUE	1 bar	48	45	*N/A*	0.6	8.69	1.2	0.15	0.00
BRKFST BAR NUTRIGRAIN STRAW	1 bar	48	45	*N/A*	0.6	8.69	1.2	0.15	0.00
APPLESAUCE CUP Peach	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
APPLESAUCE CUP Stawberry Banan	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
Weighted Daily Average		416	365	*38	11.01	81.87	6.60	1.70	0.00
% of Calories				*36.3%	10.6%	78.7%	14.3%	3.7%	0.0%
Nutrient Guideline		350-500	540					<10.00	

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/07/2017									
K-5 Breakfast	Total								
CEREAL COLD CHEERIOS	1 bowl	10	14	*N/A*	0.3	2.02	0.2	0.00	0.00
CEREAL COLD CHEX RICE	1 bowl	10	25	*N/A*	0.2	2.43	0.05	0.00	0.00
CEREAL COLD CIN CHEX RICE	1 bowl	11	17	1	0.1	2.33	0.2	0.00	0.00
CEREAL COLD GOLDEN GRAHAMS	1 bowl	10	22	1	0.1	2.43	0.1	0.00	0.00
CEREAL COLD RAISIN BRAN	1 bowl	11	13	*N/A*	0.3	2.7	0.05	0.00	0.00
CHEESE STRING	1 stick	80	150	*N/A*	7.0	1.0	6.0	3.50	0.00
APPLESAUCE CUP Peach	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
APPLESAUCE CUP Stawberry Banan	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
Weighted Daily Average		337	373	*38	16.01	53.51	8.61	4.70	0.00
% of Calories				*44.9%	19.0%	63.6%	23.0%	12.6%	0.0%
Nutrient Guideline		350-500	540					<10.00	

Mon - 04/10/2017									
K-5 Breakfast	Total								
CEREAL COLD CHEERIOS	1 bowl	10	14	*N/A*	0.3	2.02	0.2	0.00	0.00
CEREAL COLD CHEX RICE	1 bowl	10	25	*N/A*	0.2	2.43	0.05	0.00	0.00
CEREAL COLD CIN CHEX RICE	1 bowl	11	17	1	0.1	2.33	0.2	0.00	0.00
CEREAL COLD GOLDEN GRAHAMS	1 bowl	10	22	1	0.1	2.43	0.1	0.00	0.00
CEREAL COLD RAISIN BRAN	1 bowl	11	13	*N/A*	0.3	2.7	0.05	0.00	0.00
CHEESE STRING	1 stick	80	150	*N/A*	7.0	1.0	6.0	3.50	0.00
APPLESAUCE CUP Peach	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
APPLESAUCE CUP Stawberry Banan	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
Weighted Daily Average		337	373	*38	16.01	53.51	8.61	4.70	0.00
% of Calories				*44.9%	19.0%	63.6%	23.0%	12.6%	0.0%
Nutrient Guideline		350-500	540					<10.00	

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/11/2017									
K-5 Breakfast	Total								
CEREAL COLD CHEERIOS	1 bowl	10	14	*N/A*	0.3	2.02	0.2	0.00	0.00
CEREAL COLD CHEX RICE	1 bowl	10	25	*N/A*	0.2	2.43	0.05	0.00	0.00
CEREAL COLD CIN CHEX RICE	1 bowl	11	17	1	0.1	2.33	0.2	0.00	0.00
CEREAL COLD GOLDEN GRAHAMS	1 bowl	10	22	1	0.1	2.43	0.1	0.00	0.00
CEREAL COLD RAISIN BRAN	1 bowl	11	13	*N/A*	0.3	2.7	0.05	0.00	0.00
BRKFST BAR NUTRIGRAIN APPLE	1 bar	64	52	*N/A*	0.8	11.98	1.6	0.20	0.00
BRKFST BAR NUTRIGRAIN BLUE	1 bar	48	45	*N/A*	0.6	8.69	1.2	0.15	0.00
BRKFST BAR NUTRIGRAIN STRAW	1 bar	48	45	*N/A*	0.6	8.69	1.2	0.15	0.00
APPLESAUCE CUP Peach	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
APPLESAUCE CUP Stawberry Banan	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
Weighted Daily Average		416	365	*38	11.01	81.87	6.60	1.70	0.00
% of Calories				*36.3%	10.6%	78.7%	14.3%	3.7%	0.0%
Nutrient Guideline		350-500	540					<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/12/2017									
K-5 Breakfast	Total								
CEREAL COLD CHEERIOS	1 bowl	10	14	*N/A*	0.3	2.02	0.2	0.00	0.00
CEREAL COLD CHEX RICE	1 bowl	10	25	*N/A*	0.2	2.43	0.05	0.00	0.00
CEREAL COLD CIN CHEX RICE	1 bowl	11	17	1	0.1	2.33	0.2	0.00	0.00
CEREAL COLD GOLDEN GRAHAMS	1 bowl	10	22	1	0.1	2.43	0.1	0.00	0.00
CEREAL COLD RAISIN BRAN	1 bowl	11	13	*N/A*	0.3	2.7	0.05	0.00	0.00
CHEESE STRING	1 stick	80	150	*N/A*	7.0	1.0	6.0	3.50	0.00
APPLESAUCE CUP Peach	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
APPLESAUCE CUP Stawberry Banan	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
Weighted Daily Average		337	373	*38	16.01	53.51	8.61	4.70	0.00
% of Calories				*44.9%	19.0%	63.6%	23.0%	12.6%	0.0%
Nutrient Guideline		350-500	540					<10.00	

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/13/2017									
K-5 Breakfast	Total								
CEREAL COLD CHEERIOS	1 bowl	10	14	*N/A*	0.3	2.02	0.2	0.00	0.00
CEREAL COLD CHEX RICE	1 bowl	10	25	*N/A*	0.2	2.43	0.05	0.00	0.00
CEREAL COLD CIN CHEX RICE	1 bowl	11	17	1	0.1	2.33	0.2	0.00	0.00
CEREAL COLD GOLDEN GRAHAMS	1 bowl	10	22	1	0.1	2.43	0.1	0.00	0.00
CEREAL COLD RAISIN BRAN	1 bowl	11	13	*N/A*	0.3	2.7	0.05	0.00	0.00
BRKFST BAR NUTRIGRAIN APPLE	1 bar	64	52	*N/A*	0.8	11.98	1.6	0.20	0.00
BRKFST BAR NUTRIGRAIN BLUE	1 bar	48	45	*N/A*	0.6	8.69	1.2	0.15	0.00
BRKFST BAR NUTRIGRAIN STRAW	1 bar	48	45	*N/A*	0.6	8.69	1.2	0.15	0.00
APPLESAUCE CUP Peach	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
APPLESAUCE CUP Stawberry Banan	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
Weighted Daily Average		416	365	*38	11.01	81.87	6.60	1.70	0.00
% of Calories				*36.3%	10.6%	78.7%	14.3%	3.7%	0.0%
Nutrient Guideline		350-500	540					<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/14/2017									
K-5 Breakfast	Total								
CEREAL COLD CHEERIOS	1 bowl	10	14	*N/A*	0.3	2.02	0.2	0.00	0.00
CEREAL COLD CHEX RICE	1 bowl	10	25	*N/A*	0.2	2.43	0.05	0.00	0.00
CEREAL COLD CIN CHEX RICE	1 bowl	11	17	1	0.1	2.33	0.2	0.00	0.00
CEREAL COLD GOLDEN GRAHAMS	1 bowl	10	22	1	0.1	2.43	0.1	0.00	0.00
CEREAL COLD RAISIN BRAN	1 bowl	11	13	*N/A*	0.3	2.7	0.05	0.00	0.00
CHEESE STRING	1 stick	80	150	*N/A*	7.0	1.0	6.0	3.50	0.00
APPLESAUCE CUP Peach	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
APPLESAUCE CUP Stawberry Banan	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
Weighted Daily Average		337	373	*38	16.01	53.51	8.61	4.70	0.00
% of Calories				*44.9%	19.0%	63.6%	23.0%	12.6%	0.0%
Nutrient Guideline		350-500	540					<10.00	

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/24/2017									
K-5 Breakfast	Total								
CEREAL COLD CHEERIOS	1 bowl	10	14	*N/A*	0.3	2.02	0.2	0.00	0.00
CEREAL COLD CHEX RICE	1 bowl	10	25	*N/A*	0.2	2.43	0.05	0.00	0.00
CEREAL COLD CIN CHEX RICE	1 bowl	11	17	1	0.1	2.33	0.2	0.00	0.00
CEREAL COLD GOLDEN GRAHAMS	1 bowl	10	22	1	0.1	2.43	0.1	0.00	0.00
CEREAL COLD RAISIN BRAN	1 bowl	11	13	*N/A*	0.3	2.7	0.05	0.00	0.00
CHEESE STRING	1 stick	80	150	*N/A*	7.0	1.0	6.0	3.50	0.00
APPLESAUCE CUP Peach	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
APPLESAUCE CUP Stawberry Banan	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
Weighted Daily Average		337	373	*38	16.01	53.51	8.61	4.70	0.00
% of Calories				*44.9%	19.0%	63.6%	23.0%	12.6%	0.0%
Nutrient Guideline		350-500	540					<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/25/2017									
K-5 Breakfast	Total								
CEREAL COLD CHEERIOS	1 bowl	10	14	*N/A*	0.3	2.02	0.2	0.00	0.00
CEREAL COLD CHEX RICE	1 bowl	10	25	*N/A*	0.2	2.43	0.05	0.00	0.00
CEREAL COLD CIN CHEX RICE	1 bowl	11	17	1	0.1	2.33	0.2	0.00	0.00
CEREAL COLD GOLDEN GRAHAMS	1 bowl	10	22	1	0.1	2.43	0.1	0.00	0.00
CEREAL COLD RAISIN BRAN	1 bowl	11	13	*N/A*	0.3	2.7	0.05	0.00	0.00
BRKFST BAR NUTRIGRAIN APPLE	1 bar	64	52	*N/A*	0.8	11.98	1.6	0.20	0.00
BRKFST BAR NUTRIGRAIN BLUE	1 bar	48	45	*N/A*	0.6	8.69	1.2	0.15	0.00
BRKFST BAR NUTRIGRAIN STRAW	1 bar	48	45	*N/A*	0.6	8.69	1.2	0.15	0.00
APPLESAUCE CUP Peach	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
APPLESAUCE CUP Stawberry Banan	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
Weighted Daily Average		416	365	*38	11.01	81.87	6.60	1.70	0.00
% of Calories				*36.3%	10.6%	78.7%	14.3%	3.7%	0.0%
Nutrient Guideline		350-500	540					<10.00	

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/26/2017									
K-5 Breakfast	Total								
CEREAL COLD CHEERIOS	1 bowl	10	14	*N/A*	0.3	2.02	0.2	0.00	0.00
CEREAL COLD CHEX RICE	1 bowl	10	25	*N/A*	0.2	2.43	0.05	0.00	0.00
CEREAL COLD CIN CHEX RICE	1 bowl	11	17	1	0.1	2.33	0.2	0.00	0.00
CEREAL COLD GOLDEN GRAHAMS	1 bowl	10	22	1	0.1	2.43	0.1	0.00	0.00
CEREAL COLD RAISIN BRAN	1 bowl	11	13	*N/A*	0.3	2.7	0.05	0.00	0.00
CHEESE STRING	1 stick	80	150	*N/A*	7.0	1.0	6.0	3.50	0.00
APPLESAUCE CUP Peach	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
APPLESAUCE CUP Stawberry Banan	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
Weighted Daily Average		337	373	*38	16.01	53.51	8.61	4.70	0.00
% of Calories				*44.9%	19.0%	63.6%	23.0%	12.6%	0.0%
Nutrient Guideline		350-500	540					<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/27/2017									
K-5 Breakfast	Total								
CEREAL COLD CHEERIOS	1 bowl	10	14	*N/A*	0.3	2.02	0.2	0.00	0.00
CEREAL COLD CHEX RICE	1 bowl	10	25	*N/A*	0.2	2.43	0.05	0.00	0.00
CEREAL COLD CIN CHEX RICE	1 bowl	11	17	1	0.1	2.33	0.2	0.00	0.00
CEREAL COLD GOLDEN GRAHAMS	1 bowl	10	22	1	0.1	2.43	0.1	0.00	0.00
CEREAL COLD RAISIN BRAN	1 bowl	11	13	*N/A*	0.3	2.7	0.05	0.00	0.00
BRKFST BAR NUTRIGRAIN APPLE	1 bar	64	52	*N/A*	0.8	11.98	1.6	0.20	0.00
BRKFST BAR NUTRIGRAIN BLUE	1 bar	48	45	*N/A*	0.6	8.69	1.2	0.15	0.00
BRKFST BAR NUTRIGRAIN STRAW	1 bar	48	45	*N/A*	0.6	8.69	1.2	0.15	0.00
APPLESAUCE CUP Peach	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
APPLESAUCE CUP Stawberry Banan	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
MILK WHITE 1%	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
MILK WHITE NONFAT	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
Weighted Daily Average		416	365	*38	11.01	81.87	6.60	1.70	0.00
% of Calories				*36.3%	10.6%	78.7%	14.3%	3.7%	0.0%
Nutrient Guideline		350-500	540					<10.00	

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/28/2017									
K-5 Breakfast									
	Total								
	1 bowl	10	14	*N/A*	0.3	2.02	0.2	0.00	0.00
	1 bowl	10	25	*N/A*	0.2	2.43	0.05	0.00	0.00
	1 bowl	11	17	1	0.1	2.33	0.2	0.00	0.00
	1 bowl	10	22	1	0.1	2.43	0.1	0.00	0.00
	1 bowl	11	13	*N/A*	0.3	2.7	0.05	0.00	0.00
	1 stick	80	150	*N/A*	7.0	1.0	6.0	3.50	0.00
	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
	1 CUP	50	15	12	0.0	14.0	0.0	0.00	0.00
	1 half pint	88	80	10	6.4	10.4	2.0	1.20	0.00
	1 half pint	16	22	2	1.6	2.2	0.0	0.00	0.00
Weighted Daily Average		337	373	*38	16.01	53.51	8.61	4.70	0.00
% of Calories				*44.9%	19.0%	63.6%	23.0%	12.6%	0.0%
Nutrient Guideline		350-500	540					<10.00	

Weighted Average		368	370	*38	14.01	64.86	7.80	3.50	0.00
				*92.3%	15.2%	70.4%	19.1%	8.5%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	368		350 - 500	100%				
Sodium (mg)	370		540					
Sugars (g)	38	41.00%			Missing			
Protein (g)	14.01	15.21%						
Carbohydrate (g)	64.86	70.42%						
Total Fat (g)	7.80	19.06%						
Saturated Fat (g)	3.50	8.55%	<10.00%					
Trans Fat ¹ (g)	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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.