

**Menu Item Nutrients**

LWSD MS &amp; HS Breakfast

SEPT 1st-30th

2022

	Calories (Kcal)	Total Fat (g)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)
<b>MILK:</b>	<b>Calories (Kcal)</b>	<b>Total Fat (g)</b>	<b>Carb (g)</b>	<b>Total Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
1% Milk - NWR4003 (1 Carton) Contains Milk.	100.00	2.50	12.00	0.00	12.00	8.00
Chocolate Skim Milk - NWR2346 (1 Half Pint) Contains Milk.	130.00	0.00	24.00	0.00	22.00	8.00
Skim Milk - NWR4005 (1 Carton) Contains Milk.	80.00	0.00	12.00	0.00	12.00	8.00
<b>FRUIT:</b>	<b>Calories (Kcal)</b>	<b>Total Fat (g)</b>	<b>Carb (g)</b>	<b>Total Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
100% Apple Juice - SR1204 (4 fl oz cup)	60.00	0.00	14.00	0.00	12.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	80.00	0.00	19.00	0.00	18.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	60.00	0.00	14.00	0.00	12.00	0.00
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	0.39	26.95	3.07	14.43	1.29
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	12.69	2.21	9.55	0.24
Diced Peaches - SR3040 (1/2 c.)	59.04	0.00	13.78	0.98	12.79	0.00
Diced Pears - SR3041 (1/2 c.)	57.47	0.00	15.33	1.92	11.49	0.00
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	45.12	0.12	11.28	2.30	8.98	0.90
Fresh Pears - SR1585 (1 medium)	101.46	0.25	27.11	5.52	17.36	0.64
Fruit Cocktail - SR3023 (1/2 c.)	86.67	0.00	21.67	1.44	0.00(M)	0.00
Orange Smiles - SR1172 (6 slice or wedge)	45.12	0.12	11.28	2.30	8.98	0.90
Raisin Box - NWR1267 (1 Box)	119.07	0.00	28.77	1.99	26.79	0.99
Raisins - SR2976 (1 Box)	112.74	0.17	29.86	1.40	22.32	1.16
Unsweetened Applesauce - SR2848 (1 Container)	60.00	0.00	14.00	1.00	18.00	0.00
<b>VEGGIES:</b>	<b>Calories (Kcal)</b>	<b>Total Fat (g)</b>	<b>Carb (g)</b>	<b>Total Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Aztec Corn - SR3173 (1/2 c.)	89.90	1.48	17.23	3.10	2.40	3.54
Baby Carrots - SR1016 (1/2 c.)	25.40	0.09	5.98	2.10	3.46	0.46
Canned Corn - NWR1061 (1/2 c.)	79.33	1.98	16.86	1.98	6.94	1.98
Celery Sticks - SR1014 (6 stick.)	10.34	0.11	1.92	1.03	0.87	0.45
Chilled Black Beans - SR2006 (1/2 c.)	120.50	0.00	21.91	5.48	1.09	7.67
Crinkle Cut French Fries - SR2496 (1/2 c.)	100.75	3.92	14.55	1.12	0.00	1.12
Cucumber Coins - SR1013 (1/2 c.)	9.22	0.07	2.23	0.31	1.03	0.40
Fresh Broccoli Florets - SR1027 (1/2 c.)	10.84	0.12	2.12	0.83	0.54	0.90
Green Beans - NWR1005 (1/2 c.)	22.66	0.00	3.63	1.81	1.81	0.91
Mexican Black Beans - SR1026 (1/2 c.)	65.34	0.08	12.14	3.04	1.18	3.95
Mixed Garden Vegetables - SR1583 (1/2 c.)	52.99	0.47	11.21	3.18	3.32	2.30
Roasted Broccoli and Carrots - SR2023 (1/2 c.)	85.04	7.11	4.95	2.53	1.56	2.43
Roasted Green Beans - SR1021 (1/2 c.)	22.18	0.13	5.11	2.34	1.45	1.18
Spaghetti Sauce - SR2220 (1/2 c.)	64.72	0.49	13.34	2.74	7.84	2.08
Tater Tots - SR1450 (1/2 c.)	110.70	6.04	14.09	1.01	1.01	1.01
Vegetarian Baked Beans - SR2026 (1/2 c.)	132.68	0.00	29.60	5.10	10.21	7.14

<b>BREAKFAST ENTREES &amp; GRAINS:</b>	<b>Calories (Kcal)</b>	<b>Total Fat (g)</b>	<b>Carb (g)</b>	<b>Total Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>
Apple Cinnamon Muffin - SR1165 (1 muffin) Contains Egg, Gluten, Soy, Wheat.	180.00	6.00	31.00	2.00	16.00	3.00
Apple Frudel Stick - SR1747 (1 pkg.) Contains Gluten, Milk, Wheat.	174.98	4.88	30.42	1.89	8.78	3.83
Bagel & Cream Cheese - NWR1120 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	214.54	4.55	36.71	4.05	4.10	7.57
Biscuit with Grape Jelly - NWR3135 (1 ea.) Contains Gluten, Milk, Wheat.	235.00	8.00	37.00	1.00	11.00	5.00
Blueberry Bagel w/ Cream Cheese Burry - NWR1198 (1 ea.) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Egg, Soy.	204.54	4.55	34.71	3.05	7.10	6.57
Blueberry Bash Mini Waffles - SR2443 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	190.05	5.11	32.83	1.82	10.64	3.15
Blueberry Muffin - SR1454 (1 muffin) Contains Egg, Gluten, Soy, Wheat.	190.00	6.00	30.00	2.00	16.00	3.00
Blueberry Pancake Bites - SR1190 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	210.00	6.00	35.00	4.00	11.00	4.00
Blueberry Patch Parfait - NWR3296 (1 parfait) Contains Milk, Soy. May contain Gluten.	224.16	3.87	42.01	4.00	24.06	4.90
Breakfast Plate - NWR1493 (1 portion) Contains Egg, Gluten, Milk, Soy, Wheat.	247.88	13.46	14.32	0.95	0.95	17.82
Breakfast Biscuit Sandwich - SR1750 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	312.26	17.51	23.45	1.96	2.24	15.97
Breakfast Sandwich - SR1193 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg, Soy.	220.00	8.00	26.00	2.00	1.50	10.50
Build Your Own Oatmeal Bowl - NWR2898 (1 c.) Processed in a facility that also processes Gluten, Milk, Soy, Tree nuts, Wheat.	452.28	6.16	90.96	10.88	33.36	10.77
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	94.55	2.96	14.32	0.95	0.95	3.82
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	110.00	3.00	22.00	3.00	6.00	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl) May contain Gluten, Wheat.	110.00	1.50	25.00	2.00	8.00	2.00
Cocoa Puffs Cereal Bar - SR1308 (1 Bar) Contains Gluten, Wheat. May contain Soy.	158.04	3.28	29.56	2.88	9.00	2.56
Donut - SR2488 (1 donut) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg.	280.00	16.00	30.00	2.00	6.00	5.00
Double Berry Parfait - NWR4203 (1 parfait) Contains Milk, Soy. May contain Gluten.	450.51	7.82	87.27	4.78	56.05	10.14
Dutch Waffles - NWR1411 (1 waffle) Contains Egg, Gluten, Milk, Soy, Wheat.	300.00	13.00	43.00	3.00	12.00	4.00
French Toast Sticks - NWR3095 (4 ea.) Contains Gluten, Soy, Wheat.	300.00	14.00	39.00	1.00	8.00	5.00
Fruity Cheerios Cereal Bar - SR1181 (1 Bar) Contains Gluten, Soy, Wheat.	150.00	3.50	29.00	3.00	9.00	3.00
Ham & Cheese English Muffin - NWR1363 (1 sandwich) Contains Gluten, Milk, Wheat. May contain Soy.	179.13	6.56	22.51	2.00	2.01	10.03
Ham & Cheese Muffin - NWR2460 (1 sandwich) Contains Gluten, Milk, Wheat. May contain Soy.	210.63	8.06	21.51	2.00	1.51	14.53
Honey Graham Crackers - SR2366 (1 pkg.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Egg, Milk.	90.00	2.50	17.00	1.00	4.00	2.00
Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	112.95	1.37	22.68	1.99	9.38	2.44
Lucky Charms - SR2428 (1 bowl)	108.86	1.15	23.32	1.54	9.32	2.32
Mini Cinnis - SR1595 (1 pkg.) Contains Gluten, Milk, Wheat.	240.00	8.00	40.00	3.00	14.00	4.00

Mini Maple Waffles - NWR1408 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Tree nuts.	200.00	5.00	35.00	4.00	10.00	4.00
Oatmeal Chocolate Chip UBR - SR1173 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	270.00	8.00	44.00	5.00	19.00	5.00
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	105.00	0.00	26.00	0.00	14.50	0.00
Sausage Breakfast Pizza - SR1167 (1 slice) Contains Gluten, Milk, Soy, Wheat.	210.03	7.00	27.00	3.00	5.00	9.00
Strawberry Yogurt - NWR1048 (1 ea.) Contains Milk.	70.00	0.00	14.00	0.00	10.00	4.00
String Cheese Stick - SR3035 (1 stick.) Contains Milk.	91.13	7.09	0.00	0.00	0.00	7.09
Trix Cereal Bar - SR1307 (1 Bar) Contains Gluten, Soy, Wheat.	158.68	3.48	29.40	2.60	9.08	2.40
Trix Cereal reduced sugar - SR1184 (1 bowl) May contain Gluten, Wheat.	113.29	1.37	23.74	1.15	7.31	1.46
Turkey Sausage & Cheese Biscuit - NWR3119 (1 sandwich) Contains Gluten, Milk, Wheat.	310.63	17.06	28.51	1.00	3.51	13.53
Ultimate Breakfast Round, Oatmeal Chocolate Chip, BULK - SR3020 (1 round) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Peanuts, Tree nuts.	250.00	7.00	42.00	6.00	16.00	5.00
Waffles - NWR3120 (2 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	180.00	6.00	27.00	1.00	2.00	4.00
Whipped Potatoes - SR1112 (1/2 c.) Contains Milk.	79.98	1.50	15.00	1.00	1.00	2.00
Whole Grain Cinnamon Roll with Icing - NWR1197 (1 ea.) Contains Egg, Gluten, Wheat. May contain Milk, Soy.	298.65	2.66	64.22	3.00	37.39	5.00
Whole Grain Pancake Bites with Cinnamon & Sugar - NWR2693 (6 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	380.00	23.00	38.00	3.00	13.00	5.00