

# Menu Calendar Nutrient Analysis Report - June, 2023

Site: ALL SCHOOLS  
 Date: 06/01/2023 - 06/23/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars	Added Sugars	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
<b>NW Core Sy21-22 K8 BIC Week 5 Day 4 WA -</b>																				
Mini Maple Waffles - NWR1408 (1 pkg.)	50	190.00	5.00	1.50	0.00	0.00	210.00	36.00	4.00	11.00	11.00	4.00	3.60	260.00	1000.00	0.00(M)	0.00	150.00	(M)	(M)
String Cheese Stick - SR3035 (1 stick.)	15	90.00	7.00	5.00	0.00	20.00	200.00	0.00	0.00	0.00	0.00	7.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	(M)	(M)
Mozzarella String Cheese - NWR4317 (1 oz.)	10	80.00	6.00	3.00	0.00	20.00	200.00	1.00	0.00	1.00	0.00	6.00	0.00	220.00	(M)	(M)	0.00	0.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1	25	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1	2	157.04	3.20	0.36	0.04	0.00	122.12	29.60	2.92	8.52	8.24	2.44	1.68	226.80	0.00(M)	0.00(M)	0.00	65.68	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	2	158.44	3.36	0.44	0.04	0.00	105.52	29.48	2.88	8.92	8.52	2.56	1.92	261.04	0.00(M)	0.00(M)	0.40	98.88	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	2	159.00	3.56	0.56	0.16	0.00	107.24	29.24	2.60	8.76	8.48	2.48	1.72	264.88	0.00(M)	0.00(M)	0.40	66.44	(M)	(M)
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	4	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	4	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	4	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	4	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	4	109.20	1.40	0.28	0.00	0.00	161.84	23.24	1.40	6.16	6.16	1.68	2.24	89.88	322.00	5.32	1.40	52.92	(M)	(M)
Unsweetened Applesauce - SR2848 (1 Container)	15	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra smal)	20	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Fresh Oranges - SR1171 (1 small (2-3)	15	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Mixed Berries Fruit Cup - SR3032 (1 Container)	10	90.00	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Peach Cup, - SR3039 (1 ea.)	10	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	(M)	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Raisin Box - NWR1267 (1 Box)	10	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	240.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	10	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint)	5	90.00	0.00	0.00	0.00	2.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	315.00	1000.00	0.00(M)	3.00	410.00	(M)	(M)
Chocolate Skim Milk - NWR2346 (1 Half Pint)	20	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)

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1% Milk - NWR4003 (1 Carton)	25	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.)	20	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Skim Milk - NWR4005 (1 Carton)	20	80.00	0.00	0.00	0.00	5.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	2.50	380.00	(M)	(M)
<b>NW CoreSy21-22 K8 BIC Week 5 Day 5 WA -</b>																				
Blueberry Muffin Square - NWR3993 (1 ea.)	8	352.40	9.15	4.54	0.00	6.24	530.80	62.97	4.25	28.28	26.24	4.21	1.13(M)	26.18(M)	0.00(M)	0.00(M)	0.00(M)	132.00(M)	46.31(M)	0.05(M)
Cranberry Peach Muffin Square - NWR1552 (1 ea.)	10	385.75	9.27	4.58	0.01	6.24	531.61	71.30	4.18	36.63	31.84(M)	4.26	1.14(M)	25.23(M)	3.83(M)	0.00(M)	0.00(M)	135.85(M)	0.01(M)	0.00(M)
Blueberry Muffin Square - NWR1551 (1 ea.)	7	352.22	9.15	4.54	0.00	6.24	529.71	62.92	3.93	28.86	26.24	4.21	1.13(M)	24.79(M)	0.00(M)	0.00(M)	0.00(M)	131.54(M)	0.00(M)	0.00(M)
Apple Cinnamon Muffin - SR1165 (1 muffin)	10	180.00	6.00	2.00	0.00	35.00	125.00	31.00	2.00	16.00	15.00	3.00	0.90	30.00	0.00(M)	0.00(M)	0.10	110.00	(M)	(M)
Blueberry Muffin - SR1454 (1 muffin)	15	190.00	6.00	2.00	0.00	30.00	130.00	30.00	2.00	16.00	16.00	3.00	0.90	30.00	0.00(M)	0.00(M)	0.90	90.00	(M)	(M)
String Cheese Stick - SR3035 (1 stick.)	15	90.00	7.00	5.00	0.00	20.00	200.00	0.00	0.00	0.00	0.00	7.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	(M)	(M)
Mozzarella String Cheese - NWR4317 (1 oz.)	10	80.00	6.00	3.00	0.00	20.00	200.00	1.00	0.00	1.00	0.00	6.00	0.00	220.00	(M)	(M)	0.00	0.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1 ea.)	25	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 ea.)	2	157.04	3.20	0.36	0.04	0.00	122.12	29.60	2.92	8.52	8.24	2.44	1.68	226.80	0.00(M)	0.00(M)	0.00	65.68	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	2	158.44	3.36	0.44	0.04	0.00	105.52	29.48	2.88	8.92	8.52	2.56	1.92	261.04	0.00(M)	0.00(M)	0.40	98.88	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	2	159.00	3.56	0.56	0.16	0.00	107.24	29.24	2.60	8.76	8.48	2.48	1.72	264.88	0.00(M)	0.00(M)	0.40	66.44	(M)	(M)
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	4	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	4	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	4	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	4	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	4	109.20	1.40	0.28	0.00	0.00	161.84	23.24	1.40	6.16	6.16	1.68	2.24	89.88	322.00	5.32	1.40	52.92	(M)	(M)
Unsweetened Applesauce - SR2848 (1 Container)	15	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra smal)	15	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Mixed Berries Fruit Cup - SR3032 (1 Container)	15	90.00	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Peach Cup, - SR3039 (1 ea.)	10	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	(M)	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Raisin Box - NWR1267 (1 Box)	10	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)

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100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	240.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	10	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint)	5	90.00	0.00	0.00	0.00	2.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	315.00	1000.00	0.00(M)	3.00	410.00	(M)	(M)
Chocolate Skim Milk - NWR2346 (1 Half Pint)	20	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
1% Milk - NWR4003 (1 Carton)	35	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.)	10	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Skim Milk - NWR4005 (1 Carton)	20	80.00	0.00	0.00	0.00	5.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	2.50	380.00	(M)	(M)
<b>NW Core Sy21-22 K8 BIC Week 1 Day 1 WA -</b>																				
French Toast Sticks - SR1910 (3 stick.)	25	193.02	7.42	1.11	0.00	0.00	222.71	28.21	2.23	6.68	5.94	4.45	1.49	29.70	0.00(M)	0.00(M)	0.00	111.36	(M)	(M)
Maple Pancake Bites - SR1590 (1 pkg.)	25	210.00	6.00	1.00	0.00	10.00	320.00	35.00	4.00	11.00	(M)	4.00	2.70	60.00	500.00	0.00	(M)	(M)	(M)	(M)
String Cheese Stick - SR3035 (1 stick.)	15	90.00	7.00	5.00	0.00	20.00	200.00	0.00	0.00	0.00	0.00	7.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	(M)	(M)
Mozzarella String Cheese - NWR4317 (1 oz.)	10	80.00	6.00	3.00	0.00	20.00	200.00	1.00	0.00	1.00	0.00	6.00	0.00	220.00	(M)	(M)	0.00	0.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1)	25	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1)	2	157.04	3.20	0.36	0.04	0.00	122.12	29.60	2.92	8.52	8.24	2.44	1.68	226.80	0.00(M)	0.00(M)	0.00	65.68	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	2	158.44	3.36	0.44	0.04	0.00	105.52	29.48	2.88	8.92	8.52	2.56	1.92	261.04	0.00(M)	0.00(M)	0.40	98.88	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	2	159.00	3.56	0.56	0.16	0.00	107.24	29.24	2.60	8.76	8.48	2.48	1.72	264.88	0.00(M)	0.00(M)	0.40	66.44	(M)	(M)
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	4	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	4	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	4	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	4	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	4	109.20	1.40	0.28	0.00	0.00	161.84	23.24	1.40	6.16	6.16	1.68	2.24	89.88	322.00	5.32	1.40	52.92	(M)	(M)
Applesauce cups - NWR2299 (4 1/2 oz 1)	25	48.77	0.00	0.00	0.00	0.00	1.91	13.39	0.96	10.52	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra smal)	10	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Fresh Oranges - SR1171 (1 small (2-3))	20	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Mixed Berries Fruit Cup - SR3032 (1 Container)	15	90.00	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Peach Cup, - SR3039 (1 ea.)	10	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	(M)	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)

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Raisin Box - NWR1267 (1 Box)	10	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	240.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	20	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint)	10	90.00	0.00	0.00	0.00	2.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	315.00	1000.00	0.00(M)	3.00	410.00	(M)	(M)
Chocolate Skim Milk - NWR2346 (1 Half Pint)	5	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
1% Milk - NWR4003 (1 Carton)	15	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.)	10	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Skim Milk - NWR4005 (1 Carton)	40	80.00	0.00	0.00	0.00	5.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	2.50	380.00	(M)	(M)
<b>NW Core SY21-22 K8 BIC Week 1 Day 2 WA -</b>																				
Honey Graham Crackers - SR2366 (1 pkg.)	50	90.00	2.50	0.00	0.00	0.00	95.00	17.00	1.00	4.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Strawberry Yogurt - NWR1048 (1 ea.)	50	60.00	0.00	0.00	0.00	5.00	70.00	12.00	0.00	9.00	8.00	4.00	0.00	100.00	0.00	0.00(M)	(M)	188.00	(M)	(M)
String Cheese Stick - SR3035 (1 stick.)	15	90.00	7.00	5.00	0.00	20.00	200.00	0.00	0.00	0.00	0.00	7.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	(M)	(M)
Mozzarella String Cheese - NWR4317 (1 oz.)	10	80.00	6.00	3.00	0.00	20.00	200.00	1.00	0.00	1.00	0.00	6.00	0.00	220.00	(M)	(M)	0.00	0.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1	25	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1	2	157.04	3.20	0.36	0.04	0.00	122.12	29.60	2.92	8.52	8.24	2.44	1.68	226.80	0.00(M)	0.00(M)	0.00	65.68	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	2	158.44	3.36	0.44	0.04	0.00	105.52	29.48	2.88	8.92	8.52	2.56	1.92	261.04	0.00(M)	0.00(M)	0.40	98.88	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	2	159.00	3.56	0.56	0.16	0.00	107.24	29.24	2.60	8.76	8.48	2.48	1.72	264.88	0.00(M)	0.00(M)	0.40	66.44	(M)	(M)
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	4	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	4	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	4	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	4	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	4	109.20	1.40	0.28	0.00	0.00	161.84	23.24	1.40	6.16	6.16	1.68	2.24	89.88	322.00	5.32	1.40	52.92	(M)	(M)
Unsweetened Applesauce - SR2848 (1 Container)	15	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra smal)	20	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Fresh Oranges - SR1171 (1 small (2-3)	15	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42

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Mixed Berries Fruit Cup - SR3032 (1 Container)	10	90.00	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Peach Cup, - SR3039 (1 ea.)	10	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	(M)	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Raisin Box - NWR1267 (1 Box)	10	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	110.00	(M)
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	240.00	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	10	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)
White Skim Milk - NWR2347 (1 Half Pint)	5	90.00	0.00	0.00	0.00	2.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	315.00	1000.00	0.00(M)	3.00	410.00	(M)
Chocolate Skim Milk - NWR2346 (1 Half Pint)	20	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)
1% Milk - NWR4003 (1 Carton)	30	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.)	10	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)
Skim Milk - NWR4005 (1 Carton)	25	80.00	0.00	0.00	0.00	5.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	2.50	380.00	(M)
<b>NW Core Sy21-22 K8 BIC Week 1 Day 3 WA -</b>																			
Oatmeal Chocolate Chip UBR - SR1173 (1 pkg.)	10	270.00	8.00	3.00	0.00	5.00	180.00	44.00	5.00	19.00	18.00	5.00	1.70	30.00	0.00(M)	0.00(M)	0.00	180.00	(M)
String Cheese Stick - SR3035 (1 stick.)	15	90.00	7.00	5.00	0.00	20.00	200.00	0.00	0.00	0.00	0.00	7.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	(M)
Mozzarella String Cheese - NWR4317 (1 oz.)	10	80.00	6.00	3.00	0.00	20.00	200.00	1.00	0.00	1.00	0.00	6.00	0.00	220.00	(M)	(M)	0.00	0.00	(M)
Buttery Whole Grain Toast - NWR1119 (1)	25	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1)	2	157.04	3.20	0.36	0.04	0.00	122.12	29.60	2.92	8.52	8.24	2.44	1.68	226.80	0.00(M)	0.00(M)	0.00	65.68	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	2	158.44	3.36	0.44	0.04	0.00	105.52	29.48	2.88	8.92	8.52	2.56	1.92	261.04	0.00(M)	0.00(M)	0.40	98.88	(M)
Trix Cereal Bar - SR1307 (1 Bar)	2	159.00	3.56	0.56	0.16	0.00	107.24	29.24	2.60	8.76	8.48	2.48	1.72	264.88	0.00(M)	0.00(M)	0.40	66.44	(M)
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	4	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	4	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	4	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)
Lucky Charms - SR2428 (1 bowl)	4	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	4	109.20	1.40	0.28	0.00	0.00	161.84	23.24	1.40	6.16	6.16	1.68	2.24	89.88	322.00	5.32	1.40	52.92	(M)
Ultimate Breakfast Round, Oatmeal	40	250.00	7.00	2.00	0.00	5.00	190.00	42.00	6.00	16.00	16.00	5.00	1.60	30.00	0.00(M)	0.00(M)	0.00	170.00	0.00(M)
Unsweetened Applesauce - SR2848 (1 Container)	15	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)

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Crispy Whole Apple - SR1161 (1 extra smal)	20	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Fresh Oranges - SR1171 (1 small (2-3))	25	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Mixed Berries Fruit Cup - SR3032 (1 Container)	10	90.00	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Peach Cup, - SR3039 (1 ea.)	0	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	(M)	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Raisin Box - NWR1267 (1 Box)	10	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	240.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	10	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint)	5	90.00	0.00	0.00	0.00	2.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	315.00	1000.00	0.00(M)	3.00	410.00	(M)	(M)
Chocolate Skim Milk - NWR2346 (1 Half Pint)	20	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
1% Milk - NWR4003 (1 Carton)	30	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.)	20	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Skim Milk - NWR4005 (1 Carton)	15	80.00	0.00	0.00	0.00	5.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	2.50	380.00	(M)	(M)
<b>NW Core Sy21-22 K8 BIC Week 1 Day 4 WA -</b>																				
Blueberry Bagel w/ Cream Cheese Burry -	50	204.54	4.55	2.25	0.13	12.80	370.37	34.71	3.05	7.10	(M)	6.57	1.49	23.60	275.35	0.00	(M)	(M)	(M)	(M)
String Cheese Stick - SR3035 (1 stick.)	15	90.00	7.00	5.00	0.00	20.00	200.00	0.00	0.00	0.00	0.00	7.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	(M)	(M)
Mozzarella String Cheese - NWR4317 (1 oz.)	10	80.00	6.00	3.00	0.00	20.00	200.00	1.00	0.00	1.00	0.00	6.00	0.00	220.00	(M)	(M)	0.00	0.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1	25	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1	2	157.04	3.20	0.36	0.04	0.00	122.12	29.60	2.92	8.52	8.24	2.44	1.68	226.80	0.00(M)	0.00(M)	0.00	65.68	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	2	158.44	3.36	0.44	0.04	0.00	105.52	29.48	2.88	8.92	8.52	2.56	1.92	261.04	0.00(M)	0.00(M)	0.40	98.88	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	2	159.00	3.56	0.56	0.16	0.00	107.24	29.24	2.60	8.76	8.48	2.48	1.72	264.88	0.00(M)	0.00(M)	0.40	66.44	(M)	(M)
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	4	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	4	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	4	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	4	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	4	109.20	1.40	0.28	0.00	0.00	161.84	23.24	1.40	6.16	6.16	1.68	2.24	89.88	322.00	5.32	1.40	52.92	(M)	(M)
Unsweetened Applesauce - SR2848 (1 Container)	15	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)

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Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra smal)	15	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Mixed Berries Fruit Cup - SR3032 (1 Container)	15	90.00	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Peach Cup, - SR3039 (1 ea.)	10	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	(M)	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Raisin Box - NWR1267 (1 Box)	10	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	240.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	10	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint)	5	90.00	0.00	0.00	0.00	2.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	315.00	1000.00	0.00(M)	3.00	410.00	(M)	(M)
Chocolate Skim Milk - NWR2346 (1 Half Pint)	20	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
1% Milk - NWR4003 (1 Carton)	25	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.)	10	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Skim Milk - NWR4005 (1 Carton)	30	80.00	0.00	0.00	0.00	5.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	2.50	380.00	(M)	(M)
<b>NW Core Sy21-22 K8 BIC Week 1 Day 5 WA -</b>																				
Whole Grain Cinnamon Roll with Icing - NWR1197	30	298.65	2.66	1.33	0.00	5.00	135.00	64.22	3.00	37.39	10.00(M)	5.00	1.50	20.00	0.00(M)	0.00(M)	0.90(M)	190.00(M)	(M)	(M)
Mini Cinnis - SR1595 (1 pkg.)	20	240.00	8.00	1.50	0.00	0.00	270.00	40.00	3.00	14.00	13.00	4.00	1.44	20.00	(M)	(M)	0.00	94.00	(M)	(M)
String Cheese Stick - SR3035 (1 stick.)	15	90.00	7.00	5.00	0.00	20.00	200.00	0.00	0.00	0.00	0.00	7.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	(M)	(M)
Mozzarella String Cheese - NWR4317 (1 oz.)	10	80.00	6.00	3.00	0.00	20.00	200.00	1.00	0.00	1.00	0.00	6.00	0.00	220.00	(M)	(M)	0.00	0.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1	25	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1	2	157.04	3.20	0.36	0.04	0.00	122.12	29.60	2.92	8.52	8.24	2.44	1.68	226.80	0.00(M)	0.00(M)	0.00	65.68	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	2	158.44	3.36	0.44	0.04	0.00	105.52	29.48	2.88	8.92	8.52	2.56	1.92	261.04	0.00(M)	0.00(M)	0.40	98.88	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	2	159.00	3.56	0.56	0.16	0.00	107.24	29.24	2.60	8.76	8.48	2.48	1.72	264.88	0.00(M)	0.00(M)	0.40	66.44	(M)	(M)
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	4	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	4	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	4	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	4	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)

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Trix Cereal reduced sugar - SR1184 (1 bowl)	4	109.20	1.40	0.28	0.00	0.00	161.84	23.24	1.40	6.16	6.16	1.68	2.24	89.88	322.00	5.32	1.40	52.92	(M)	(M)
Unsweetened Applesauce - SR2848 (1 Container)	15	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra smal)	15	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Mixed Berries Fruit Cup - SR3032 (1 Container)	15	90.00	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Peach Cup, - SR3039 (1 ea.)	10	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	(M)	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Raisin Box - NWR1267 (1 Box)	10	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	240.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	10	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint)	5	90.00	0.00	0.00	0.00	2.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	315.00	1000.00	0.00(M)	3.00	410.00	(M)	(M)
Chocolate Skim Milk - NWR2346 (1 Half Pint)	20	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
1% Milk - NWR4003 (1 Carton)	30	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.)	10	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Skim Milk - NWR4005 (1 Carton)	25	80.00	0.00	0.00	0.00	5.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	2.50	380.00	(M)	(M)
<b>NW Core Sy21-22 K8 BIC Week 1 Day 1 WA -</b>																				
French Toast Sticks - SR1910 (3 stick.)	25	193.02	7.42	1.11	0.00	0.00	222.71	28.21	2.23	6.68	5.94	4.45	1.49	29.70	0.00(M)	0.00(M)	0.00	111.36	(M)	(M)
Maple Pancake Bites - SR1590 (1 pkg.)	25	210.00	6.00	1.00	0.00	10.00	320.00	35.00	4.00	11.00	(M)	4.00	2.70	60.00	500.00	0.00	(M)	(M)	(M)	(M)
String Cheese Stick - SR3035 (1 stick.)	15	90.00	7.00	5.00	0.00	20.00	200.00	0.00	0.00	0.00	0.00	7.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	(M)	(M)
Mozzarella String Cheese - NWR4317 (1 oz.)	10	80.00	6.00	3.00	0.00	20.00	200.00	1.00	0.00	1.00	0.00	6.00	0.00	220.00	(M)	(M)	0.00	0.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1)	25	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1)	2	157.04	3.20	0.36	0.04	0.00	122.12	29.60	2.92	8.52	8.24	2.44	1.68	226.80	0.00(M)	0.00(M)	0.00	65.68	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	2	158.44	3.36	0.44	0.04	0.00	105.52	29.48	2.88	8.92	8.52	2.56	1.92	261.04	0.00(M)	0.00(M)	0.40	98.88	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	2	159.00	3.56	0.56	0.16	0.00	107.24	29.24	2.60	8.76	8.48	2.48	1.72	264.88	0.00(M)	0.00(M)	0.40	66.44	(M)	(M)
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	4	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	4	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	(M)



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Cocoa Puffs Cereal - SR1170 (1 bowl)	4	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	4	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	4	109.20	1.40	0.28	0.00	0.00	161.84	23.24	1.40	6.16	6.16	1.68	2.24	89.88	322.00	5.32	1.40	52.92	(M)	(M)
Applesauce cups - NWR2299 (4 1/2 oz 1)	25	48.77	0.00	0.00	0.00	0.00	1.91	13.39	0.96	10.52	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra smal)	10	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Fresh Oranges - SR1171 (1 small (2-3))	20	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Mixed Berries Fruit Cup - SR3032 (1 Container)	15	90.00	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Peach Cup, - SR3039 (1 ea.)	10	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	(M)	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Raisin Box - NWR1267 (1 Box)	10	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	240.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	20	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint)	10	90.00	0.00	0.00	0.00	2.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	315.00	1000.00	0.00(M)	3.00	410.00	(M)	(M)
Chocolate Skim Milk - NWR2346 (1 Half Pint)	5	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
1% Milk - NWR4003 (1 Carton)	15	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.)	10	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Skim Milk - NWR4005 (1 Carton)	40	80.00	0.00	0.00	0.00	5.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	2.50	380.00	(M)	(M)
<b>NW Core SY21-22 K8 BIC Week 1 Day 2 WA -</b>																				
Honey Graham Crackers - SR2366 (1 pkg.)	50	90.00	2.50	0.00	0.00	0.00	95.00	17.00	1.00	4.00	(M)	2.00	0.72	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Strawberry Yogurt - NWR1048 (1 ea.)	50	60.00	0.00	0.00	0.00	5.00	70.00	12.00	0.00	9.00	8.00	4.00	0.00	100.00	0.00	0.00(M)	(M)	188.00	(M)	(M)
String Cheese Stick - SR3035 (1 stick.)	15	90.00	7.00	5.00	0.00	20.00	200.00	0.00	0.00	0.00	0.00	7.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	(M)	(M)
Mozzarella String Cheese - NWR4317 (1 oz.)	10	80.00	6.00	3.00	0.00	20.00	200.00	1.00	0.00	1.00	0.00	6.00	0.00	220.00	(M)	(M)	0.00	0.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1)	25	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1)	2	157.04	3.20	0.36	0.04	0.00	122.12	29.60	2.92	8.52	8.24	2.44	1.68	226.80	0.00(M)	0.00(M)	0.00	65.68	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	2	158.44	3.36	0.44	0.04	0.00	105.52	29.48	2.88	8.92	8.52	2.56	1.92	261.04	0.00(M)	0.00(M)	0.40	98.88	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	2	159.00	3.56	0.56	0.16	0.00	107.24	29.24	2.60	8.76	8.48	2.48	1.72	264.88	0.00(M)	0.00(M)	0.40	66.44	(M)	(M)
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)	(M)

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Honey Nut Cheerios Cereal - SR1361 (1 bowl)	4	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	4	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	4	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	4	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	4	109.20	1.40	0.28	0.00	0.00	161.84	23.24	1.40	6.16	6.16	1.68	2.24	89.88	322.00	5.32	1.40	52.92	(M)	(M)
Unsweetened Applesauce - SR2848 (1 Container)	15	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra smal)	20	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Mixed Berries Fruit Cup - SR3032 (1 Container)	10	90.00	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Peach Cup, - SR3039 (1 ea.)	10	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	(M)	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Raisin Box - NWR1267 (1 Box)	10	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	240.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	10	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint)	5	90.00	0.00	0.00	0.00	2.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	315.00	1000.00	0.00(M)	3.00	410.00	(M)	(M)
Chocolate Skim Milk - NWR2346 (1 Half Pint)	20	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
1% Milk - NWR4003 (1 Carton)	30	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.)	10	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Skim Milk - NWR4005 (1 Carton)	25	80.00	0.00	0.00	0.00	5.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	2.50	380.00	(M)	(M)
<b>NW Core Sy21-22 K8 BIC Week 1 Day 3 WA -</b>																				
Oatmeal Chocolate Chip UBR - SR1173 (1 pkg.)	10	270.00	8.00	3.00	0.00	5.00	180.00	44.00	5.00	19.00	18.00	5.00	1.70	30.00	0.00(M)	0.00(M)	0.00	180.00	(M)	(M)
String Cheese Stick - SR3035 (1 stick.)	15	90.00	7.00	5.00	0.00	20.00	200.00	0.00	0.00	0.00	0.00	7.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	(M)	(M)
Mozzarella String Cheese - NWR4317 (1 oz.)	10	80.00	6.00	3.00	0.00	20.00	200.00	1.00	0.00	1.00	0.00	6.00	0.00	220.00	(M)	(M)	0.00	0.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1	25	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1	2	157.04	3.20	0.36	0.04	0.00	122.12	29.60	2.92	8.52	8.24	2.44	1.68	226.80	0.00(M)	0.00(M)	0.00	65.68	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	2	158.44	3.36	0.44	0.04	0.00	105.52	29.48	2.88	8.92	8.52	2.56	1.92	261.04	0.00(M)	0.00(M)	0.40	98.88	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	2	159.00	3.56	0.56	0.16	0.00	107.24	29.24	2.60	8.76	8.48	2.48	1.72	264.88	0.00(M)	0.00(M)	0.40	66.44	(M)	(M)

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Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	4	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	4	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	4	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	4	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	4	109.20	1.40	0.28	0.00	0.00	161.84	23.24	1.40	6.16	6.16	1.68	2.24	89.88	322.00	5.32	1.40	52.92	(M)	(M)
Ultimate Breakfast Round, Oatmeal	40	250.00	7.00	2.00	0.00	5.00	190.00	42.00	6.00	16.00	16.00	5.00	1.60	30.00	0.00(M)	0.00(M)	0.00	170.00	0.00(M)	0.00(M)
Unsweetened Applesauce - SR2848 (1 Container)	15	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra smal)	20	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Fresh Oranges - SR1171 (1 small (2-3))	25	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Mixed Berries Fruit Cup - SR3032 (1 Container)	10	90.00	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Peach Cup, - SR3039 (1 ea.)	0	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	(M)	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Raisin Box - NWR1267 (1 Box)	10	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	240.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	10	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint)	5	90.00	0.00	0.00	0.00	2.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	315.00	1000.00	0.00(M)	3.00	410.00	(M)	(M)
Chocolate Skim Milk - NWR2346 (1 Half Pint)	20	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
1% Milk - NWR4003 (1 Carton)	30	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.)	20	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Skim Milk - NWR4005 (1 Carton)	15	80.00	0.00	0.00	0.00	5.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	2.50	380.00	(M)	(M)
<b>NW Core Sy21-22 K8 BIC Week 1 Day 4 WA -</b>																				
Blueberry Bagel w/ Cream Cheese Burry -	50	204.54	4.55	2.25	0.13	12.80	370.37	34.71	3.05	7.10	(M)	6.57	1.49	23.60	275.35	0.00	(M)	(M)	(M)	(M)
String Cheese Stick - SR3035 (1 stick.)	15	90.00	7.00	5.00	0.00	20.00	200.00	0.00	0.00	0.00	0.00	7.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	(M)	(M)
Mozzarella String Cheese - NWR4317 (1 oz.)	10	80.00	6.00	3.00	0.00	20.00	200.00	1.00	0.00	1.00	0.00	6.00	0.00	220.00	(M)	(M)	0.00	0.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1	25	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1	2	157.04	3.20	0.36	0.04	0.00	122.12	29.60	2.92	8.52	8.24	2.44	1.68	226.80	0.00(M)	0.00(M)	0.00	65.68	(M)	(M)

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Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	2	158.44	3.36	0.44	0.04	0.00	105.52	29.48	2.88	8.92	8.52	2.56	1.92	261.04	0.00(M)	0.00(M)	0.40	98.88	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	2	159.00	3.56	0.56	0.16	0.00	107.24	29.24	2.60	8.76	8.48	2.48	1.72	264.88	0.00(M)	0.00(M)	0.40	66.44	(M)	(M)
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	4	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	4	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	4	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	4	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	4	109.20	1.40	0.28	0.00	0.00	161.84	23.24	1.40	6.16	6.16	1.68	2.24	89.88	322.00	5.32	1.40	52.92	(M)	(M)
Unsweetened Applesauce - SR2848 (1 Container)	15	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra smal)	15	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Mixed Berries Fruit Cup - SR3032 (1 Container)	15	90.00	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Peach Cup, - SR3039 (1 ea.)	10	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	(M)	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Raisin Box - NWR1267 (1 Box)	10	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	240.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	10	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint)	5	90.00	0.00	0.00	0.00	2.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	315.00	1000.00	0.00(M)	3.00	410.00	(M)	(M)
Chocolate Skim Milk - NWR2346 (1 Half Pint)	20	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
1% Milk - NWR4003 (1 Carton)	25	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.)	10	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Skim Milk - NWR4005 (1 Carton)	30	80.00	0.00	0.00	0.00	5.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	2.50	380.00	(M)	(M)
<b>NW Core Sy21-22 K8 BIC Week 1 Day 5 WA -</b>																				
Whole Grain Cinnamon Roll with Icing - NWR1197	30	298.65	2.66	1.33	0.00	5.00	135.00	64.22	3.00	37.39	10.00(M)	5.00	1.50	20.00	0.00(M)	0.00(M)	0.90(M)	190.00(M)	(M)	(M)
Mini Cinnis - SR1595 (1 pkg.)	20	240.00	8.00	1.50	0.00	0.00	270.00	40.00	3.00	14.00	13.00	4.00	1.44	20.00	(M)	(M)	0.00	94.00	(M)	(M)
String Cheese Stick - SR3035 (1 stick.)	15	90.00	7.00	5.00	0.00	20.00	200.00	0.00	0.00	0.00	0.00	7.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	(M)	(M)
Mozzarella String Cheese - NWR4317 (1 oz.)	10	80.00	6.00	3.00	0.00	20.00	200.00	1.00	0.00	1.00	0.00	6.00	0.00	220.00	(M)	(M)	0.00	0.00	(M)	(M)

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Buttery Whole Grain Toast - NWR1119 (1	25	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1	2	157.04	3.20	0.36	0.04	0.00	122.12	29.60	2.92	8.52	8.24	2.44	1.68	226.80	0.00(M)	0.00(M)	0.00	65.68	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	2	158.44	3.36	0.44	0.04	0.00	105.52	29.48	2.88	8.92	8.52	2.56	1.92	261.04	0.00(M)	0.00(M)	0.40	98.88	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	2	159.00	3.56	0.56	0.16	0.00	107.24	29.24	2.60	8.76	8.48	2.48	1.72	264.88	0.00(M)	0.00(M)	0.40	66.44	(M)	(M)
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	4	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	4	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	4	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	4	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	4	109.20	1.40	0.28	0.00	0.00	161.84	23.24	1.40	6.16	6.16	1.68	2.24	89.88	322.00	5.32	1.40	52.92	(M)	(M)
Unsweetened Applesauce - SR2848 (1 Container)	15	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra smal)	15	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Fresh Oranges - SR1171 (1 small (2-3)	15	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Mixed Berries Fruit Cup - SR3032 (1 Container)	15	90.00	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Peach Cup, - SR3039 (1 ea.)	10	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	(M)	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Raisin Box - NWR1267 (1 Box)	10	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	240.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	10	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint)	5	90.00	0.00	0.00	0.00	2.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	315.00	1000.00	0.00(M)	3.00	410.00	(M)	(M)
Chocolate Skim Milk - NWR2346 (1 Half Pint)	20	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
1% Milk - NWR4003 (1 Carton)	30	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.)	10	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Skim Milk - NWR4005 (1 Carton)	25	80.00	0.00	0.00	0.00	5.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	2.50	380.00	(M)	(M)
<b>NW Core Sy21-22 K8 BIC Week 2 Day 2 WA -</b>																				
Apple Frudel Stick - SR1747 (1 pkg.)	50	174.98	4.88	0.78	0.07	0.33	216.38	30.42	1.89	8.78	8.00	3.83	1.30	14.43	0.00(M)	0.00(M)	0.00	92.69	(M)	(M)
String Cheese Stick - SR3035 (1 stick.)	15	90.00	7.00	5.00	0.00	20.00	200.00	0.00	0.00	0.00	0.00	7.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	(M)	(M)

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Mozzarella String Cheese - NWR4317 (1 oz.)	10	80.00	6.00	3.00	0.00	20.00	200.00	1.00	0.00	1.00	0.00	6.00	0.00	220.00	(M)	(M)	0.00	0.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1	25	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1	2	157.04	3.20	0.36	0.04	0.00	122.12	29.60	2.92	8.52	8.24	2.44	1.68	226.80	0.00(M)	0.00(M)	0.00	65.68	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	2	158.44	3.36	0.44	0.04	0.00	105.52	29.48	2.88	8.92	8.52	2.56	1.92	261.04	0.00(M)	0.00(M)	0.40	98.88	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	2	159.00	3.56	0.56	0.16	0.00	107.24	29.24	2.60	8.76	8.48	2.48	1.72	264.88	0.00(M)	0.00(M)	0.40	66.44	(M)	(M)
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	4	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	4	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	4	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	4	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	4	109.20	1.40	0.28	0.00	0.00	161.84	23.24	1.40	6.16	6.16	1.68	2.24	89.88	322.00	5.32	1.40	52.92	(M)	(M)
Unsweetened Applesauce - SR2848 (1 Container)	15	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra smal)	15	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Fresh Oranges - SR1171 (1 small (2-3)	15	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Mixed Berries Fruit Cup - SR3032 (1 Container)	15	90.00	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Peach Cup, - SR3039 (1 ea.)	10	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	(M)	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Raisin Box - NWR1267 (1 Box)	10	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	240.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	10	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint)	5	90.00	0.00	0.00	0.00	2.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	315.00	1000.00	0.00(M)	3.00	410.00	(M)	(M)
Chocolate Skim Milk - NWR2346 (1 Half Pint)	20	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
1% Milk - NWR4003 (1 Carton)	30	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.)	10	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Skim Milk - NWR4005 (1 Carton)	25	80.00	0.00	0.00	0.00	5.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	2.50	380.00	(M)	(M)
<b>NW Core Sy21-22 K8 BIC Week 2 Day 3 WA -</b>																				
Mini Maple Waffles - NWR1408 (1 pkg.)	50	190.00	5.00	1.50	0.00	0.00	210.00	36.00	4.00	11.00	11.00	4.00	3.60	260.00	1000.00	0.00(M)	0.00	150.00	(M)	(M)

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String Cheese Stick - SR3035 (1 stick.)	15	90.00	7.00	5.00	0.00	20.00	200.00	0.00	0.00	0.00	0.00	7.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	(M)	(M)
Mozzarella String Cheese - NWR4317 (1 oz.)	10	80.00	6.00	3.00	0.00	20.00	200.00	1.00	0.00	1.00	0.00	6.00	0.00	220.00	(M)	(M)	0.00	0.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1)	25	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1)	2	157.04	3.20	0.36	0.04	0.00	122.12	29.60	2.92	8.52	8.24	2.44	1.68	226.80	0.00(M)	0.00(M)	0.00	65.68	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	2	158.44	3.36	0.44	0.04	0.00	105.52	29.48	2.88	8.92	8.52	2.56	1.92	261.04	0.00(M)	0.00(M)	0.40	98.88	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	2	159.00	3.56	0.56	0.16	0.00	107.24	29.24	2.60	8.76	8.48	2.48	1.72	264.88	0.00(M)	0.00(M)	0.40	66.44	(M)	(M)
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	4	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	4	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	4	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	4	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	4	109.20	1.40	0.28	0.00	0.00	161.84	23.24	1.40	6.16	6.16	1.68	2.24	89.88	322.00	5.32	1.40	52.92	(M)	(M)
Unsweetened Applesauce - SR2848 (1 Container)	15	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra smal)	15	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Fresh Oranges - SR1171 (1 small (2-3))	15	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Mixed Berries Fruit Cup - SR3032 (1 Container)	15	90.00	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Peach Cup, - SR3039 (1 ea.)	10	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	(M)	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Raisin Box - NWR1267 (1 Box)	10	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	240.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	10	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint)	5	90.00	0.00	0.00	0.00	2.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	315.00	1000.00	0.00(M)	3.00	410.00	(M)	(M)
Chocolate Skim Milk - NWR2346 (1 Half Pint)	20	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
1% Milk - NWR4003 (1 Carton)	20	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.)	10	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Skim Milk - NWR4005 (1 Carton)	35	80.00	0.00	0.00	0.00	5.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	2.50	380.00	(M)	(M)
<b>NW Core Sy21-22 K8 BIC Week 2 Day 4 WA -</b>																				

# Menu Calendar Nutrient Analysis Report - June, 2023

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Blueberry Pancake Bites - SR1190 (1 pkg.)	50	210.00	6.00	1.00	0.00	10.00	310.00	35.00	4.00	11.00	(M)	4.00	2.70	60.00	500.00	0.00	(M)	(M)	(M)	(M)
String Cheese Stick - SR3035 (1 stick.)	15	90.00	7.00	5.00	0.00	20.00	200.00	0.00	0.00	0.00	0.00	7.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	(M)	(M)
Mozzarella String Cheese - NWR4317 (1 oz.)	10	80.00	6.00	3.00	0.00	20.00	200.00	1.00	0.00	1.00	0.00	6.00	0.00	220.00	(M)	(M)	0.00	0.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1	25	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1	2	157.04	3.20	0.36	0.04	0.00	122.12	29.60	2.92	8.52	8.24	2.44	1.68	226.80	0.00(M)	0.00(M)	0.00	65.68	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	2	158.44	3.36	0.44	0.04	0.00	105.52	29.48	2.88	8.92	8.52	2.56	1.92	261.04	0.00(M)	0.00(M)	0.40	98.88	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	2	159.00	3.56	0.56	0.16	0.00	107.24	29.24	2.60	8.76	8.48	2.48	1.72	264.88	0.00(M)	0.00(M)	0.40	66.44	(M)	(M)
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	4	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	4	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	4	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	4	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	4	109.20	1.40	0.28	0.00	0.00	161.84	23.24	1.40	6.16	6.16	1.68	2.24	89.88	322.00	5.32	1.40	52.92	(M)	(M)
Unsweetened Applesauce - SR2848 (1 Container)	15	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra smal)	15	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Fresh Oranges - SR1171 (1 small (2-3)	15	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Mixed Berries Fruit Cup - SR3032 (1 Container)	15	90.00	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Peach Cup, - SR3039 (1 ea.)	10	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	(M)	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Raisin Box - NWR1267 (1 Box)	10	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	240.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	10	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint)	5	90.00	0.00	0.00	0.00	2.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	315.00	1000.00	0.00(M)	3.00	410.00	(M)	(M)
Chocolate Skim Milk - NWR2346 (1 Half Pint)	20	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)
1% Milk - NWR4003 (1 Carton)	10	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.)	35	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Skim Milk - NWR4005 (1 Carton)	20	80.00	0.00	0.00	0.00	5.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	2.50	380.00	(M)	(M)



# Menu Calendar Nutrient Analysis Report - June, 2023

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<b>NW Core Sy21-22 K8 BIC Week 2 Day 5 WA -</b>																				
Banana Muffin Top - NWR2902 (1 ea.)	30	331.25	8.60	4.25	0.00	5.82	495.58	59.76	3.58	26.80	24.49	4.10	1.11	26.92	9.68(M)	1.31(M)	0.00	178.08	43.24(M)	0.05(M)
Cinnamon UBR - SR1976 (1 pkg.)	10	270.00	8.00	3.00	0.00	5.00	180.00	44.00	5.00	18.00	18.00	5.00	1.60	30.00	0.00(M)	0.00(M)	0.00	160.00	(M)	(M)
String Cheese Stick - SR3035 (1 stick.)	15	90.00	7.00	5.00	0.00	20.00	200.00	0.00	0.00	0.00	0.00	7.00	0.00(M)	0.00(M)	(M)	(M)	0.00(M)	0.00(M)	(M)	(M)
Mozzarella String Cheese - NWR4317 (1 oz.)	10	80.00	6.00	3.00	0.00	20.00	200.00	1.00	0.00	1.00	0.00	6.00	0.00	220.00	(M)	(M)	0.00	0.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1	25	94.55	2.48	0.82	0.00	0.00	125.00	14.32	0.95	0.95	0.95(M)	2.86	0.95	15.27	90.91(M)	0.00(M)	0.00(M)	55.18(M)	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1	2	157.04	3.20	0.36	0.04	0.00	122.12	29.60	2.92	8.52	8.24	2.44	1.68	226.80	0.00(M)	0.00(M)	0.00	65.68	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	2	158.44	3.36	0.44	0.04	0.00	105.52	29.48	2.88	8.92	8.52	2.56	1.92	261.04	0.00(M)	0.00(M)	0.40	98.88	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	2	159.00	3.56	0.56	0.16	0.00	107.24	29.24	2.60	8.76	8.48	2.48	1.72	264.88	0.00(M)	0.00(M)	0.40	66.44	(M)	(M)
Cheerios - SR1160 (1 bowl)	2	100.52	1.79	0.36	0.00	0.00	136.42	20.83	2.88	1.43	1.43	3.58	9.04	93.32	0.00(M)	0.00(M)	1.43	179.48	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl)	4	112.95	1.37	0.31	0.00	0.00	158.31	22.68	1.99	9.38	9.21	2.44	3.64	122.44	0.00(M)	0.00(M)	1.60	110.60	(M)	(M)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl)	4	120.00	2.50	0.00	0.00	0.00	160.00	22.00	3.00	6.00	6.00	1.00	1.80	60.00	300.00	3.60	1.20	0.00	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	4	117.87	1.44	0.24	0.00	0.00	122.61	25.11	1.89	8.28	8.28	1.86	2.88	104.46	0.00(M)	0.00(M)	1.62	104.10	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	4	108.86	1.15	0.00	0.00	0.00	101.11	23.32	1.54	9.32	9.32	2.32	2.80	101.11	0.00(M)	0.00(M)	1.57	61.04	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	4	109.20	1.40	0.28	0.00	0.00	161.84	23.24	1.40	6.16	6.16	1.68	2.24	89.88	322.00	5.32	1.40	52.92	(M)	(M)
Ultimate Breakfast Round, Cinnamon, BULK -	10	240.00	6.00	2.00	0.00	5.00	200.00	42.00	7.00	16.00	15.00	5.00	1.50	30.00	0.00(M)	0.00(M)	0.00	150.00	(M)	(M)
Unsweetened Applesauce - SR2848 (1 Container)	15	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Banana - SR1166 (1 medium (7"))	20	105.02	0.39	0.13	0.00	0.00	1.18	26.95	3.07	14.43	0.00	1.29	0.31	5.90	75.52	10.27	0.00	422.44	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra smal)	15	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Fresh Oranges - SR1171 (1 small (2-3)	15	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.00	0.90	0.10	38.40	216.00	51.07	0.00	173.76	83.28	0.42
Mixed Berries Fruit Cup - SR3032 (1 Container)	15	90.00	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Peach Cup, - SR3039 (1 ea.)	10	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	(M)	1.00	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Raisin Box - NWR1267 (1 Box)	10	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00(M)	0.00(M)	0.00	240.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	10	110.00	2.50	1.50	0.00	15.00	130.00	13.00	0.00	12.00	(M)	9.00	0.00	312.00	1000.00	0.00(M)	3.00	408.00	(M)	(M)
White Skim Milk - NWR2347 (1 Half Pint)	5	90.00	0.00	0.00	0.00	2.00	130.00	13.00	0.00	12.00	0.00	9.00	0.00	315.00	1000.00	0.00(M)	3.00	410.00	(M)	(M)
Chocolate Skim Milk - NWR2346 (1 Half Pint)	20	130.00	0.00	0.00	0.00	4.00	210.00	24.00	0.00	22.00	11.00	8.00	0.00	329.00	1000.00	0.00(M)	3.00	425.00	(M)	(M)

# Menu Calendar Nutrient Analysis Report - June, 2023

Site: ALL SCHOOLS  
 Date: 06/01/2023 - 06/23/2023

1% Milk - NWR4003 (1 Carton)	25	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	310.00	1000.00	(M)	2.40	370.00	(M)	(M)
Nonfat Chocolate Milk - NWR2553 (1 c.)	15	130.00	0.00	0.00	0.00	5.00	160.00	23.00	0.00	23.00	11.00	8.00	0.00	294.00	750.00	0.00(M)	2.50	385.00	(M)	(M)
Skim Milk - NWR4005 (1 Carton)	25	80.00	0.00	0.00	0.00	5.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	2.50	380.00	(M)	(M)

**Legend**  
 (M) - Missing Nutrient Values

**Report Selections**  
 Meal Type: Breakfast

Please be advised that our menu items may contain allergens or may have come in contact with items containing allergens. In addition, food manufacturers may change their formulation or manner of processing without our knowledge. Sodexo therefore cannot guarantee the accuracy of nutrition information. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion