

BREAKFAST Menu Calendar Nutrient Analysis Report - September, 2023-January,2024

Generated on: 5/11/2023 2:56:24 PM by Patricia Engelsgaard

Site: ALL

Date: 09/01/2023 - 09/30/2023

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)
CH Cafe Classics																				
Breakfast - SY23-24 -																				
Bagel & Cream Cheese - NWR1120 (1 ea.)	5	214.54	4.55	2.25	0.13	12.80	390.37	36.71	4.05	4.10	3.00(M)	7.57	2.05	38.60	275.35(M)	0.00(M)	0.00(M)	137.00(M)	(M)	(M)
Blueberry Bagel w/ Cream Cheese Burry -	5	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)
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	5	113.51	1.88	0.00	0.00	0.00	113.51	22.71	2.27	9.07	9.07	2.27	2.72	98.39	0.00(M)	0.00(M)	1.51	68.10	(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)	6	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)	5	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)	3	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)	3	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)
Donut - SR2488 (1 donut)	30	280.00	16.00	7.00	0.00	0.00	310.00	30.00	2.00	6.00	5.00	5.00	1.50	10.00	0.00(M)	0.00(M)	0.60	110.00	(M)	(M)
Banana Square Muffin - NWR2671 (1 ea.)	5	362.11	9.23	4.56	0.00	6.24	529.67	65.88	4.05	29.70	26.24	4.48	1.21	27.86	15.55(M)	2.11(M)	0.00	219.33	0.02(M)	0.01(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.)	10	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)
Maple Brown Sugar Oatmeal - NWR1358 (1 bowl)	2	160.00	2.00	0.50	0.00	0.00	260.00	33.00	3.00	12.00	12.00	4.00	1.10	20.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
Strawberry Yogurt Cup - SR3887 (1 Container)	5	60.00	0.00	0.00	0.00	2.50	70.00	12.00	0.00	9.00	4.00	4.00	0.00	100.00	0.00(M)	0.00(M)	2.00	188.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1 slice)	15	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)
Honey Graham Crackers - SR2366 (1 pkg.)	5	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)
String Cheese - SR1146 (1 stick.)	15	80.00	6.00	3.50	0.00	15.00	190.00	0.00	0.00	0.00	0.00	7.00	0.00	198.00	(M)	(M)	0.00	25.00	(M)	(M)
Fresh Sliced Apples - SR3767 (1/2 c.)	25	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
Unsweetened Applesauce SR1195 (1/2 c.)	10	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(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)
Orange Smiles - SR1172 (6 slice or w)	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
Fruit Cocktail - SR3023 (1/2 c.)	10	86.67	0.00	0.00	0.00	0.00	7.22	21.67	1.44	18.78	5.78	0.00	0.00	10.11	0.00(M)	0.00(M)	0.00	163.22	0.00(M)	(M)
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Diced Pears - SR3041 (1/2 c.)	10	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(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)

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1% White Milk - NWR4130 (1 Carton)	40	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	3.00	360.02	(M)	(M)
Skim Chocolate Milk - NWR4129 (1 Carton)	5	140.00	0.00	0.00	0.00	5.00	160.00	26.00	0.00	22.00	12.00	8.00	1.00	267.00	750.00	(M)	3.00	334.17	(M)	(M)
Skim Milk - NWR4210 (1 Carton)	5	80.00	0.00	0.00	0.00	5.00	100.00	12.00	0.00	12.00	0.00	8.00	0.00	293.00	145.00	(M)	3.00	374.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	40	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)	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)
Chocolate Icing - NWR3004 (1 2/3 tbsp.)	10	130.00	2.50	1.00	0.00	0.00	15.00	27.00	0.00	26.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Vanilla Icing - NWR1542 (1 1/2 tbsp.)	10	125.55	1.62	0.81	0.00	0.00	0.00	27.54	0.00	26.73	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Maple Icing - NWR3003 (1 2/3 tbsp.)	5	130.00	1.50	1.00	0.00	0.00	5.00	29.00	0.00	28.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)	(M)
Cinnamon & Sugar - NWR2642 (1/2 tsp.)	5	0.16	0.00	0.00	0.00	0.00	0.01	0.05	0.04	0.00	0.00	0.00	0.01	0.66	0.00(M)	0.00(M)	0.00	0.28	0.01	0.00
CH Cafe Classics																				
Breakfast - SY23-24 -																				
Bagel & Cream Cheese - NWR1120 (1 ea.)	5	214.54	4.55	2.25	0.13	12.80	390.37	36.71	4.05	4.10	3.00(M)	7.57	2.05	38.60	275.35(M)	0.00(M)	0.00(M)	137.00(M)	(M)	(M)
Blueberry Bagel w/ Cream Cheese Burry -	5	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)
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	4	113.51	1.88	0.00	0.00	0.00	113.51	22.71	2.27	9.07	9.07	2.27	2.72	98.39	0.00(M)	0.00(M)	1.51	68.10	(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)	3	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)	3	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)
Maple Brown Sugar Oatmeal - NWR1358 (1 bowl)	1	160.00	2.00	0.50	0.00	0.00	260.00	33.00	3.00	12.00	12.00	4.00	1.10	20.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
Blueberry Oats - NWR1892 (3/4 c.)	60	281.63	4.81	1.43	0.01	7.02	130.70	49.53	3.90	24.25	13.05(M)	10.15	0.98(M)	260.92(M)	319.27(M)	0.00(M)	3.15(M)	331.66(M)	0.00(M)	0.00(M)
Strawberry Yogurt Cup - SR3887 (1 Container)	5	60.00	0.00	0.00	0.00	2.50	70.00	12.00	0.00	9.00	4.00	4.00	0.00	100.00	0.00(M)	0.00(M)	2.00	188.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1 bowl)	15	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)
Honey Graham Crackers - SR2366 (1 pkg.)	5	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)
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	15.00	190.00	0.00	0.00	0.00	0.00	7.00	0.00	198.00	(M)	(M)	0.00	25.00	(M)	(M)
Fresh Sliced Apples - SR3767 (1/2 c.)	15	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
Unsweetened Applesauce SR1195 (1/2 c.)	10	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	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)
Orange Smiles - SR1172 (6 slice or w)	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
Fruit Cocktail - SR3023 (1/2 c.)	10	86.67	0.00	0.00	0.00	0.00	7.22	21.67	1.44	18.78	5.78	0.00	0.00	10.11	0.00(M)	0.00(M)	0.00	163.22	0.00(M)	(M)

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Site: ALL
Date: 09/01/2023 - 09/30/2023

Diced Peaches - SR3040 (1/2 c.)	15	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Diced Pears - SR3041 (1/2 c.)	15	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(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)
1% White Milk - NWR4130 (1 Carton)	40	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	3.00	360.02	(M)	(M)
Skim Chocolate Milk - NWR4129 (1 Carton)	5	140.00	0.00	0.00	0.00	5.00	160.00	26.00	0.00	22.00	12.00	8.00	1.00	267.00	750.00	(M)	3.00	334.17	(M)	(M)
Skim Milk - NWR4210 (1 Carton)	5	80.00	0.00	0.00	0.00	5.00	100.00	12.00	0.00	12.00	0.00	8.00	0.00	293.00	145.00	(M)	3.00	374.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	40	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)	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)
CH Cafe Classics																				
Breakfast - SY23-24 -																				
Bagel & Cream Cheese - NWR1120 (1 ea.)	5	214.54	4.55	2.25	0.13	12.80	390.37	36.71	4.05	4.10	3.00(M)	7.57	2.05	38.60	275.35(M)	0.00(M)	0.00(M)	137.00(M)	(M)	(M)
Blueberry Bagel w/ Cream Cheese Burry -	5	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)
Breakfast Bowl - NWR4128 (1 portion)	55	137.75	9.03	2.61	0.00	125.72	236.20	6.18	0.68	1.13	0.00	7.47	0.88	63.46	25.08(M)	3.41(M)	0.71	192.46	18.78(M)	0.08(M)
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	5	113.51	1.88	0.00	0.00	0.00	113.51	22.71	2.27	9.07	9.07	2.27	2.72	98.39	0.00(M)	0.00(M)	1.51	68.10	(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)	6	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)	5	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)	3	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)	3	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)
Apple Cinnamon Muffin - SR1165 (1 muffin)	2	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)	3	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)
Maple Brown Sugar Oatmeal - NWR1358 (1 bowl)	2	160.00	2.00	0.50	0.00	0.00	260.00	33.00	3.00	12.00	12.00	4.00	1.10	20.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1 bowl)	70	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)
String Cheese - SR1146 (1 stick.)	20	80.00	6.00	3.50	0.00	15.00	190.00	0.00	0.00	0.00	0.00	7.00	0.00	198.00	(M)	(M)	0.00	25.00	(M)	(M)
Fresh Sliced Apples - SR3767 (1/2 c.)	15	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
Unsweetened Applesauce SR1195 (1/2 c.)	10	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	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)
Orange Smiles - SR1172 (6 slice or w)	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

BREAKFAST Menu Calendar Nutrient Analysis Report - September, 2023-January,2024

Site: ALL
Date: 09/01/2023 - 09/30/2023

Fruit Cocktail - SR3023 (1/2 c.)	10	86.67	0.00	0.00	0.00	0.00	7.22	21.67	1.44	18.78	5.78	0.00	0.00	10.11	0.00(M)	0.00(M)	0.00	163.22	0.00(M)	(M)
Diced Peaches - SR3040 (1/2 c.)	15	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Diced Pears - SR3041 (1/2 c.)	15	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(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)
1% White Milk - NWR4130 (1 Carton)	40	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	3.00	360.02	(M)	(M)
Skim Chocolate Milk - NWR4129 (1 Carton)	5	140.00	0.00	0.00	0.00	5.00	160.00	26.00	0.00	22.00	12.00	8.00	1.00	267.00	750.00	(M)	3.00	334.17	(M)	(M)
Skim Milk - NWR4210 (1 Carton)	5	80.00	0.00	0.00	0.00	5.00	100.00	12.00	0.00	12.00	0.00	8.00	0.00	293.00	145.00	(M)	3.00	374.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	40	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)	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)
Thick & Chunky Salsa - SR2187 (2 tbsp.)	30	5.00	0.00	0.00	0.00	0.00	115.00	1.50	0.50	1.00	(M)	0.00	0.00	0.00	50.00	0.00	(M)	(M)	(M)	(M)
CH Cafe Classics Breakfast - SY23-24 -																				
Bagel & Cream Cheese - NWR1120 (1 ea.)	5	214.54	4.55	2.25	0.13	12.80	390.37	36.71	4.05	4.10	3.00(M)	7.57	2.05	38.60	275.35(M)	0.00(M)	0.00(M)	137.00(M)	(M)	(M)
Blueberry Bagel w/ Cream Cheese Burry - Breakfast Protein Power Up Pack - NWR4212 (1 Sausage & Egg Breakfast Burrito - NWR4101 (1 Apple Cinnamon Cheerios bowlpack - SR1327 (1 Cheerios - SR1160 (1 bowl) Honey Nut Cheerios Cereal - SR1361 (1 Cinnamon Toast Crunch Cereal - SR1164 (1 Cocoa Puffs Cereal - SR1170 (1 bowl) Lucky Charms - SR2428 (1 bowl) Trix Cereal reduced sugar - SR1184 (1 bowl) Maple Brown Sugar Oatmeal - NWR1358 (1 Buttery Whole Grain Toast - NWR1119 (1 String Cheese - SR1146 (1 stick.) Fresh Sliced Apples - SR3767 (1/2 c.) Unsweetened Applesauce SR1195 (1/2 c.) Banana - SR1166 (1 medium (7"))	5	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)
	5	503.14	26.73	6.61	0.00	15.00	425.05	55.88	7.05	26.39	10.97	17.22	2.49	225.69	75.52(M)	10.27(M)	0.00	703.48	0.00(M)	0.00(M)
	50	308.33	16.75	7.25	0.00	256.67	416.67	22.00	2.00	2.00	0.00	17.00	2.53	186.17	0.00(M)	0.00(M)	1.43	140.50	(M)	(M)
	6	113.51	1.88	0.00	0.00	0.00	113.51	22.71	2.27	9.07	9.07	2.27	2.72	98.39	0.00(M)	0.00(M)	1.51	68.10	(M)	(M)
	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)
	6	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)
	5	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)
	5	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)
	5	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)
	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)
	2	160.00	2.00	0.50	0.00	0.00	260.00	33.00	3.00	12.00	12.00	4.00	1.10	20.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
	20	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)
	15	80.00	6.00	3.50	0.00	15.00	190.00	0.00	0.00	0.00	0.00	7.00	0.00	198.00	(M)	(M)	0.00	25.00	(M)	(M)
	10	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
	10	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
	15	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)

BREAKFAST Menu Calendar Nutrient Analysis Report - September, 2023-January,2024

Generated on: 5/11/2023 2:56:24 PM by Patricia Engelsgaard

Site: ALL

Date: 09/01/2023 - 09/30/2023

Orange Smiles - SR1172 (6 slice or w)	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
Fruit Cocktail - SR3023 (1/2 c.)	10	86.67	0.00	0.00	0.00	0.00	7.22	21.67	1.44	18.78	5.78	0.00	0.00	10.11	0.00(M)	0.00(M)	0.00	163.22	0.00(M)	(M)
Diced Peaches - SR3040 (1/2 c.)	15	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Diced Pears - SR3041 (1/2 c.)	15	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(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)
1% White Milk - NWR4130 (1 Carton)	40	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	3.00	360.02	(M)	(M)
Skim Chocolate Milk - NWR4129 (1 Carton)	5	140.00	0.00	0.00	0.00	5.00	160.00	26.00	0.00	22.00	12.00	8.00	1.00	267.00	750.00	(M)	3.00	334.17	(M)	(M)
Skim Milk - NWR4210 (1 Carton)	5	80.00	0.00	0.00	0.00	5.00	100.00	12.00	0.00	12.00	0.00	8.00	0.00	293.00	145.00	(M)	3.00	374.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	40	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)	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)
Thick & Chunky Salsa - SR2187 (2 tbsp.)	30	5.00	0.00	0.00	0.00	0.00	115.00	1.50	0.50	1.00	(M)	0.00	0.00	0.00	50.00	0.00	(M)	(M)	(M)	(M)
CH Cafe Classics Breakfast - SY23-24 -																				
Bagel & Cream Cheese - NWR1120 (1 ea.)	5	214.54	4.55	2.25	0.13	12.80	390.37	36.71	4.05	4.10	3.00(M)	7.57	2.05	38.60	275.35(M)	0.00(M)	0.00(M)	137.00(M)	(M)	(M)
Blueberry Bagel w/ Cream Cheese Burry -	5	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)
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	5	113.51	1.88	0.00	0.00	0.00	113.51	22.71	2.27	9.07	9.07	2.27	2.72	98.39	0.00(M)	0.00(M)	1.51	68.10	(M)	(M)
Cheerios - SR1160 (1 bowl)	1	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)	5	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)	3	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)	3	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)	2	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)
Whole Grain Cinnamon Roll with Icing -	60	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)
Maple Brown Sugar Oatmeal - NWR1358 (1 bowl)	2	160.00	2.00	0.50	0.00	0.00	260.00	33.00	3.00	12.00	12.00	4.00	1.10	20.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
Strawberry Yogurt Cup - SR3887 (1 Container)	5	60.00	0.00	0.00	0.00	2.50	70.00	12.00	0.00	9.00	4.00	4.00	0.00	100.00	0.00(M)	0.00(M)	2.00	188.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1 bowl)	15	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)
Honey Graham Crackers - SR2366 (1 pkg.)	5	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)
String Cheese - SR1146 (1 stick.)	10	80.00	6.00	3.50	0.00	15.00	190.00	0.00	0.00	0.00	0.00	7.00	0.00	198.00	(M)	(M)	0.00	25.00	(M)	(M)
Fresh Sliced Apples - SR3767 (1/2 c.)	25	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12

BREAKFAST Menu Calendar Nutrient Analysis Report - September, 2023-January,2024

Site: ALL
Date: 09/01/2023 - 09/30/2023

Unsweetened Applesauce SR1195 (1/2 c.)	10	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	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)
Orange Smiles - SR1172 (6 slice or w)	10	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
Fruit Cocktail - SR3023 (1/2 c.)	10	86.67	0.00	0.00	0.00	0.00	7.22	21.67	1.44	18.78	5.78	0.00	0.00	10.11	0.00(M)	0.00(M)	0.00	163.22	0.00(M)	(M)
Diced Peaches - SR3040 (1/2 c.)	15	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Diced Pears - SR3041 (1/2 c.)	15	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(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)
1% White Milk - NWR4130 (1 Carton)	40	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	3.00	360.02	(M)	(M)
Skim Chocolate Milk - NWR4129 (1 Carton)	5	140.00	0.00	0.00	0.00	5.00	160.00	26.00	0.00	22.00	12.00	8.00	1.00	267.00	750.00	(M)	3.00	334.17	(M)	(M)
Skim Milk - NWR4210 (1 Carton)	5	80.00	0.00	0.00	0.00	5.00	100.00	12.00	0.00	12.00	0.00	8.00	0.00	293.00	145.00	(M)	3.00	374.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	40	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)	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)
CH Cafe Classics Breakfast - SY23-24 -																				
Bagel & Cream Cheese - NWR1120 (1 ea.)	5	214.54	4.55	2.25	0.13	12.80	390.37	36.71	4.05	4.10	3.00(M)	7.57	2.05	38.60	275.35(M)	0.00(M)	0.00(M)	137.00(M)	(M)	(M)
Blueberry Bagel w/ Cream Cheese Burry -	5	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)
Breakfast on a Stick - SR2494 (1 stick.)	55	190.00	10.00	2.50	0.00	25.00	310.00	17.00	3.00	4.00	4.00	7.00	1.80	30.00	0.00(M)	0.00(M)	0.00	200.00	(M)	(M)
Breakfast Protein Box - NWR4211 (1 Box)	5	281.69	5.73	1.07	0.02	89.23	152.18	54.21	4.07	25.70	5.33(M)	7.93	1.31	77.73	252.89	10.27(M)	1.49(M)	532.25(M)	17.65(M)	0.26(M)
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	5	113.51	1.88	0.00	0.00	0.00	113.51	22.71	2.27	9.07	9.07	2.27	2.72	98.39	0.00(M)	0.00(M)	1.51	68.10	(M)	(M)
Cheerios - SR1160 (1 bowl)	1	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)	5	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)	5	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)
Maple Brown Sugar Oatmeal - NWR1358 (1 bowl)	2	160.00	2.00	0.50	0.00	0.00	260.00	33.00	3.00	12.00	12.00	4.00	1.10	20.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1 bowl)	15	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)
String Cheese - SR1146 (1 stick.)	15	80.00	6.00	3.50	0.00	15.00	190.00	0.00	0.00	0.00	0.00	7.00	0.00	198.00	(M)	(M)	0.00	25.00	(M)	(M)
Fresh Sliced Apples - SR3767 (1/2 c.)	25	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12

BREAKFAST Menu Calendar Nutrient Analysis Report - September, 2023-January,2024

Generated on: 5/11/2023 2:56:24 PM by Patricia Engelsgaard

Site: ALL
Date: 09/01/2023 - 09/30/2023

Unsweetened Applesauce SR1195 (1/2 c.)	10	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(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)
Orange Smiles - SR1172 (6 slice or w)	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
Fruit Cocktail - SR3023 (1/2 c.)	10	86.67	0.00	0.00	0.00	0.00	7.22	21.67	1.44	18.78	5.78	0.00	0.00	10.11	0.00(M)	0.00(M)	0.00	163.22	0.00(M)	(M)
Diced Peaches - SR3040 (1/2 c.)	15	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Diced Pears - SR3041 (1/2 c.)	15	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(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)
1% White Milk - NWR4130 (1 Carton)	40	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	3.00	360.02	(M)	(M)
Skim Chocolate Milk - NWR4129 (1 Carton)	5	140.00	0.00	0.00	0.00	5.00	160.00	26.00	0.00	22.00	12.00	8.00	1.00	267.00	750.00	(M)	3.00	334.17	(M)	(M)
Skim Milk - NWR4210 (1 Carton)	5	80.00	0.00	0.00	0.00	5.00	100.00	12.00	0.00	12.00	0.00	8.00	0.00	293.00	145.00	(M)	3.00	374.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	40	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)	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)
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	55	105.00	0.00	0.00	0.00	0.00	47.50	26.00	0.00	14.50	(M)	0.00	0.01	0.50	2.75	0.01	0.00	10.50	(M)	(M)
CH Cafe Classics																				
Breakfast - SY23-24 -																				
Bagel & Cream Cheese - NWR1120 (1 ea.)	5	214.54	4.55	2.25	0.13	12.80	390.37	36.71	4.05	4.10	3.00(M)	7.57	2.05	38.60	275.35(M)	0.00(M)	0.00(M)	137.00(M)	(M)	(M)
Blueberry Bagel w/ Cream Cheese Burry - Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	5	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)
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)	5	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)	5	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)	3	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)	3	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)
Apple Frudel Stick - SR1747 (1 pkg.)	55	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)
Maple Brown Sugar Oatmeal - NWR1358 (1 bowl)	2	160.00	2.00	0.50	0.00	0.00	260.00	33.00	3.00	12.00	12.00	4.00	1.10	20.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
Strawberry Yogurt Cup - SR3887 (1 Container)	5	60.00	0.00	0.00	0.00	2.50	70.00	12.00	0.00	9.00	4.00	4.00	0.00	100.00	0.00(M)	0.00(M)	2.00	188.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1 bowl)	15	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)
Honey Graham Crackers - SR2366 (1 pkg.)	5	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)

BREAKFAST Menu Calendar Nutrient Analysis Report - September, 2023-January,2024

Generated on: 5/11/2023 2:56:24 PM by Patricia Engelsgaard

Site: ALL
Date: 09/01/2023 - 09/30/2023

String Cheese - SR1146 (1 stick.)	15	80.00	6.00	3.50	0.00	15.00	190.00	0.00	0.00	0.00	0.00	7.00	0.00	198.00	(M)	(M)	0.00	25.00	(M)	(M)
Fresh Sliced Apples - SR3767 (1/2 c.)	25	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
Unsweetened Applesauce SR1195 (1/2 c.)	10	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(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)
Orange Smiles - SR1172 (6 slice or w)	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
Fruit Cocktail - SR3023 (1/2 c.)	10	86.67	0.00	0.00	0.00	0.00	7.22	21.67	1.44	18.78	5.78	0.00	0.00	10.11	0.00(M)	0.00(M)	0.00	163.22	0.00(M)	(M)
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)	(M)
Diced Pears - SR3041 (1/2 c.)	10	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(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)
1% White Milk - NWR4130 (1 Carton)	40	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	3.00	360.02	(M)	(M)
Skim Chocolate Milk - NWR4129 (1 Carton)	5	140.00	0.00	0.00	0.00	5.00	160.00	26.00	0.00	22.00	12.00	8.00	1.00	267.00	750.00	(M)	3.00	334.17	(M)	(M)
Skim Milk - NWR4210 (1 Carton)	5	80.00	0.00	0.00	0.00	5.00	100.00	12.00	0.00	12.00	0.00	8.00	0.00	293.00	145.00	(M)	3.00	374.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	40	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)	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)
CH Cafe Classics Breakfast - SY23-24 -																				
Bagel & Cream Cheese - NWR1120 (1 ea.)	5	214.54	4.55	2.25	0.13	12.80	390.37	36.71	4.05	4.10	3.00(M)	7.57	2.05	38.60	275.35(M)	0.00(M)	0.00(M)	137.00(M)	(M)	(M)
Blueberry Bagel w/ Cream Cheese Burry -	5	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)
Egg & Cheese English Muffin - NWR4486 (1	55	215.49	8.54	3.53	0.00	107.64	522.50	22.50	2.00	1.00	0.00(M)	10.53	1.15	165.87	0.00(M)	0.00(M)	1.05	144.00	(M)	(M)
Apple Cinnamon Cheerios bowlpack - SR1327 (1	6	113.51	1.88	0.00	0.00	0.00	113.51	22.71	2.27	9.07	9.07	2.27	2.72	98.39	0.00(M)	0.00(M)	1.51	68.10	(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	5	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	5	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)	3	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)	3	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)
Apple Cinnamon Muffin - SR1165 (1 muffin)	3	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)	2	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)
Maple Brown Sugar Oatmeal - NWR1358 (1	2	160.00	2.00	0.50	0.00	0.00	260.00	33.00	3.00	12.00	12.00	4.00	1.10	20.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)

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Site: ALL

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Buttery Whole Grain Toast - NWR1119 (1	15	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)
String Cheese - SR1146 (1 stick.)	20	80.00	6.00	3.50	0.00	15.00	190.00	0.00	0.00	0.00	0.00	7.00	0.00	198.00	(M)	(M)	0.00	25.00	(M)	(M)
Fresh Sliced Apples - SR3767 (1/2 c.)	25	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
Unsweetened Applesauce SR1195 (1/2 c.)	10	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	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)
Orange Smiles - SR1172 (6 slice or w)	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
Fruit Cocktail - SR3023 (1/2 c.)	10	86.67	0.00	0.00	0.00	0.00	7.22	21.67	1.44	18.78	5.78	0.00	0.00	10.11	0.00(M)	0.00(M)	0.00	163.22	0.00(M)	(M)
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Diced Pears - SR3041 (1/2 c.)	10	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(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)
1% White Milk - NWR4130 (1 Carton)	40	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	3.00	360.02	(M)	(M)
Skim Chocolate Milk - NWR4129 (1 Carton)	5	140.00	0.00	0.00	0.00	5.00	160.00	26.00	0.00	22.00	12.00	8.00	1.00	267.00	750.00	(M)	3.00	334.17	(M)	(M)
Skim Milk - NWR4210 (1 Carton)	5	80.00	0.00	0.00	0.00	5.00	100.00	12.00	0.00	12.00	0.00	8.00	0.00	293.00	145.00	(M)	3.00	374.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	40	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)	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)
CH Cafe Classics																				
Breakfast - SY23-24 -																				
Bagel & Cream Cheese - NWR1120 (1 ea.)	5	214.54	4.55	2.25	0.13	12.80	390.37	36.71	4.05	4.10	3.00(M)	7.57	2.05	38.60	275.35(M)	0.00(M)	0.00(M)	137.00(M)	(M)	(M)
Blueberry Bagel w/ Cream Cheese Burry -	5	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)
Breakfast Protein Power Up Pack - NWR4212 (1	5	503.14	26.73	6.61	0.00	15.00	425.05	55.88	7.05	26.39	10.97	17.22	2.49	225.69	75.52(M)	10.27(M)	0.00	703.48	0.00(M)	0.00(M)
Apple Cinnamon Cheerios bowlpack - SR1327 (1	5	113.51	1.88	0.00	0.00	0.00	113.51	22.71	2.27	9.07	9.07	2.27	2.72	98.39	0.00(M)	0.00(M)	1.51	68.10	(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	6	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	5	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)	3	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)	3	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)
Maple Brown Sugar Oatmeal - NWR1358 (1	2	160.00	2.00	0.50	0.00	0.00	260.00	33.00	3.00	12.00	12.00	4.00	1.10	20.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
Buttermilk Pancakes - SR2010 (2 pancake)	55	160.00	2.00	0.33	0.00	10.00	406.67	30.67	4.00	5.33	4.00	4.00	1.33	33.33	0.00(M)	0.00(M)	0.00	153.33	(M)	(M)

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Buttery Whole Grain Toast - NWR1119 (1	15	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)
String Cheese - SR1146 (1 stick.)	15	80.00	6.00	3.50	0.00	15.00	190.00	0.00	0.00	0.00	0.00	7.00	0.00	198.00	(M)	(M)	0.00	25.00	(M)	(M)
Fresh Sliced Apples - SR3767 (1/2 c.)	25	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
Unsweetened Applesauce SR1195 (1/2 c.)	10	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(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)
Orange Smiles - SR1172 (6 slice or w)	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
Fruit Cocktail - SR3023 (1/2 c.)	10	86.67	0.00	0.00	0.00	0.00	7.22	21.67	1.44	18.78	5.78	0.00	0.00	10.11	0.00(M)	0.00(M)	0.00	163.22	0.00(M)	(M)
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Diced Pears - SR3041 (1/2 c.)	15	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(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)
1% White Milk - NWR4130 (1 Carton)	40	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	3.00	360.02	(M)	(M)
Skim Chocolate Milk - NWR4129 (1 Carton)	5	140.00	0.00	0.00	0.00	5.00	160.00	26.00	0.00	22.00	12.00	8.00	1.00	267.00	750.00	(M)	3.00	334.17	(M)	(M)
Skim Milk - NWR4210 (1 Carton)	5	80.00	0.00	0.00	0.00	5.00	100.00	12.00	0.00	12.00	0.00	8.00	0.00	293.00	145.00	(M)	3.00	374.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	40	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)	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)
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	55	105.00	0.00	0.00	0.00	0.00	47.50	26.00	0.00	14.50	(M)	0.00	0.01	0.50	2.75	0.01	0.00	10.50	(M)	(M)
CH Cafe Classics																				
Breakfast - SY23-24 -																				
Bagel & Cream Cheese - NWR1120 (1 ea.)	5	214.54	4.55	2.25	0.13	12.80	390.37	36.71	4.05	4.10	3.00(M)	7.57	2.05	38.60	275.35(M)	0.00(M)	0.00(M)	137.00(M)	(M)	(M)
Blueberry Bagel w/ Cream Cheese Burry -	5	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)
Apple Cinnamon Cheerios bowlpack - SR1327 (1	6	113.51	1.88	0.00	0.00	0.00	113.51	22.71	2.27	9.07	9.07	2.27	2.72	98.39	0.00(M)	0.00(M)	1.51	68.10	(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	5	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	5	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)	3	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)	3	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)
Banana Muffin Top - NWR2902 (1 ea.)	55	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)
Maple Brown Sugar Oatmeal - NWR1358 (1	2	160.00	2.00	0.50	0.00	0.00	260.00	33.00	3.00	12.00	12.00	4.00	1.10	20.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)

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Strawberry Yogurt Cup - SR3887 (1 Container)	5	60.00	0.00	0.00	0.00	2.50	70.00	12.00	0.00	9.00	4.00	4.00	0.00	100.00	0.00(M)	0.00(M)	2.00	188.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1)	15	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)
Honey Graham Crackers - SR2366 (1 pkg.)	5	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)
String Cheese - SR1146 (1 stick.)	15	80.00	6.00	3.50	0.00	15.00	190.00	0.00	0.00	0.00	0.00	7.00	0.00	198.00	(M)	(M)	0.00	25.00	(M)	(M)
Fresh Sliced Apples - SR3767 (1/2 c.)	15	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
Unsweetened Applesauce SR1195 (1/2 c.)	10	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(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)
Orange Smiles - SR1172 (6 slice or w)	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
Fruit Cocktail - SR3023 (1/2 c.)	10	86.67	0.00	0.00	0.00	0.00	7.22	21.67	1.44	18.78	5.78	0.00	0.00	10.11	0.00(M)	0.00(M)	0.00	163.22	0.00(M)	(M)
Diced Peaches - SR3040 (1/2 c.)	15	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Diced Pears - SR3041 (1/2 c.)	15	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(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)
1% White Milk - NWR4130 (1 Carton)	40	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	3.00	360.02	(M)	(M)
Skim Chocolate Milk - NWR4129 (1 Carton)	5	140.00	0.00	0.00	0.00	5.00	160.00	26.00	0.00	22.00	12.00	8.00	1.00	267.00	750.00	(M)	3.00	334.17	(M)	(M)
Skim Milk - NWR4210 (1 Carton)	5	80.00	0.00	0.00	0.00	5.00	100.00	12.00	0.00	12.00	0.00	8.00	0.00	293.00	145.00	(M)	3.00	374.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	40	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)	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)
CH Cafe Classics Breakfast - SY23-24 -																				
Bagel & Cream Cheese - NWR1120 (1 ea.)	5	214.54	4.55	2.25	0.13	12.80	390.37	36.71	4.05	4.10	3.00(M)	7.57	2.05	38.60	275.35(M)	0.00(M)	0.00(M)	137.00(M)	(M)	(M)
Blueberry Bagel w/ Cream Cheese Burry -	5	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)
Breakfast Protein Box - NWR4211 (1 Box)	5	281.69	5.73	1.07	0.02	89.23	152.18	54.21	4.07	25.70	5.33(M)	7.93	1.31	77.73	252.89	10.27(M)	1.49(M)	532.25(M)	17.65(M)	0.26(M)
Apple Cinnamon Cheerios bowlpack - SR1327 (1)	5	113.51	1.88	0.00	0.00	0.00	113.51	22.71	2.27	9.07	9.07	2.27	2.72	98.39	0.00(M)	0.00(M)	1.51	68.10	(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)	6	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)	5	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)	3	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)	3	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)

BREAKFAST Menu Calendar Nutrient Analysis Report - September, 2023-January,2024

Site: ALL

Date: 09/01/2023 - 09/30/2023

Maple Brown Sugar Oatmeal - NWR1358 (1 ea.)	2	160.00	2.00	0.50	0.00	0.00	260.00	33.00	3.00	12.00	12.00	4.00	1.10	20.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
Egg & Cheese Quesadilla - NWR4345 (1 ea.)	55	270.00	15.00	7.50	0.00	72.50	435.00	22.50	2.00	2.00	0.00	10.50	1.00	257.00	0.00(M)	0.00(M)	0.70	90.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1 ea.)	15	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)
String Cheese - SR1146 (1 stick.)	15	80.00	6.00	3.50	0.00	15.00	190.00	0.00	0.00	0.00	0.00	7.00	0.00	198.00	(M)	(M)	0.00	25.00	(M)	(M)
Fresh Sliced Apples - SR3767 (1/2 c.)	25	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
Unsweetened Applesauce SR1195 (1/2 c.)	10	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	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)
Orange Smiles - SR1172 (6 slice or w)	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
Fruit Cocktail - SR3023 (1/2 c.)	10	86.67	0.00	0.00	0.00	0.00	7.22	21.67	1.44	18.78	5.78	0.00	0.00	10.11	0.00(M)	0.00(M)	0.00	163.22	0.00(M)	(M)
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Diced Pears - SR3041 (1/2 c.)	10	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(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)
1% White Milk - NWR4130 (1 Carton)	40	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	3.00	360.02	(M)	(M)
Skim Chocolate Milk - NWR4129 (1 Carton)	5	140.00	0.00	0.00	0.00	5.00	160.00	26.00	0.00	22.00	12.00	8.00	1.00	267.00	750.00	(M)	3.00	334.17	(M)	(M)
Skim Milk - NWR4210 (1 Carton)	5	80.00	0.00	0.00	0.00	5.00	100.00	12.00	0.00	12.00	0.00	8.00	0.00	293.00	145.00	(M)	3.00	374.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	40	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)	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)
Thick & Chunky Salsa - SR2187 (2 tbsp.)	55	5.00	0.00	0.00	0.00	0.00	115.00	1.50	0.50	1.00	(M)	0.00	0.00	0.00	50.00	0.00	(M)	(M)	(M)	(M)
CH Cafe Classics Breakfast - SY23-24 -																				
Bagel & Cream Cheese - NWR1120 (1 ea.)	5	214.54	4.55	2.25	0.13	12.80	390.37	36.71	4.05	4.10	3.00(M)	7.57	2.05	38.60	275.35(M)	0.00(M)	0.00(M)	137.00(M)	(M)	(M)
Blueberry Bagel w/ Cream Cheese Burry -	5	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)
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	5	113.51	1.88	0.00	0.00	0.00	113.51	22.71	2.27	9.07	9.07	2.27	2.72	98.39	0.00(M)	0.00(M)	1.51	68.10	(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)	6	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)	5	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)	3	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)	3	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)

BREAKFAST Menu Calendar Nutrient Analysis Report - September, 2023-January,2024

Generated on: 5/11/2023 2:56:24 PM by Patricia Engelsgaard

Site: ALL

Date: 09/01/2023 - 09/30/2023

Maple Brown Sugar Oatmeal - NWR1358 (1	2	160.00	2.00	0.50	0.00	0.00	260.00	33.00	3.00	12.00	12.00	4.00	1.10	20.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
Whole Grain Pancake Bites with Cinnamon & Strawberry Yogurt Cup - SR3887 (1 Container)	5	60.00	0.00	0.00	0.00	2.50	70.00	12.00	0.00	9.00	4.00	4.00	0.00	100.00	0.00(M)	0.00(M)	2.00	188.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1	15	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)
Honey Graham Crackers - SR2366 (1 pkg.)	5	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)
String Cheese - SR1146 (1 stick.)	15	80.00	6.00	3.50	0.00	15.00	190.00	0.00	0.00	0.00	0.00	7.00	0.00	198.00	(M)	(M)	0.00	25.00	(M)	(M)
Fresh Sliced Apples - SR3767 (1/2 c.)	25	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
Unsweetened Applesauce SR1195 (1/2 c.)	10	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	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)
Orange Smiles - SR1172 (6 slice or w)	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
Fruit Cocktail - SR3023 (1/2 c.)	10	86.67	0.00	0.00	0.00	0.00	7.22	21.67	1.44	18.78	5.78	0.00	0.00	10.11	0.00(M)	0.00(M)	0.00	163.22	0.00(M)	(M)
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Diced Pears - SR3041 (1/2 c.)	10	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(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)
1% White Milk - NWR4130 (1 Carton)	40	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	3.00	360.02	(M)	(M)
Skim Chocolate Milk - NWR4129 (1 Carton)	5	140.00	0.00	0.00	0.00	5.00	160.00	26.00	0.00	22.00	12.00	8.00	1.00	267.00	750.00	(M)	3.00	334.17	(M)	(M)
Skim Milk - NWR4210 (1 Carton)	5	80.00	0.00	0.00	0.00	5.00	100.00	12.00	0.00	12.00	0.00	8.00	0.00	293.00	145.00	(M)	3.00	374.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	40	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)	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)
Cinnamon & Sugar - NWR2642 (1/2 tsp.)	55	0.16	0.00	0.00	0.00	0.00	0.01	0.05	0.04	0.00	0.00	0.00	0.01	0.66	0.00(M)	0.00(M)	0.00	0.28	0.01	0.00
CH Cafe Classics Breakfast - SY23-24 -																				
Bagel & Cream Cheese - NWR1120 (1 ea.)	5	214.54	4.55	2.25	0.13	12.80	390.37	36.71	4.05	4.10	3.00(M)	7.57	2.05	38.60	275.35(M)	0.00(M)	0.00(M)	137.00(M)	(M)	(M)
Blueberry Bagel w/ Cream Cheese Burry -	5	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)
Apple Cinnamon Cheerios bowlpack - SR1327 (1	6	113.51	1.88	0.00	0.00	0.00	113.51	22.71	2.27	9.07	9.07	2.27	2.72	98.39	0.00(M)	0.00(M)	1.51	68.10	(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	5	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	5	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)

BREAKFAST Menu Calendar Nutrient Analysis Report - September, 2023-January,2024

Generated on: 5/11/2023 2:56:24 PM by Patricia Engelsgaard

Site: ALL

Date: 09/01/2023 - 09/30/2023

Lucky Charms - SR2428 (1 bowl)	3	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)	3	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)
Apple Cinnamon Muffin - SR1165 (1 muffin)	3	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)	2	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)
Maple Brown Sugar Oatmeal - NWR1358 (1)	2	160.00	2.00	0.50	0.00	0.00	260.00	33.00	3.00	12.00	12.00	4.00	1.10	20.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
Sausage & Cheese Biscuit - NWR4320 (1 sandwich)	55	297.93	17.66	10.11	0.00	47.66	626.74	24.81	2.02	2.02	2.02	12.58	2.01	232.87	0.00(M)	0.00(M)	0.05	200.47	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1)	20	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)
String Cheese - SR1146 (1 stick.)	15	80.00	6.00	3.50	0.00	15.00	190.00	0.00	0.00	0.00	0.00	7.00	0.00	198.00	(M)	(M)	0.00	25.00	(M)	(M)
Fresh Sliced Apples - SR3767 (1/2 c.)	25	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
Unsweetened Applesauce SR1195 (1/2 c.)	10	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	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)
Orange Smiles - SR1172 (6 slice or w)	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
Fruit Cocktail - SR3023 (1/2 c.)	10	86.67	0.00	0.00	0.00	0.00	7.22	21.67	1.44	18.78	5.78	0.00	0.00	10.11	0.00(M)	0.00(M)	0.00	163.22	0.00(M)	(M)
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Diced Pears - SR3041 (1/2 c.)	10	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(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)
1% White Milk - NWR4130 (1 Carton)	40	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	3.00	360.02	(M)	(M)
Skim Chocolate Milk - NWR4129 (1 Carton)	5	140.00	0.00	0.00	0.00	5.00	160.00	26.00	0.00	22.00	12.00	8.00	1.00	267.00	750.00	(M)	3.00	334.17	(M)	(M)
Skim Milk - NWR4210 (1 Carton)	5	80.00	0.00	0.00	0.00	5.00	100.00	12.00	0.00	12.00	0.00	8.00	0.00	293.00	145.00	(M)	3.00	374.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	40	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)	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)
CH Cafe Classics Breakfast - SY23-24 -																				
Bagel & Cream Cheese - NWR1120 (1 ea.)	5	214.54	4.55	2.25	0.13	12.80	390.37	36.71	4.05	4.10	3.00(M)	7.57	2.05	38.60	275.35(M)	0.00(M)	0.00(M)	137.00(M)	(M)	(M)
Blueberry Bagel w/ Cream Cheese Burry -	5	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)
Breakfast Protein Power Up Pack - NWR4212 (1)	5	503.14	26.73	6.61	0.00	15.00	425.05	55.88	7.05	26.39	10.97	17.22	2.49	225.69	75.52(M)	10.27(M)	0.00	703.48	0.00(M)	0.00(M)
Apple Cinnamon Cheerios bowlpack - SR1327 (1)	5	113.51	1.88	0.00	0.00	0.00	113.51	22.71	2.27	9.07	9.07	2.27	2.72	98.39	0.00(M)	0.00(M)	1.51	68.10	(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)	6	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)

BREAKFAST Menu Calendar Nutrient Analysis Report - September, 2023-January,2024

Generated on: 5/11/2023 2:56:24 PM by Patricia Engelsgaard

Site: ALL

Date: 09/01/2023 - 09/30/2023

Cinnamon Toast Crunch Cereal - SR1164 (1	5	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)	3	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)	3	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)
Apple Frudel Stick - SR1747 (1 pkg.)	15	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)
Maple Brown Sugar Oatmeal - NWR1358 (1	2	160.00	2.00	0.50	0.00	0.00	260.00	33.00	3.00	12.00	12.00	4.00	1.10	20.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
Blueberry Patch Parfait - SR1384 (1 parfait)	20	225.02	3.78	0.70	0.01	1.93	119.58	41.70	3.07	25.66	15.43	4.80	0.37(M)	126.42(M)	120.00(M)	0.00(M)	1.93(M)	198.32(M)	0.00(M)	0.00(M)
Double Berry Parfait - SR1174 (1 parfait)	20	266.52	3.87	0.70	0.01	1.93	121.00	53.78	3.30	37.52	15.43(M)	5.14	0.74(M)	133.43(M)	135.30(M)	26.39(M)	1.93(M)	260.79(M)	46.66(M)	0.15(M)
Buttery Whole Grain Toast - NWR1119 (1	15	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)
String Cheese - SR1146 (1 stick.)	15	80.00	6.00	3.50	0.00	15.00	190.00	0.00	0.00	0.00	0.00	7.00	0.00	198.00	(M)	(M)	0.00	25.00	(M)	(M)
Fresh Sliced Apples - SR3767 (1/2 c.)	25	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
Unsweetened Applesauce SR1195 (1/2 c.)	10	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(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)
Orange Smiles - SR1172 (6 slice or w)	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
Fruit Cocktail - SR3023 (1/2 c.)	10	86.67	0.00	0.00	0.00	0.00	7.22	21.67	1.44	18.78	5.78	0.00	0.00	10.11	0.00(M)	0.00(M)	0.00	163.22	0.00(M)	(M)
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Diced Pears - SR3041 (1/2 c.)	10	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(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)
1% White Milk - NWR4130 (1 Carton)	40	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	3.00	360.02	(M)	(M)
Skim Chocolate Milk - NWR4129 (1 Carton)	5	140.00	0.00	0.00	0.00	5.00	160.00	26.00	0.00	22.00	12.00	8.00	1.00	267.00	750.00	(M)	3.00	334.17	(M)	(M)
Skim Milk - NWR4210 (1 Carton)	5	80.00	0.00	0.00	0.00	5.00	100.00	12.00	0.00	12.00	0.00	8.00	0.00	293.00	145.00	(M)	3.00	374.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	40	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)	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)
CH Cafe Classics Breakfast - SY23-24 -																				
Bagel & Cream Cheese - NWR1120 (1 ea.)	5	214.54	4.55	2.25	0.13	12.80	390.37	36.71	4.05	4.10	3.00(M)	7.57	2.05	38.60	275.35(M)	0.00(M)	0.00(M)	137.00(M)	(M)	(M)
Blueberry Bagel w/ Cream Cheese Burry -	5	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)
Apple Cinnamon Cheerios bowlpack - SR1327 (1	5	113.51	1.88	0.00	0.00	0.00	113.51	22.71	2.27	9.07	9.07	2.27	2.72	98.39	0.00(M)	0.00(M)	1.51	68.10	(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)

BREAKFAST Menu Calendar Nutrient Analysis Report - September, 2023-January,2024

Site: ALL
Date: 09/01/2023 - 09/30/2023

Honey Nut Cheerios Cereal - SR1361 (1	6	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	5	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)	3	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)	3	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)
Homemade French Toast - NWR1407 (2 piece)	55	280.63	8.72	2.57	0.00	291.53	331.62	30.19	2.12	2.00	2.00	16.30	3.73	78.86	0.00(M)	0.00(M)	1.72	224.73	0.39(M)	0.01(M)
Maple Brown Sugar Oatmeal - NWR1358 (1	2	160.00	2.00	0.50	0.00	0.00	260.00	33.00	3.00	12.00	12.00	4.00	1.10	20.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
Strawberry Yogurt Cup - SR3887 (1 Container)	5	60.00	0.00	0.00	0.00	2.50	70.00	12.00	0.00	9.00	4.00	4.00	0.00	100.00	0.00(M)	0.00(M)	2.00	188.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1	15	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)
Honey Graham Crackers - SR2366 (1 pkg.)	5	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)
String Cheese - SR1146 (1 stick.)	15	80.00	6.00	3.50	0.00	15.00	190.00	0.00	0.00	0.00	0.00	7.00	0.00	198.00	(M)	(M)	0.00	25.00	(M)	(M)
Fresh Sliced Apples - SR3767 (1/2 c.)	25	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
Unsweetened Applesauce SR1195 (1/2 c.)	10	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(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)
Orange Smiles - SR1172 (6 slice or w)	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
Fruit Cocktail - SR3023 (1/2 c.)	10	86.67	0.00	0.00	0.00	0.00	7.22	21.67	1.44	18.78	5.78	0.00	0.00	10.11	0.00(M)	0.00(M)	0.00	163.22	0.00(M)	(M)
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Diced Pears - SR3041 (1/2 c.)	10	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(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)
1% White Milk - NWR4130 (1 Carton)	40	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	3.00	360.02	(M)	(M)
Skim Chocolate Milk - NWR4129 (1 Carton)	5	140.00	0.00	0.00	0.00	5.00	160.00	26.00	0.00	22.00	12.00	8.00	1.00	267.00	750.00	(M)	3.00	334.17	(M)	(M)
Skim Milk - NWR4210 (1 Carton)	5	80.00	0.00	0.00	0.00	5.00	100.00	12.00	0.00	12.00	0.00	8.00	0.00	293.00	145.00	(M)	3.00	374.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	40	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)	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)
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	55	105.00	0.00	0.00	0.00	0.00	47.50	26.00	0.00	14.50	(M)	0.00	0.01	0.50	2.75	0.01	0.00	10.50	(M)	(M)
CH Cafe Classics Breakfast - SY23-24 -																				
Bagel & Cream Cheese - NWR1120 (1 ea.)	5	214.54	4.55	2.25	0.13	12.80	390.37	36.71	4.05	4.10	3.00(M)	7.57	2.05	38.60	275.35(M)	0.00(M)	0.00(M)	137.00(M)	(M)	(M)
Blueberry Bagel w/ Cream Cheese Burry -	5	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)

BREAKFAST Menu Calendar Nutrient Analysis Report - September, 2023-January,2024

Generated on: 5/11/2023 2:56:24 PM by Patricia Engelsgaard

Site: ALL

Date: 09/01/2023 - 09/30/2023

Breakfast Protein Box - NWR4211 (1 Box)	5	281.69	5.73	1.07	0.02	89.23	152.18	54.21	4.07	25.70	5.33(M)	7.93	1.31	77.73	252.89	10.27(M)	1.49(M)	532.25(M)	17.65(M)	0.26(M)
Apple Cinnamon Cheerios bowlpack - SR1327 (1 bowl)	5	113.51	1.88	0.00	0.00	0.00	113.51	22.71	2.27	9.07	9.07	2.27	2.72	98.39	0.00(M)	0.00(M)	1.51	68.10	(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)	6	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)	5	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)	3	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)	3	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)
Maple Brown Sugar Oatmeal - NWR1358 (1 bowl)	2	160.00	2.00	0.50	0.00	0.00	260.00	33.00	3.00	12.00	12.00	4.00	1.10	20.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
Waffles - NWR3120 (2 ea.)	55	180.00	6.00	1.50	0.00	5.00	360.00	27.00	1.00	2.00	(M)	4.00	3.70	260.00	1000.00	(M)	(M)	(M)	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1 slice)	15	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)
String Cheese - SR1146 (1 stick.)	15	80.00	6.00	3.50	0.00	15.00	190.00	0.00	0.00	0.00	0.00	7.00	0.00	198.00	(M)	(M)	0.00	25.00	(M)	(M)
Fresh Sliced Apples - SR3767 (1/2 c.)	25	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
Unsweetened Applesauce SR1195 (1/2 c.)	10	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	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)
Orange Smiles - SR1172 (6 slice or w)	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
Fruit Cocktail - SR3023 (1/2 c.)	10	86.67	0.00	0.00	0.00	0.00	7.22	21.67	1.44	18.78	5.78	0.00	0.00	10.11	0.00(M)	0.00(M)	0.00	163.22	0.00(M)	(M)
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Diced Pears - SR3041 (1/2 c.)	10	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(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)
1% White Milk - NWR4130 (1 Carton)	40	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	3.00	360.02	(M)	(M)
Skim Chocolate Milk - NWR4129 (1 Carton)	5	140.00	0.00	0.00	0.00	5.00	160.00	26.00	0.00	22.00	12.00	8.00	1.00	267.00	750.00	(M)	3.00	334.17	(M)	(M)
Skim Milk - NWR4210 (1 Carton)	5	80.00	0.00	0.00	0.00	5.00	100.00	12.00	0.00	12.00	0.00	8.00	0.00	293.00	145.00	(M)	3.00	374.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	40	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)	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)
Fruit Compote - NWR1367 (1/4 c.)	55	47.47	0.06	0.00	0.00	0.00	1.44	12.51	1.14	11.37	0.00(M)	0.23	0.25(M)	4.67(M)	10.20(M)	17.59(M)	0.00(M)	41.65(M)	31.11(M)	0.10(M)
CH Cafe Classics Breakfast - SY23-24 -																				
Bagel & Cream Cheese - NWR1120 (1 ea.)	5	214.54	4.55	2.25	0.13	12.80	390.37	36.71	4.05	4.10	3.00(M)	7.57	2.05	38.60	275.35(M)	0.00(M)	0.00(M)	137.00(M)	(M)	(M)

BREAKFAST Menu Calendar Nutrient Analysis Report - September, 2023-January,2024

Site: ALL

Date: 09/01/2023 - 09/30/2023

Blueberry Bagel w/ Cream Cheese Burry -	5	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)
Sausage Breakfast Pizza - SR1167 (1 slice)	55	210.00	7.00	2.00	0.00	15.00	350.00	27.00	3.00	5.00	2.00	9.00	1.90	146.00	0.00	0.00	0.00	330.00	(M)	(M)
Apple Cinnamon Cheerios bowlpack - SR1327 (1)	5	113.51	1.88	0.00	0.00	0.00	113.51	22.71	2.27	9.07	9.07	2.27	2.72	98.39	0.00(M)	0.00(M)	1.51	68.10	(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)	6	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)	5	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)	3	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)	3	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)
Maple Brown Sugar Oatmeal - NWR1358 (1)	2	160.00	2.00	0.50	0.00	0.00	260.00	33.00	3.00	12.00	12.00	4.00	1.10	20.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
Strawberry Yogurt Cup - SR3887 (1 Container)	5	60.00	0.00	0.00	0.00	2.50	70.00	12.00	0.00	9.00	4.00	4.00	0.00	100.00	0.00(M)	0.00(M)	2.00	188.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1)	15	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)
Honey Graham Crackers - SR2366 (1 pkg.)	5	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)
String Cheese - SR1146 (1 stick.)	15	80.00	6.00	3.50	0.00	15.00	190.00	0.00	0.00	0.00	0.00	7.00	0.00	198.00	(M)	(M)	0.00	25.00	(M)	(M)
Fresh Sliced Apples - SR3767 (1/2 c.)	25	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
Unsweetened Applesauce SR1195 (1/2 c.)	10	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	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)
Orange Smiles - SR1172 (6 slice or w)	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
Fruit Cocktail - SR3023 (1/2 c.)	10	86.67	0.00	0.00	0.00	0.00	7.22	21.67	1.44	18.78	5.78	0.00	0.00	10.11	0.00(M)	0.00(M)	0.00	163.22	0.00(M)	(M)
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Diced Pears - SR3041 (1/2 c.)	10	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(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)
1% White Milk - NWR4130 (1 Carton)	40	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	3.00	360.02	(M)	(M)
Skim Chocolate Milk - NWR4129 (1 Carton)	5	140.00	0.00	0.00	0.00	5.00	160.00	26.00	0.00	22.00	12.00	8.00	1.00	267.00	750.00	(M)	3.00	334.17	(M)	(M)
Skim Milk - NWR4210 (1 Carton)	5	80.00	0.00	0.00	0.00	5.00	100.00	12.00	0.00	12.00	0.00	8.00	0.00	293.00	145.00	(M)	3.00	374.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	40	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)	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)
CH Cafe Classics Breakfast - SY23-24 -																				

BREAKFAST Menu Calendar Nutrient Analysis Report - September, 2023-January,2024

Generated on: 5/11/2023 2:56:24 PM by Patricia Engelsgaard

Site: ALL

Date: 09/01/2023 - 09/30/2023

Bagel & Cream Cheese - NWR1120 (1 ea.)	5	214.54	4.55	2.25	0.13	12.80	390.37	36.71	4.05	4.10	3.00(M)	7.57	2.05	38.60	275.35(M)	0.00(M)	0.00(M)	137.00(M)	(M)	(M)
Blueberry Bagel w/ Cream Cheese Burry -	5	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)
Breakfast Bowl - NWR4128 (1 portion)	55	137.75	9.03	2.61	0.00	125.72	236.20	6.18	0.68	1.13	0.00	7.47	0.88	63.46	25.08(M)	3.41(M)	0.71	192.46	18.78(M)	0.08(M)
Apple Cinnamon Cheerios bowlpack - SR1327 (1	5	113.51	1.88	0.00	0.00	113.51	22.71	2.27	9.07	9.07	2.27	2.72	98.39	0.00(M)	0.00(M)	1.51	68.10	(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	6	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	5	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)	3	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)	3	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)
Apple Cinnamon Muffin - SR1165 (1 muffin)	2	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)	3	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)
Maple Brown Sugar Oatmeal - NWR1358 (1	2	160.00	2.00	0.50	0.00	0.00	260.00	33.00	3.00	12.00	12.00	4.00	1.10	20.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1	55	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)
String Cheese - SR1146 (1 stick.)	20	80.00	6.00	3.50	0.00	15.00	190.00	0.00	0.00	0.00	0.00	7.00	0.00	198.00	(M)	(M)	0.00	25.00	(M)	(M)
Fresh Sliced Apples - SR3767 (1/2 c.)	25	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
Unsweetened Applesauce SR1195 (1/2 c.)	10	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(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)
Orange Smiles - SR1172 (6 slice or w)	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
Fruit Cocktail - SR3023 (1/2 c.)	10	86.67	0.00	0.00	0.00	0.00	7.22	21.67	1.44	18.78	5.78	0.00	0.00	10.11	0.00(M)	0.00(M)	0.00	163.22	0.00(M)	(M)
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Diced Pears - SR3041 (1/2 c.)	10	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(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)
1% White Milk - NWR4130 (1 Carton)	40	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	3.00	360.02	(M)	(M)
Skim Chocolate Milk - NWR4129 (1 Carton)	5	140.00	0.00	0.00	0.00	5.00	160.00	26.00	0.00	22.00	12.00	8.00	1.00	267.00	750.00	(M)	3.00	334.17	(M)	(M)
Skim Milk - NWR4210 (1 Carton)	5	80.00	0.00	0.00	0.00	5.00	100.00	12.00	0.00	12.00	0.00	8.00	0.00	293.00	145.00	(M)	3.00	374.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	40	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)	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)

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Thick & Chunky Salsa - SR2187 (2 tbsp.)	30	5.00	0.00	0.00	0.00	0.00	115.00	1.50	0.50	1.00	(M)	0.00	0.00	0.00	50.00	0.00	(M)	(M)	(M)	(M)
CH Cafe Classics																				
Breakfast - SY23-24 -																				
Bagel & Cream Cheese - NWR1120 (1 ea.)	5	214.54	4.55	2.25	0.13	12.80	390.37	36.71	4.05	4.10	3.00(M)	7.57	2.05	38.60	275.35(M)	0.00(M)	0.00(M)	137.00(M)	(M)	(M)
Blueberry Bagel w/ Cream Cheese Burry - Breakfast Protein Power Up Pack - NWR4212 (1)	5	503.14	26.73	6.61	0.00	15.00	425.05	55.88	7.05	26.39	10.97	17.22	2.49	225.69	75.52(M)	10.27(M)	0.00	703.48	0.00(M)	0.00(M)
Build Your Own Oatmeal Bowl - NWR3991 (1 c.)	55	440.05	6.84	1.09	0.01	0.00	45.95	87.12	10.94	31.22	8.85(M)	10.25	2.91(M)	53.62(M)	24.73(M)	3.36(M)	0.00(M)	426.93(M)	285.86(M)	0.32(M)
Apple Cinnamon Cheerios bowlpack - SR1327 (1)	5	113.51	1.88	0.00	0.00	0.00	113.51	22.71	2.27	9.07	9.07	2.27	2.72	98.39	0.00(M)	0.00(M)	1.51	68.10	(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)	6	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)	5	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)	3	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)	3	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)
Maple Brown Sugar Oatmeal - NWR1358 (1)	2	160.00	2.00	0.50	0.00	0.00	260.00	33.00	3.00	12.00	12.00	4.00	1.10	20.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1)	15	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)
String Cheese - SR1146 (1 stick.)	15	80.00	6.00	3.50	0.00	15.00	190.00	0.00	0.00	0.00	0.00	7.00	0.00	198.00	(M)	(M)	0.00	25.00	(M)	(M)
Fresh Sliced Apples - SR3767 (1/2 c.)	25	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
Unsweetened Applesauce SR1195 (1/2 c.)	10	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	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)
Orange Smiles - SR1172 (6 slice or w)	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
Fruit Cocktail - SR3023 (1/2 c.)	10	86.67	0.00	0.00	0.00	0.00	7.22	21.67	1.44	18.78	5.78	0.00	0.00	10.11	0.00(M)	0.00(M)	0.00	163.22	0.00(M)	(M)
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Diced Pears - SR3041 (1/2 c.)	10	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(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)
1% White Milk - NWR4130 (1 Carton)	40	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	3.00	360.02	(M)	(M)
Skim Chocolate Milk - NWR4129 (1 Carton)	5	140.00	0.00	0.00	0.00	5.00	160.00	26.00	0.00	22.00	12.00	8.00	1.00	267.00	750.00	(M)	3.00	334.17	(M)	(M)
Skim Milk - NWR4210 (1 Carton)	5	80.00	0.00	0.00	0.00	5.00	100.00	12.00	0.00	12.00	0.00	8.00	0.00	293.00	145.00	(M)	3.00	374.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	40	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)

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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)
CH Cafe Classics																				
Breakfast - SY23-24 -																				
Bagel & Cream Cheese - NWR1120 (1 ea.)	5	214.54	4.55	2.25	0.13	12.80	390.37	36.71	4.05	4.10	3.00(M)	7.57	2.05	38.60	275.35(M)	0.00(M)	0.00(M)	137.00(M)	(M)	(M)
Blueberry Bagel w/ Cream Cheese Burry -	5	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)
Apple Cinnamon Cheerios bowlpack - SR1327 (1	5	113.51	1.88	0.00	0.00	0.00	113.51	22.71	2.27	9.07	9.07	2.27	2.72	98.39	0.00(M)	0.00(M)	1.51	68.10	(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	6	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	5	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)	3	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)	3	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)
Whole Grain Cinnamon Roll with Icing -	55	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)
Maple Brown Sugar Oatmeal - NWR1358 (1	2	160.00	2.00	0.50	0.00	0.00	260.00	33.00	3.00	12.00	12.00	4.00	1.10	20.00	0.00(M)	0.00(M)	0.00	110.00	(M)	(M)
Strawberry Yogurt Cup - SR3887 (1 Container)	5	60.00	0.00	0.00	0.00	2.50	70.00	12.00	0.00	9.00	4.00	4.00	0.00	100.00	0.00(M)	0.00(M)	2.00	188.00	(M)	(M)
Buttery Whole Grain Toast - NWR1119 (1	15	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)
Honey Graham Crackers - SR2366 (1 pkg.)	5	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)
String Cheese - SR1146 (1 stick.)	15	80.00	6.00	3.50	0.00	15.00	190.00	0.00	0.00	0.00	0.00	7.00	0.00	198.00	(M)	(M)	0.00	25.00	(M)	(M)
Fresh Sliced Apples - SR3767 (1/2 c.)	25	31.36	0.10	0.02	0.00	0.00	0.64	8.29	1.37	6.25	0.00(M)	0.16	0.08	3.86	30.80	2.96	0.00	65.28	51.57	0.12
Unsweetened Applesauce SR1195 (1/2 c.)	10	52.39	0.00	0.00	0.00	0.00	10.48	12.57	1.05	11.53	0.00	0.00	6.29	5.24	0.00(M)	0.00(M)	0.00	115.26	(M)	(M)
Banana - SR1166 (1 medium (7"))	15	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)
Orange Smiles - SR1172 (6 slice or w)	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
Fruit Cocktail - SR3023 (1/2 c.)	10	86.67	0.00	0.00	0.00	0.00	7.22	21.67	1.44	18.78	5.78	0.00	0.00	10.11	0.00(M)	0.00(M)	0.00	163.22	0.00(M)	(M)
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	0.00	4.92	13.78	0.98	12.79	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
Diced Pears - SR3041 (1/2 c.)	10	57.47	0.00	0.00	0.00	0.00	4.79	15.33	1.92	11.49	(M)	0.00	(M)	(M)	(M)	(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)
1% White Milk - NWR4130 (1 Carton)	40	100.00	2.50	1.50	0.00	10.00	105.00	12.00	0.00	12.00	0.00	8.00	0.00	300.00	750.00	(M)	3.00	360.02	(M)	(M)
Skim Chocolate Milk - NWR4129 (1 Carton)	5	140.00	0.00	0.00	0.00	5.00	160.00	26.00	0.00	22.00	12.00	8.00	1.00	267.00	750.00	(M)	3.00	334.17	(M)	(M)
Skim Milk - NWR4210 (1 Carton)	5	80.00	0.00	0.00	0.00	5.00	100.00	12.00	0.00	12.00	0.00	8.00	0.00	293.00	145.00	(M)	3.00	374.00	(M)	(M)
Lowfat 1% White Milk - NWR2345 (1 Half Pint)	40	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)

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Generated on: 5/11/2023 2:56:24 PM by Patricia Engelsgaard

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Date: 09/01/2023 - 09/30/2023

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)	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)

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