Mar 1, 2024 thru Mar 29, 2024

ELEM, K-8 BREAKFAST

Base Menu Spreadsheet Portion Values - Detailed

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Portion Cals T-Fat Carb Size (kcal) (g) (g) Fri - 03/01/2024 Total ELEM, K-8 BREAKFAST WAFFLE W/FRUIT **SERVING** 220 36.0 6.0 **BOILED EGG W/CORN MUFFIN SERVING** 327 45.0 12.4 FRUIT. FRESH VARIETY SVG (1/2 CUP) 40 10.41 *0.04 1/2 CUP FRUIT VARIETY , CANNED 60 15.67 0.0 MILK, WHITE 1% 1 CARTON 16.0 130 2.5 MILK, NONFAT CHOC 1 CARTON 120 20.0 0.0

Mon - 03/04/2024				
ELEM, K-8 BREAKFAST	Total			
BAGEL /JALPENO CR CHEESE	PKG	220	27.0	10.0
CEREAL VARIETY,WG	BOWL/CUP	223	45.75	3.75
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

Tue - 03/05/2024				
ELEM, K-8 BREAKFAST	Total			
CHORIZO CHEESE PIZZA	1 EACH	181	20.92	6.0
OATS -OVERNIGHT WG,SUNUP	SERVING	340	59.8	5.78
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
PEACHES,CANNED	1/2 CUP	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0
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Wed - 03/06/2024				
ELEM, K-8 BREAKFAST	Total			
BOILED EGG W/CORN MUFFIN	SERVING	327	45.0	12.4
YOG PARFAIT/SUNUP	SERVING	310	58.0	5.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
JUICE VARIETY, BOX	CARTONS	60	14.5	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

Mar 1, 2024 thru Mar 29, 2024

Base Menu Spreadsheet Portion Values - Detailed Page 2 ELEM, K-8 BREAKFAST

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 03/07/2024				
ELEM, K-8 BREAKFAST	Total			
CHKN ON WAFFLE	PKG	210	22.0	10.0
OATS -OVERNIGHT WG,SUNUP	SERVING	340	59.8	5.78
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
RAISINS	1BOX	120	29.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
Fri - 03/08/2024				
ELEM, K-8 BREAKFAST	Total			
PANCAKES W/FRUIT	SERVING	160	33.0	2.0
CEREAL VARIETY.WG	BOWL/CUP	223	45.75	3.75
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
FRUIT VARIETY ,CANNED	1/2 CUP	60	15.67	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
Mon - 03/11/2024				
ELEM, K-8 BREAKFAST	Total			
PAN DULCE	1 EACH	230	30.0	10.0
CHKN ON WAFFLE	PKG	210	22.0	10.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
Tue - 03/12/2024	T-4-1			
ELEM, K-8 BREAKFAST	Total	040	40.5	0.0
SLICED LOAF VARIETY,WG	1 EACH	240	43.5	8.0
OATS -OVERNIGHT WG,SUNUP	SERVING	340	59.8	5.78
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
JUICE VARIETY, BOX	CARTONS	60	14.5	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

Mar 1, 2024 thru Mar 29, 2024

Base Menu Spreadsheet Portion Values - Detailed ELEM, K-8 BREAKFAST

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 03/13/2024 ELEM, K-8 BREAKFAST FIESTA EGG BOWL,TORTILLA CEREAL VARIETY,WG FRUIT, FRESH VARIETY RAISINS MILK, WHITE 1% MILK, NONFAT CHOC	Total SVG BOWL/CUP SVG (1/2 CUP) 1BOX 1 CARTON 1 CARTON	230 223 40 120 130 120	28.4 45.75 10.41 29.0 16.0 20.0	8.87 3.75 *0.04 0.0 2.5 0.0
Thu - 03/14/2024 ELEM, K-8 BREAKFAST	Total			
BAGEL /JALPENO CR CHEESE YOG PARFAIT/SUNUP FRUIT, FRESH VARIETY PEARS,CANNED MILK, WHITE 1% MILK, NONFAT CHOC	PKG SERVING SVG (1/2 CUP) 1/2 CUP 1 CARTON 1 CARTON	220 310 40 60 130 120	27.0 58.0 10.41 16.0 16.0 20.0	10.0 5.67 *0.04 0.0 2.5 0.0
Fri - 03/15/2024				
ELEM, K-8 BREAKFAST PANCAKES W/FRUIT BOILED EGG W/CORN MUFFIN FRUIT, FRESH VARIETY FRUIT VARIETY ,CANNED MILK, WHITE 1% MILK, NONFAT CHOC	Total SERVING SERVING SVG (1/2 CUP) 1/2 CUP 1 CARTON 1 CARTON	160 327 40 60 130 120	33.0 45.0 10.41 15.67 16.0 20.0	2.0 12.4 *0.04 0.0 2.5 0.0
Mon - 03/18/2024 ELEM, K-8 BREAKFAST SLICED LOAF VARIETY,WG CEREAL VARIETY,WG FRUIT, FRESH VARIETY RAISINS MILK, WHITE 1% MILK, NONFAT CHOC	Total 1 EACH BOWL/CUP SVG (1/2 CUP) 1BOX 1 CARTON 1 CARTON	240 223 40 120 130 120	43.5 45.75 10.41 29.0 16.0 20.0	8.0 3.75 *0.04 0.0 2.5 0.0

Mar 1, 2024 thru Mar 29, 2024

Base Menu Spreadsheet Portion Values - Detailed Page 4 ELEM, K-8 BREAKFAST

	Portion	Cals	Carb	T-Fat	
Tuo 02/10/2024	Size	(kcal)	(g)	(g)	
Tue - 03/19/2024 ELEM, K-8 BREAKFAST	Total				
,		220	20.4	0.07	
FIESTA EGG BOWL, TORTILLA	SVG	230	28.4	8.87	
OATS -OVERNIGHT WG,SUNUP	SERVING	340	59.8	5.78	
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0	
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04	
MILK, WHITE 1%	1 CARTON	130	16.0	2.5	
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0	
Wed - 03/20/2024					
ELEM, K-8 BREAKFAST	Total				
PAN DULCE	1 EACH	230	30.0	10.0	
YOG PARFAIT/SUNUP	SERVING	310	58.0	5.67	
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04	
JUICE VARIETY, BOX	CARTONS	60	14.5	0.0	
MILK, WHITE 1%	1 CARTON	130	16.0	2.5	
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0	
Thu - 03/21/2024					
ELEM, K-8 BREAKFAST	Total				
CHKN ON WAFFLE	PKG	210	22.0	10.0	
OATS -OVERNIGHT WG,SUNUP	SERVING	340	59.8	5.78	
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04	
PEARS,CANNED	1/2 CÙP	60	16.0	0.0	
MILK, WHITE 1%	1 CARTON	130	16.0	2.5	
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0	
INILIA WOMEN STORE	. 5,	120	20.0	0.0	
Fri - 03/22/2024					
ELEM, K-8 BREAKFAST	Total				
· ·		160	33.0	2.0	
PANCAKES W/FRUIT	SERVING	160	I	2.0	
CEREAL VARIETY,WG	BOWL/CUP	223	45.75	3.75	
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04	
FRUIT VARIETY ,CANNED	1/2 CUP	60	15.67	0.0	
MILK, WHITE 1%	1 CARTON	130	16.0	2.5	
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0	

Mar 1, 2024 thru Mar 29, 2024

Base Menu Spreadsheet Portion Values - Detailed Page 5 ELEM, K-8 BREAKFAST

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)	
Mon - 03/25/2024	OIZC	(Roal)	(9)	(9)	
ELEM, K-8 BREAKFAST BAGEL /JALPENO CR CHEESE CEREAL VARIETY,WG FRUIT, FRESH VARIETY APPLESAUCE CUP ,IW MILK, WHITE 1% MILK, NONFAT CHOC	Total PKG BOWL/CUP SVG (1/2 CUP) 1 EACH 1 CARTON 1 CARTON	220 223 40 60 130 120	27.0 45.75 10.41 14.0 16.0 20.0	10.0 3.75 *0.04 0.0 2.5 0.0	
Tue - 03/26/2024					
ELEM, K-8 BREAKFAST CHORIZO CHEESE PIZZA OATS -OVERNIGHT WG,SUNUP FRUIT, FRESH VARIETY PEACHES.CANNED	Total 1 EACH SERVING SVG (1/2 CUP) 1/2 CUP	181 340 40 60	20.92 59.8 10.41 14.0	6.0 5.78 *0.04 0.0	
MILK, WHITE 1% MILK, NONFAT CHOC TACO SAUCE (PORTION PAC)	1 CARTON 1 CARTON 1 PACKET	130 120 5	16.0 20.0 1.0	2.5 0.0 0.0	
Wed - 03/27/2024 ELEM, K-8 BREAKFAST BOILED EGG W/CORN MUFFIN YOG PARFAIT/SUNUP FRUIT, FRESH VARIETY JUICE VARIETY, BOX MILK, WHITE 1% MILK, NONFAT CHOC	Total SERVING SERVING SVG (1/2 CUP) CARTONS 1 CARTON 1 CARTON	327 310 40 60 130 120	45.0 58.0 10.41 14.5 16.0 20.0	12.4 5.67 *0.04 0.0 2.5 0.0	
Thu - 03/28/2024					
ELEM, K-8 BREAKFAST CHKN ON WAFFLE OATS -OVERNIGHT WG,SUNUP FRUIT, FRESH VARIETY RAISINS MILK, WHITE 1% MILK, NONFAT CHOC	Total PKG SERVING SVG (1/2 CUP) 1BOX 1 CARTON 1 CARTON	210 340 40 120 130 120	22.0 59.8 10.41 29.0 16.0 20.0	10.0 5.78 *0.04 0.0 2.5 0.0	

Mar 1, 2024 thru Mar 29, 2024

Base Menu Spreadsheet Portion Values - Detailed Page 6 ELEM, K-8 BREAKFAST

		Portion Size	Cals (kcal)	Carb	T-Fat		
Fri - 03/29/2024		Size	(KCai)	(g)	(g)	٦	
ELEM, K-8 BREAKFAST PANCAKES W/FRUIT CEREAL VARIETY,WG FRUIT, FRESH VARIETY FRUIT VARIETY ,CANNED MILK, WHITE 1% MILK, NONFAT CHOC	BOW SVG 1/2 C 1 CA	VING VL/CUP 5 (1/2 CUP)	160 223 40 60 130 120	33.0 45.75 10.41 15.67 16.0 20.0	2.0 3.75 *0.04 0.0 2.5 0.0	5 1 1 1 1 1 1 1 1 1	
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