

Breakfast Menu Item Nutrients

Date: 04/01/2024 - 04/30/2024

Meal Service: Breakfast

Lake Washington School District Breakfast

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
Monday 04/01/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cocoa Puffs Cereal - SR1170 (1 bowl)	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)
French Toast Sticks - SR1910 (4 stick.) Contains Gluten, Soy, Wheat.	257.36	9.90	1.49	0.00	0.00	296.95	37.61	2.97	8.91	7.92	5.94	1.98	39.59	0.00(M)	0.00(M)	0.00	148.48	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	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)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	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) Contains Milk.	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)
Tuesday 04/02/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cocoa Puffs Cereal - SR1170 (1 bowl)	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)	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)
Strawberry Yogurt Cup - SR3887 (1 Container) Contains Milk.	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)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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.) Contains Gluten, Soy, Wheat.	90.00	2.50	0.00	0.00	0.00	90.00	17.00	1.00	5.00	5.00	1.00	0.70	10.00	0.00(M)	0.00(M)	0.00	40.00	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	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) Contains Milk.	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)
Wednesday 04/03/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cocoa Puffs Cereal Bar - SR1308 (1 Bar) Contains Gluten, Soy, Wheat.	158.44	3.36	0.44	0.04	0.00	105.52	29.48	2.88	8.92	8.52	2.56	1.92	261.04	0.00(M)	0.00(M)	0.40	98.88	(M)	(M)
Ham & Cheese Muffin - NWR2460 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	205.56	7.05	3.28	0.00	42.66	652.88	21.51	2.00	1.00	0.00(M)	14.53	1.50	148.00	0.00(M)	0.00(M)	0.05	288.01	(M)	(M)

Breakfast Menu Item Nutrients

Date: 04/01/2024 - 04/30/2024

Meal Service: Breakfast

Trix Cereal reduced sugar - SR1184 (1 bowl)	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)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	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) Contains Milk.	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)
Thursday 04/04/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Blueberry Bagel w/ Cream Cheese Burry - NWR1198 (1 ea.) Contains Gluten, Milk, Wheat.	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)
Cocoa Puffs Cereal - SR1170 (1 bowl)	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)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar) Contains Gluten, Soy, Wheat.	158.44	3.36	0.44	0.04	0.00	105.52	29.48	2.88	8.92	8.52	2.56	1.92	261.04	0.00(M)	0.00(M)	0.40	98.88	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	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)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	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) Contains Milk.	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)
Friday 04/05/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cocoa Puffs Cereal - SR1170 (1 bowl)	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)
Trix Cereal reduced sugar - SR1184 (1 bowl)	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 - NWR1197 (1 ea.) Contains Egg, Gluten, Wheat. May	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)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	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)

Breakfast Menu Item Nutrients

Date: 04/01/2024 - 04/30/2024

Meal Service: Breakfast

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
White Skim Milk - NWR2347 (1 Half Pint) Contains Milk.	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)
Monday 04/15/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cocoa Puffs Cereal - SR1170 (1 bowl)	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)
Ham & Cheese Muffin - NWR2460 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	205.56	7.05	3.28	0.00	42.66	652.88	21.51	2.00	1.00	0.00(M)	14.53	1.50	148.00	0.00(M)	0.00(M)	0.05	288.01	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	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)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	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) Contains Milk.	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)
Tuesday 04/16/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cocoa Puffs Cereal - SR1170 (1 bowl)	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)
Trix Cereal reduced sugar - SR1184 (1 bowl)	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)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	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) Contains Milk.	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)
Condiment; May Choose: 1																			
Cinnamon & Sugar - NWR2642 (1/2 tsp.)	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
Wednesday 04/17/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Oatmeal Chocolate Chip Ultimate Breakfast Round - SR3020 (1 round) Contains Egg,	250.00	7.00	2.00	0.00	5.00	190.00	42.00	6.00	16.00	16.00	5.00	1.60	30.00	0.00(M)	0.00(M)	0.00	170.00	0.00(M)	0.00(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	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)	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)

Breakfast Menu Item Nutrients

Date: 04/01/2024 - 04/30/2024

Meal Service: Breakfast

Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	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) Contains Milk.	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)
Thursday 04/18/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Apple Cinnamon Muffin - SR1165 (1 muffin) Contains Egg, Gluten, Soy, Wheat.	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)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar) Contains Gluten, Soy, Wheat.	158.44	3.36	0.44	0.04	0.00	105.52	29.48	2.88	8.92	8.52	2.56	1.92	261.04	0.00(M)	0.00(M)	0.40	98.88	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	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)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	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) Contains Milk.	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)
Friday 04/19/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Bagel & Cream Cheese - NWR1120 (1 ea.) Contains Gluten, Milk, Soy, Wheat.	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)
Cocoa Puffs Cereal - SR1170 (1 bowl)	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)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	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) Contains Milk.	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)
Menu Item	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)
Monday 04/22/2024, Breakfast, B-Classroom Café																			

Breakfast Menu Item Nutrients

Date: 04/01/2024 - 04/30/2024

Meal Service: Breakfast

Entrée/Combo; May Choose: 1																			
Cocoa Puffs Cereal - SR1170 (1 bowl)	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)
French Toast Bites - SR1205 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	200.00	5.00	1.50	0.00	0.00	240.00	37.00	3.00	13.00	(M)	4.00	3.60	200.00	1000.00	0.00	(M)	(M)	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	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)
Waffles - NWR3120 (2 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	180.00	5.00	1.00	0.00	0.00	330.00	30.00	1.00	4.00	4.00	4.00	3.60	260.00	1000.00	(M)	0.00	40.00	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	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) Contains Milk.	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)
Tuesday 04/23/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cocoa Puffs Cereal - SR1170 (1 bowl)	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)
Ham & Cheese Muffin - NWR2460 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	205.56	7.05	3.28	0.00	42.66	652.88	21.51	2.00	1.00	0.00(M)	14.53	1.50	148.00	0.00(M)	0.00(M)	0.05	288.01	(M)	(M)
Lucky Charms - SR2428 (1 bowl)	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)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	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) Contains Milk.	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)
Wednesday 04/24/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cocoa Puffs Cereal - SR1170 (1 bowl)	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)	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)
Maple Pancake Bites - SR1590 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a	200.00	6.00	1.00	0.00	0.00	210.00	35.00	4.00	10.00	10.00	4.00	3.60	40.00	1000.00	0.00(M)	0.00	130.00	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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)
Fruit; May Choose: 2																			

Breakfast Menu Item Nutrients

Date: 04/01/2024 - 04/30/2024

Meal Service: Breakfast

Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	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) Contains Milk.	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)
Thursday 04/25/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Lucky Charms - SR2428 (1 bowl)	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)
Mini Maple Waffles - NWR1408 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	190.00	5.00	1.50	0.00	0.00	210.00	36.00	4.00	11.00	11.00	4.00	3.60	260.00	1000.00	0.00(M)	0.00	150.00	(M)	(M)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	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) Contains Milk.	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)
Friday 04/26/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Apple Cinnamon Muffin - SR1165 (1 muffin) Contains Egg, Gluten, Soy, Wheat.	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 Square - NWR1551 (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	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)
Cocoa Puffs Cereal - SR1170 (1 bowl)	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)	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)
Grains; May Choose: 1																			
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains Gluten, Milk, Soy, Wheat.	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)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	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) Contains Milk.	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)
Menu Item	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)
Monday 04/29/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar) Contains Gluten, Soy, Wheat.	157.04	3.20	0.36	0.04	0.00	122.12	29.60	2.92	8.52	8.24	2.44	1.68	226.80	0.00(M)	0.00(M)	0.00	65.68	(M)	(M)

Breakfast Menu Item Nutrients

Date: 04/01/2024 - 04/30/2024

Meal Service: Breakfast

French Toast Bites - SR1205 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	200.00	5.00	1.50	0.00	0.00	240.00	37.00	3.00	13.00	(M)	4.00	3.60	200.00	1000.00	0.00	(M)	(M)	(M)	(M)
Grains; May Choose: 1																			
Buttery Wheat Toast - NWR3671 (1 slice) Contains Gluten, Soy, Wheat. Processed in a	80.05	1.00	0.00	0.00	0.00	150.09	15.01	2.00	2.00	0.00(M)	4.00	0.72	40.02	0.00	0.00	0.00(M)	0.00(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	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) Contains Milk.	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)
Tuesday 04/30/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Baked Biscuit with Grape Jelly - SR1470 (1 ea.) Contains Gluten, Milk, Wheat.	225.00	9.00	6.00	0.00	0.00	310.00	33.00	2.00	10.00	8.24	4.00	1.44	150.00	0.00(M)	0.00(M)	0.00	188.00	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	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)
Grains; May Choose: 1																			
Buttery Wheat Toast - NWR3671 (1 slice) Contains Gluten, Soy, Wheat. Processed in a	80.05	1.00	0.00	0.00	0.00	150.09	15.01	2.00	2.00	0.00(M)	4.00	0.72	40.02	0.00	0.00	0.00(M)	0.00(M)	(M)	(M)
Fruit; May Choose: 2																			
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.00	0.24	0.11	5.51	49.63	4.23	0.00	98.34	78.64	0.17
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	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 Juice; May Choose: 1																			
Apple Juice - SR4185 (1 Carton)	60.00	0.00	0.00	0.00	0.00	15.00	14.00	0.00	13.00	0.00	0.00	0.20	10.00	0.00(M)	0.00(M)	0.00	90.00	(M)	(M)
Milk; May Choose: 1																			
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains Milk.	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) Contains Milk.	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)

(M) Indicates missing nutrient values.

Allergen Disclaimer: 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.