

District Breakfast Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024

Meal Service: Breakfast

All Breakfast School Sites

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 04/29/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cheerios - SR1160 (1 bowl)	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)
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)
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)
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)
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
Unsweetened Applesauce - SR2848 (1 Container)	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
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)
Cheerios - SR1160 (1 bowl)	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)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	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)
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)
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)
Trix Cereal Bar - SR1307 (1 Bar) Contains Gluten, Soy, Wheat.	159.00	3.56	0.56	0.16	0.00	107.24	29.24	2.60	8.76	8.48	2.48	1.72	264.88	0.00(M)	0.00(M)	0.40	66.44	(M)	(M)
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																			

District Breakfast Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024

Meal Service: Breakfast

Raisins - SR2976 (1 Box)	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	0.00(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Unsweetened Applesauce - SR2848 (1 Container)	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
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 05/01/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	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)
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)
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 Sandwich - NWR3978 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	199.44	5.46	2.23	0.00	37.40	558.05	21.99	2.00	1.49	0.00(M)	14.96	1.35(M)	67.00(M)	0.00(M)	0.00(M)	0.00(M)	277.89(M)	(M)	(M)
Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	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)
Trix Cereal Bar - SR1307 (1 Bar) Contains Gluten, Soy, Wheat.	159.00	3.56	0.56	0.16	0.00	107.24	29.24	2.60	8.76	8.48	2.48	1.72	264.88	0.00(M)	0.00(M)	0.40	66.44	(M)	(M)
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
Unsweetened Applesauce - SR2848 (1 Container)	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
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 05/02/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cheerios - SR1160 (1 bowl)	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)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	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)
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)
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)
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)
Trix Cereal Bar - SR1307 (1 Bar) Contains Gluten, Soy, Wheat.	159.00	3.56	0.56	0.16	0.00	107.24	29.24	2.60	8.76	8.48	2.48	1.72	264.88	0.00(M)	0.00(M)	0.40	66.44	(M)	(M)
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																			

District Breakfast Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024

Meal Service: Breakfast

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																			
Raisins - SR2976 (1 Box)	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	0.00(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)
Unsweetened Applesauce - SR2848 (1 Container)	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
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 05/03/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Blueberry Muffin - SR1454 (1 muffin) Contains Egg, Gluten, Soy, Wheat.	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)	0.00	90.00	(M)	(M)
Cheerios - SR1160 (1 bowl)	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)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	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)
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)
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)
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
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
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 (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
Monday 05/06/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cheerios - SR1160 (1 bowl)	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)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	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)
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)
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)

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Meal Service: Breakfast

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)
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)
Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	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)
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)
Trix Cereal Bar - SR1307 (1 Bar) Contains Gluten, Soy, Wheat.	159.00	3.56	0.56	0.16	0.00	107.24	29.24	2.60	8.76	8.48	2.48	1.72	264.88	0.00(M)	0.00(M)	0.40	66.44	(M)	(M)
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)
Tuesday 05/07/2024, Breakfast, B- Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cheerios - SR1160 (1 bowl)	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)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	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)
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)
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)
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)
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)
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																			
Raisins - SR2976 (1 Box)	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	0.00(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(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)
Wednesday 05/08/2024, Breakfast, B- Classroom Café																			
Entrée/Combo; May Choose: 1																			

District Breakfast Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024

Meal Service: Breakfast

Cheerios - SR1160 (1 bowl)	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)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	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)
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)
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)
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)
Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	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)
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
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
Unsweetened Applesauce - SR2848 (1 Container)	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
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 05/09/2024, 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)
Cheerios - SR1160 (1 bowl)	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)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	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)
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)
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)
Trix Cereal Bar - SR1307 (1 Bar) Contains Gluten, Soy, Wheat.	159.00	3.56	0.56	0.16	0.00	107.24	29.24	2.60	8.76	8.48	2.48	1.72	264.88	0.00(M)	0.00(M)	0.40	66.44	(M)	(M)
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																			
Raisins - SR2976 (1 Box)	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	0.00(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)

District Breakfast Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024

Meal Service: Breakfast

Unsweetened Applesauce - SR2848 (1 Container)	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	(M)	0.00	0.00(M)	0.00(M)	0.00(M)	0.00(M)	(M)	(M)	(M)	(M)
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 05/10/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cheerios - SR1160 (1 bowl)	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)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	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)
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)
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)
Mini Cinnis - SR1595 (1 pkg.) Contains Gluten, Milk, Wheat.	209.30	5.92	1.30	0.07	0.26	253.18	36.73	2.60	12.64	11.24	4.22	1.56	25.22	(M)	(M)	0.00	117.33	(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)
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 05/13/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Breakfast on a Stick - SR2494 (1 stick.) Contains Egg, Gluten, Soy, Wheat.	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)
Cheerios - SR1160 (1 bowl)	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)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	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)
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)
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)
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)

District Breakfast Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024

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)
Tuesday 05/14/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cheerios - SR1160 (1 bowl)	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)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	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)
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)
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)
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)
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																			
Raisins - SR2976 (1 Box)	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	0.00(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(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)
Wednesday 05/15/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	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)
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)
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)
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)

District Breakfast Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024

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 05/16/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	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)
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)
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)
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)
Confetti Pancake Bites - SR2512 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	200.00	6.00	1.00	0.00	0.00	210.00	36.00	6.00	11.00	11.00	4.00	3.60	40.00	1000.00	0.00(M)	0.00	140.00	(M)	(M)
Fruit; May Choose: 2																			
Raisins - SR2976 (1 Box)	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	0.00(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(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)
Friday 05/17/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cheerios - SR1160 (1 bowl)	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)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	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)
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)
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)
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)

District Breakfast Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024

Meal Service: Breakfast

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)
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)
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 05/20/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	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)
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)
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)
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)
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)
Tuesday 05/21/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cheerios - SR1160 (1 bowl)	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)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	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)
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)
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)

District Breakfast Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024

Meal Service: Breakfast

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)
Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	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)
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)
Trix Cereal Bar - SR1307 (1 Bar) Contains Gluten, Soy, Wheat.	159.00	3.56	0.56	0.16	0.00	107.24	29.24	2.60	8.76	8.48	2.48	1.72	264.88	0.00(M)	0.00(M)	0.40	66.44	(M)	(M)
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																			
Raisins - SR2976 (1 Box)	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	0.00(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(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)
Wednesday 05/22/2024, 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)
Cheerios - SR1160 (1 bowl)	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)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	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)
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)
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)
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 05/23/2024, Breakfast, B- Classroom Café																			
Entrée/Combo; May Choose: 1																			

District Breakfast Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024

Meal Service: Breakfast

Blueberry Muffin - SR1454 (1 muffin) Contains Egg, Gluten, Soy, Wheat.	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)	0.00	90.00	(M)	(M)
Cheerios - SR1160 (1 bowl)	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)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	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)
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)
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)
Trix Cereal Bar - SR1307 (1 Bar) Contains Gluten, Soy, Wheat.	159.00	3.56	0.56	0.16	0.00	107.24	29.24	2.60	8.76	8.48	2.48	1.72	264.88	0.00(M)	0.00(M)	0.40	66.44	(M)	(M)
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																			
Raisins - SR2976 (1 Box)	119.07	0.00	0.00	0.00	0.00	4.96	28.77	1.99	26.79	0.00(M)	0.99	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(M)	0.00(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)
Friday 05/24/2024, 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)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	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)
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)
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)
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)
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)
Tuesday 05/28/2024, Breakfast, B-Classroom Café																			

District Breakfast Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024

Meal Service: Breakfast

Entrée/Combo; May Choose: 1																				
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	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)	
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)	
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)	
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)	
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)	
Wednesday 05/29/2024, Breakfast, B-Classroom Café																				
Entrée/Combo; May Choose: 1																				
Cheerios - SR1160 (1 bowl)	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)	
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	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)	
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)	
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)	
Honey Nut Cheerios Cereal - SR1361 (1 bowl) Contains Tree nuts.	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)	
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																				
Banana - SR1166 (1 medium (7" to 7-7/8" long))	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)	
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)	

District Breakfast Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024

Meal Service: Breakfast

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 05/30/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	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)
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)
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)
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 05/31/2024, Breakfast, B-Classroom Café																			
Entrée/Combo; May Choose: 1																			
Blueberry Muffin - SR1454 (1 muffin) Contains Egg, Gluten, Soy, Wheat.	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)	0.00	90.00	(M)	(M)
Cheerios - SR1160 (1 bowl)	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)
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains Gluten, Soy, Wheat.	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)
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)
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)

District Breakfast Menu Item Nutrients

Date: 04/29/2024 - 05/31/2024

Meal Service: Breakfast

(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. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion size and other factors. The nutrition analyses provided are approximations only. Sodexo assumes no liability for any adverse reactions that may occur in the school cafeteria. We encourage all food allergic individuals to first inform the school nurse of allergy/intolerance and then submit a Request for Dietary Accommodation form to the District Nutrition