

# 2024-2025 Elementary & Boreal Sun Charter School Breakfast - Nutrient Analysis

Menu Item (Serving Size)	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)	Potassi um (mg)
<b>Breakfast Entrée</b>																	
BAGEL, MINI W/ STRAWBERRY CREAM CHEESE, IW - LR100323 (1 ea.)	230.00	6.00	2.00	0.00	10.00	190.00	42.00	2.00	13.00	12.00	6.00	1.60	30.00	0.00	0.00	0.00	140.06
BREAD, BOLI, VANILLA - LR101011 (1 ea.)	220.00	8.00	3.00	0.00	10.00	400.00	35.00	3.00	9.00	8.00	5.00	1.00	30.00	0.00	0.00	0.00	110.92
BREAD, SLICE, BANANA, IW - LR100297 (1 ea.)	260.00	8.00	1.50	0.00	0.00	240.00	45.00	2.00	24.00	23.00	5.00	1.00	159.00	0.00	0.00	0.00	113.00
Breakfast, Oatmeal Bar - LR-1431 (1 ea.)	290.00	9.00	3.00	0.00	20.00	240.00	47.00	3.00	22.00	(M)	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Burrito, Breakfast, Egg, Cheese and Sausage USDA	172.01	7.29	2.90	0.00	48.85	261.29	17.71	2.46	0.74	0.08	8.81	1.58	100.30	204.50	0.18	0.54	153.22
Cereal, Cinnamon toast crunch - LR100138 (1 ea.)	230.00	5.00	1.00	0.00	0.00	320.00	45.00	4.00	17.00	17.00	3.00	4.90	160.00	500.00	6.00	5.40	119.85
Cereal, Cocoa Puffs - LR100415 (1 ea.)	210.00	2.50	0.00	0.00	0.00	220.00	47.00	3.00	15.00	(M)	3.00	9.00	200.00	1250.00	12.00	(M)	(M)
Cereal, Lucky Charms - LR100121 (1 ea.)	210.00	2.00	0.00	0.00	0.00	350.00	47.00	4.00	19.00	19.00	4.00	10.00	361.00	1155.00	25.00	11.00	211.97
CEREAL, TRIX - LR100992 (1 ea.)	220.00	3.00	0.50	0.00	0.00	320.00	47.00	3.00	12.00	12.00	3.00	4.90	160.00	500.00	6.00	2.50	109.98
HOLES, POWDERED DONUT, MINI - LR100973 (1 ea.)	280.00	12.00	4.50	0.00	0.00	230.00	42.00	2.00	21.00	20.00	4.00	1.00	26.00	0.00	0.00	0.00	106.22
Pancakes, Cinnamon, IW - LR100892 (1 ea.)	210.00	6.00	1.00	0.00	10.00	300.00	36.00	3.00	10.00	(M)	4.00	1.80	40.00	0.00	0.00	(M)	(M)
WAFFLE, CHOCOLATE CHIP - LR101013 (1 ea.)	270.00	13.00	4.00	0.00	15.00	105.00	36.00	2.00	17.00	17.00	4.00	1.80	0.00	0.00	1.20	0.00	0.00
<b>Milk</b>																	
Milk, Chocolate, Fresh - LR- 1400 (8 fl. oz.)	135.27	0.00	0.00	0.00	5.20	166.49	23.93	0.00	23.93	11.45	8.32	0.00	305.93	156.09	0.00	2.60	400.54
Milk, Chocolate, Shelf - LR- 1402 (8 fl. oz.)	140.00	0.00	0.00	0.00	5.00	260.00	27.00	0.00	25.00	(M)	8.00	0.00	300.00	499.99	0.00	(M)	(M)
Milk, Soy, Shelf - LR100265 (1 ea.)	130.00	4.50	0.50	0.00	0.00	110.00	13.00	2.00	11.00	10.00	8.00	1.44	300.00	500.00	0.00	25.00	350.15
Milk, Strawberry, Shelf - LR- 1403 (8 fl. oz.)	130.00	0.00	0.00	0.00	5.00	100.00	25.00	0.00	25.00	(M)	8.00	0.00	300.00	499.99	0.00	(M)	(M)
Milk, White, Fresh, Fat-Free - LR-1399 (8 fl. oz.)	83.00	0.20	0.00	0.00	4.90	102.90	12.15	0.00	12.00	0.00	8.26	0.00	299.00	519.99	0.00	2.42	381.99
Milk, White, Shelf - LR- 1401 (8 fl. oz.)	80.00	0.00	0.00	0.00	5.00	110.00	11.00	0.50	11.00	(M)	8.00	0.00	250.00	499.99	1.20	(M)	(M)
Milk, White, Shelf, USDA - LR100059 (8 fl. oz.)	80.00	0.00	0.00	0.00	5.00	110.00	11.00	0.50	11.00	(M)	8.00	0.00	250.00	500.00	1.20	(M)	(M)
<b>Juice</b>																	
BEV, 100% JUICE BOX, ORANGE TANGERINE - LR100994 (1 ea.)	60.00	0.00	0.00	0.00	0.00	15.00	15.00	0.00	13.00	0.00	0.00	0.00	20.00	500.00	60.00	0.00	0.00
ES-Juice, Apple, 4oz. - LR- 1411 (4 oz.)	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	60.00	(M)	89.77
<b>Fruit</b>																	

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APPLESAUCE CUP, BLUE RASPBERRY - LR100979 (1 ea.)	70.00	0.00	0.00	0.00	0.00	0.00	17.00	1.00	14.00	3.00	0.00	0.00	0.00	0.00	0.00	0.00	86.95
APPLESAUCE CUP, CINNAMON - LR-1354 (1 ea.)	50.00	0.00	0.00	0.00	0.00	0.00	13.00	1.00	11.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
APPLESAUCE CUP, USDA - LR-1412 (1 ea.)	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	(M)	0.00	0.00	0.00	0.00	12.00	(M)	(M)
APPLESAUCE, CHERRY - LR100782 (1 ea.)	60.00	0.00	0.00	0.00	0.00	10.00	15.00	1.00	12.00	0.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00
FRT, CUP, APPLESAUCE, STRAWBERRY, USDA - LR100661 (1 ea.)	50.00	0.00	0.00	0.00	0.00	0.00	14.00	1.00	11.00	0.00	0.00	0.00	5.00	0.00	0.00	0.00	91.18
FRT, CUP, GEL, CHERRY (100% FRUIT JUICE) - LR100886 (1/2 c.)	90.00	0.00	0.00	0.00	0.00	5.00	22.00	0.00	20.00	0.00	0.00	0.00	0.00	0.00	30.00	0.00	0.00
FRT, CUP, GEL, MANDARIN ORANGE (100% FRUIT JUICE) - LR100887 (1/2 c.)	70.00	0.00	0.00	0.00	0.00	5.00	18.00	0.00	17.00	0.00	0.00	0.00	0.00	0.00	30.00	0.00	0.00
FRT, CUP, GEL, STRAWBERRY (100% FRUIT JUICE) - LR100888	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	30.00	0.00	0.00	0.00	0.00
FRT, CUP, PEACH, USDA FROZEN - LR100885 (1 ea.)	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	0.00	1.00	0.00	0.00	0.00	0.00	(M)	(M)
FRT-Strawberries, frozen 4.5oz. - LR-1423 (1 ea.)	90.00	0.00	0.00	0.00	0.00	0.00	22.00	2.00	18.00	(M)	1.00	0.75	14.00	31.00	52.80	(M)	(M)
Fruit, Dried, Cranberries, IW pkg. - LR100315 (1 ea.)	110.00	0.00	0.00	0.00	0.00	0.00	28.00	3.00	24.00	(M)	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Fruit, Strawberries, whole - LR100666 (1/2 c.)	23.04	0.22	0.01	0.00	0.00	0.72	5.53	1.44	(M)	(M)	0.48	0.29	11.52	8.64	42.34	(M)	(M)
Fruit-Grapes 1/2 c. - LR-1384 (1/2 c.)	67.00	0.35	0.11	0.00	0.00	2.00	17.15	0.90	(M)	(M)	0.63	0.29	14.00	100.00	4.00	(M)	(M)
Mandarin Orange, Cup - LR100195 (1 ea.)	70.00	0.00	0.00	0.00	0.00	5.00	17.00	1.00	15.00	(M)	0.00	0.36	0.00	500.00	27.00	(M)	(M)
Mixed Berry, 4oz. frozen, Cup - LR100398 (1 ea.)	90.00	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mixed Fruit, Cup - LR100196 (1 ea.)	50.00	0.00	0.00	0.00	0.00	15.00	13.00	0.00	12.00	(M)	0.00	0.00	0.00	300.00	18.00	(M)	(M)
Peaches, Diced, Cup - LR100193 (1 ea.)	50.00	0.00	0.00	0.00	0.00	15.00	13.00	0.00	12.00	(M)	0.00	0.00	0.00	300.00	18.00	(M)	(M)
Pears, Diced, Cup - LR100194 (1 ea.)	50.00	0.00	0.00	0.00	0.00	15.00	13.00	0.00	12.00	(M)	0.00	0.00	0.00	300.00	18.00	(M)	(M)
Pineapple, Tidbits, Cup - LR100197 (1 ea.)	53.00	0.00	0.00	0.00	0.00	4.50	12.20	3.30	8.50	0.00	0.30	0.00	20.00	0.00	1.20	0.00	94.00
S-Whole, Pear - LR100224 (1 ea.)	85.84	0.18	0.01	(M)	0.00	1.48	22.88	4.59	(M)	(M)	0.56	0.25	13.32	34.04	6.22	(M)	(M)
Whole, Apple, ELE - LR-1426 (1 ea.)	55.12	0.18	0.03	0.00	0.00	1.06	14.64	2.54	(M)	(M)	0.28	0.13	6.36	57.24	4.88	(M)	(M)
Whole, Kiwi - LR-1383 (1 fruit with)	46.36	0.40	0.02	0.00	0.00	2.28	11.14	2.28	(M)	(M)	0.87	0.24	25.84	66.12	70.45	(M)	(M)
Whole, Orange - LR-1375 (1 ea.)	61.57	0.16	0.03	0.00	0.00	0.00	15.39	3.14	(M)	(M)	1.23	0.13	52.40	294.75	69.69	(M)	(M)