

2025-2026 Middle & High School Breakfast 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)	Potassium (mg)
Breakfast Entrée																	
BAGEL, MINI W/ STRAWBERRY CREAM CHEESE, IW - LR100323 (1 ea.)	240.00	6.00	2.50	0.00	10.00	180.00	41.00	2.00	13.00	12.00	6.00	1.08	20.00	100.00	0.00	0.00	140.06
BREAD, SLICE, BANANA, IW - LR100297 (1 ea.)	260.00	8.00	1.50	0.00	0.00	250.00	44.00	2.00	23.00	22.00	5.00	1.00	105.00	0.00	0.00	0.00	115.15
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)
Cereal, Cinnamon toast crunch - LR100138 (1 ea.)	210.00	6.00	0.50	0.00	0.00	320.00	44.00	7.00	11.00	11.00	3.00	4.50	100.00	500.00	0.00	5.00	94.00
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, GM Blueberry Chex LR101130 (1 ea.)	240.00	5.00	0.50	0.00	0.00	320.00	46.00	1.00	11.00	11.00	3.00	16.20	130.00	500.00	0.00	5.00	0.00
Cereal, Lucky Charms - LR100121 (1 ea.)	210.00	2.00	0.00	0.00	0.00	440.00	45.00	5.00	12.00	12.00	5.00	5.60	200.00	750.00	0.00	6.20	149.93
Dunkin Stick - LR100420 (1 ea.)	300.00	10.00	4.00	0.00	0.00	360.00	48.00	3.00	23.00	22.00	5.00	2.00	41.00	0.00	0.00	0.00	0.00
GOODY BUN, WG GLAZED CINNAMON, IW - LR100756 (1 ea.)	250.00	12.00	4.50	0.00	0.00	330.00	35.00	3.00	11.00	10.00	4.00	1.00	30.00	0.00	0.00	0.00	93.06
Pancake Wrap, Turkey, 2.85oz - LR-1343 (1 ea.)	190.00	10.00	2.50	0.00	25.00	310.00	17.00	3.00	4.00	0.00	7.00	1.80	30.00	0.00	0.00	0.00	0.00
Scone, Apple Cinnamon - LR101134 (1 ea.)	274.00	7.70	3.00	0.00	11.40	186.30	49.00	3.40	19.40	11.50	4.00	1.73	111.10	0.00	0.00	6.00	124.55
Scone, Pumpkin Spice - LR101135 (1 ea.)	276.00	7.70	3.00	0.00	11.30	185.00	49.50	3.70	19.60	11.40	4.20	1.88	113.40	0.00	0.00	5.96	140.06
SEC - Breakfast Hard Boiled Egg & Yogurt - LR101225 (1 ea.)	199.58	5.00	1.50	5.00	189.98	169.61	25.91	0.00	20.93	10.96	10.98	1.00	503.31	0.00	0.00	6.98	288.97
SEC - Egg & Cheese Biscuit - LR-1277 (1 ea.)	372.63	17.04	5.22	0.00	108.75	935.56	46.46	3.53	0.00(M)	0.00(M)	13.60	2.90	201.64	101.25	0.00	0.00(M)	101.05(M)
SEC- Bacon, Egg & Cheese Biscuit - LR100167 (1 ea.)	392.63	18.54	5.35	0.00	112.50	1020.56	45.96	3.53	1.00(M)	0.00(M)	14.35	2.90	150.14	101.25	0.00	0.00(M)	50.52(M)
SEC- Sausage & Cheese Biscuit - LR-1130 (1 ea.)	502.50	30.54	10.23	0.00	37.59	940.75	47.47	3.53	0.00(M)	0.00(M)	15.60	4.54	182.68	0.00	0.00	0.00(M)	102.31(M)
SEC-Scrambled Eggs W/ Potato Wedges - LR101116 (1 ea.)	193.42	10.49	3.53	0.00	195.95	376.71	14.82	1.35	0.00	0.00(M)	8.74	0.40	161.27	241.67	0.81	1.20(M)	310.59(M)
WRAP, BREAKFAST W/ EGG, TURKEY SAUSAGE & CHEESE, USDA PROCESSED - LR101005 (1 ea.)	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	51.00	0.18	0.54	153.22
Milk																	
Milk, Chocolate, Fresh - LR- 1400 (8 fl. oz.)	124.87	0.00	0.00	0.00	5.20	228.92	22.89	0.00	21.85	9.37	8.32	0.00	301.76	218.52	0.00	3.85	426.46
Milk, Chocolate, Shelf - LR- 1402 (8 fl. oz.)	130.00	0.00	0.00	0.00	5.00	180.00	23.00	1.00	22.00	10.00	8.00	1.00	300.00	150.00	0.00	2.00	375.99

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Milk, Soy, Shelf - LR100265 (1 ea.)	140.00	4.50	0.50	0.00	0.00	110.00	17.00	2.00	15.00	14.00	8.00	1.10	300.00	0.00	0.00	2.50	350.15
Milk, Strawberry, Shelf - LR-1403 (8 fl. oz.)	120.00	0.00	0.00	0.00	5.00	100.00	22.00	0.00	22.00	10.00	8.00	0.00	250.00	749.99	0.00	2.00	320.06
Milk, White, Fresh, Fat-Free - LR-1399 (8 fl. oz.)	89.63	0.21	0.14	0.00	5.27	110.71	13.07	0.00	13.07	0.00	8.89	0.07	321.58	560.00	0.00	104.05	411.11
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)
100% Juice																	
BEV, 100% JUICE BOX, ORANGE TANGERINE - LR100994 (1 ea.)	60.00	0.00	0.00	0.00	0.00	5.00	15.00	0.00	13.00	0.00	0.00	0.20	100.00	0.00	70.00	0.00	109.98
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
Juice, Tropical Fruit Punch, Box-Ardmore - LR101143 (1 ea.)	60.00	0.00	0.00	0.00	0.00	5.00	15.00	0.00	13.00	0.00	0.00	0.20	100.00	0.00	70.00	0.00	89.77
Fruit																	
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, BANANA, WHOLE - LR101222 (1 ea.)	120.00	0.00	0.00	0.00	0.00	0.00	31.00	4.00	17.00	0.00	1.00	0.00	7.00	0.00	0.00	0.00	486.92
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, 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.)	80.00	0.00	0.00	0.00	0.00	0.00	19.00	1.00	16.00	0.00	1.00	0.00	14.00	0.00	18.00	0.00	9.87
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.)	70.00	0.00	0.00	0.00	0.00	5.00	19.00	1.00	15.00	0.00	0.00	0.00	7.00	300.00	18.00	(M)	(M)

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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
SEC- Blueberries - LR100136 (1 ea.)	56.77	0.71	0.06	0.00	0.00	1.42	13.38	2.98	9.30	(M)	0.47	0.20	8.52	51.09	2.70	(M)	0.00(M)
SEC-Cantaloupe - LR100310 (1/2 c.)	31.75	0.00	0.00	0.00	0.00	3.53	8.47	0.70	7.05	(M)	0.35	0.25	14.11	1058.22	25.40	(M)	(M)
S-Whole, Apple - LR-1374 (1 ea.)	117.93	0.39	0.07	0.00	0.00	2.27	31.32	5.44	(M)	(M)	0.59	0.27	13.61	122.47	10.43	(M)	(M)
S-Whole, Kiwi - LR-1438 (1 ea.)	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)
S-Whole, Orange - LR-1436 (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)
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)