

Recipe Nutrition Report - January, 2026

Recipe Name: Banana Bread Slice WG
 Recipe Code: LR1508
 Allergens: Contains Egg, Milk, Soy, Wheat
 Menu Item: Banana Bread Slice WG
 Serving Size: 1 Each

| Ingredient Name | Weight (g) | Calorie s (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---------------------------|------------|---------------------|-------------|-----------------------|------------------------|
| Bread Banana Slice | 96.000 | 260 | 45 | 2 | 24 |
| Sub Total | 96.000 | 260 | 45 | 2 | 24 |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 96.000 | 260 | 45 | 2 | 24 |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Cinnamon Toast Crunch 25% Less Sugar
 Recipe Code: LR1562
 Allergens: Contains Soy, Wheat
 Menu Item: Cinnamon Toast Crunch 25% Less Sugar
 Serving Size: 1 Serving

| Ingredient Name | Weight (g) | Calorie s (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--------------------------------------|------------|---------------------|-------------|-----------------------|------------------------|
| Cinnamon Toast Crunch 25% Less Sugar | 56.000 | 210 | 44 | 7 | (M) |
| Sub Total | 56.000 | 210 | 44 | 7 | (M) |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 56.000 | 210 | 44 | 7 | (M) |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Muffin, Chocolate Chip - Buena Vista
 Recipe Code: LR1894
 Allergens: Contains Egg, Milk, Soy, Wheat
 Menu Item: Muffin, Chocolate Chip - Buena Vista
 Serving Size: 1 Each

| Ingredient Name | Weight (g) | Calorie s (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|----------------------------------|------------|---------------------|-------------|-----------------------|------------------------|
| Muffin, Choc Chip Buena Vista | 85.050 | 250 | 41 | 2 | 19 |
| Sub Total | 85.050 | 250 | 41 | 2 | 19 |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 85.050 | 250 | 41 | 2 | 19 |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Muffin, Banana Buena Vista
 Recipe Code: LR1893
 Allergens: Contains Egg, Milk, Soy, Wheat
 Menu Item: Muffin,Banana Buena Vista
 Serving Size: 1 Each

| Ingredient Name | Weight (g) | Calorie s (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|----------------------------|------------|---------------------|-------------|-----------------------|------------------------|
| Muffin, Banana Buena Vista | 85.050 | 230 | 39 | 2 | 16 |
| Sub Total | 85.050 | 230 | 39 | 2 | 16 |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 85.050 | 230 | 39 | 2 | 16 |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Zee Zees Nutrition Bar, Campfire Smares, WG, I/W, 2.2 oz
 Recipe Code: LR1664
 Allergens: Contains Egg, Milk, Sesame, Tree nuts
 Menu Item: Whole Grain, Zee Zees Nutrition Bar , Campfire Smares, WG, I/W, 2.2 oz
 Serving Size: 1 Bar

| Ingredient Name | Weight (g) | Calorie s (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|------------|---------------------|-------------|-----------------------|------------------------|
| Whole Grain, Zee Zees Nutrition Bar, Campfire Smares, WG, I/W, 2.2 oz | 62.000 | 249.86 | 41.974 | 1.984 | 14.012 |
| Sub Total | 62.000 | 249.86 | 41.974 | 1.984 | 14.012 |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 62.000 | 249.86 | 41.974 | 1.984 | 14.012 |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Zee Zees Nutrition Bar, Cinnamon Crisp, 2.2 oz.
 Recipe Code: LR1875
 Allergens: Contains Soy, Wheat
 Menu Item: Zee Zees Nutrition Bar, Cinnamon Crisp, 2.2 oz.
 Serving Size: 1 Bar

| Ingredient Name | Weight (g) | Calorie s (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|------------|---------------------|-------------|-----------------------|------------------------|
| Zee Zees Nutrition Bar, Cinnamon Crisp, 2.2 oz. | 62.000 | 249.86 | 38.998 | 2.976 | 13.02 |
| Sub Total | 62.000 | 249.86 | 38.998 | 2.976 | 13.02 |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 62.000 | 249.86 | 38.998 | 2.976 | 13.02 |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: * ZeeZee Cinnamon Applesauce
 Recipe Code: LR1541
 Allergens: Contains Apples
 Menu Item: ZeeZee Cinnamon Applesauce
 Serving Size: 1/2 Cup

| Ingredient Name | Weight (g) | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|----------------------------|------------|-----------------|----------|-----------------|------------------|
| ZeeZee Cinnamon Applesauce | 113.400 | 50 | 13 | 1 | 11 |
| Sub Total | 113.400 | 50 | 13 | 1 | 11 |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 113.400 | 50 | 13 | 1 | 11 |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Apple Juice, Apple & Eve
 Recipe Code: LR1424
 Menu Item: Apple Juice, Apple & Eve
 Serving Size: 4 4 oz. carton

| Ingredient Name | Weight (g) | Calorie s (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---------------------------|------------|---------------------|-------------|-----------------------|------------------------|
| Apple Juice, Apple & Eve | 113.400 | 60 | 14 | 0 | 13 |
| Sub Total | 113.400 | 60 | 14 | 0 | 13 |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 113.400 | 60 | 14 | 0 | 13 |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Apples, Gala, raw, with skin [100521]
 Recipe Code: LR1143
 Tag(s): Fruits, salad bar, fresh fruit
 Menu Item: Apples, Gala, raw, with skin [100521]
 Serving Size: 1 medium (2-3/4" dia) (approx 3 per LB)

| Ingredient Name | Weight (g) | Calorie s (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---------------------------|------------|---------------------|-------------|-----------------------|------------------------|
| Apples, Gala | 182.000 | 95.004 | 25.134 | 4.404 | (M) |
| Sub Total | 182.000 | 95.004 | 25.134 | 4.404 | (M) |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 182.000 | 95.004 | 25.134 | 4.404 | (M) |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Orange Tangerine Juice, Apple & Eve
 Recipe Code: LR1425
 Menu Item: Orange Tangerine Juice, Apple & Eve
 Serving Size: 4 fluid ounce

| Ingredient Name | Weight (g) | Calorie s (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|-------------------------------------|------------|---------------------|-------------|-----------------------|------------------------|
| Orange Tangerine Juice, Apple & Eve | 113.400 | 50 | 12 | 0 | 12 |
| Sub Total | 113.400 | 50 | 12 | 0 | 12 |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 113.400 | 50 | 12 | 0 | 12 |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Milk White 1% 8 oz carton
 Recipe Code: LR1007
 Allergens: Contains Milk
 Menu Item: Milk White 1% 8 oz carton
 Serving Size: 8 Ounce

| Ingredient Name | Weight (g) | Calorie s (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---------------------------|------------|---------------------|-------------|-----------------------|------------------------|
| Milk White 1% 8 oz carton | 226.800 | 110 | 13 | 0 | 12 |
| Sub Total | 226.800 | 110 | 13 | 0 | 12 |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 226.800 | 110 | 13 | 0 | 12 |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Milk White Skim 8 oz carton
 Recipe Code: LR1008
 Allergens: Contains Milk
 Menu Item: Milk White Skim 8 oz carton
 Serving Size: 1 Carton

| Ingredient Name | Weight (g) | Calorie s (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|-----------------------------|------------|---------------------|-------------|-----------------------|------------------------|
| Milk White Skim 8 oz carton | 226.800 | 131.625 | 23.288 | 0 | 22.275 |
| Sub Total | 226.800 | 131.625 | 23.288 | 0 | 22.275 |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 226.800 | 131.625 | 23.288 | 0 | 22.275 |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Belgium Waffle Cinnamon
 Recipe Code: LR1384
 Allergens: Contains Egg, Milk, Wheat
 Menu Item: Belgian Waffle Cinnamon
 Serving Size: 1 Each

| Ingredient Name | Weight (g) | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--------------------------------|------------|-----------------|----------|-----------------|------------------|
| Belgian Waffle Butter Maple | 68.000 | 200 | 30 | 2 | 12 |
| Sub Total | 68.000 | 200 | 30 | 2 | 12 |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 68.000 | 200 | 30 | 2 | 12 |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Granola Bar, Cranberry Oatmeal
 Recipe Code: LR1783
 Allergens: Contains Egg, Wheat
 Menu Item: Granola Bar, Oatmeal
 Serving Size: 1 Bar

| Ingredient Name | Weight (g) | Calorie s (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---------------------------|------------|---------------------|-------------|-----------------------|------------------------|
| Granola Bar, Oatmeal | 56.700 | 220 | 36 | 4 | 12 |
| Sub Total | 56.700 | 220 | 36 | 4 | 12 |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 56.700 | 220 | 36 | 4 | 12 |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Bananas, raw (150ct) Petite
 Recipe Code: LR1058
 Menu Item: Bananas, raw
 Serving Size: 1 medium (7" to 7-7/8" long)

| Ingredient Name | Weight (g) | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|------------------------|------------|-----------------|----------|-----------------|------------------|
| Bananas, raw | 118.000 | 105.02 | 26.951 | 3.068 | 14.431 |
| Sub Total | 118.000 | 105.02 | 26.951 | 3.068 | 14.431 |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 118.000 | 105.02 | 26.951 | 3.068 | 14.431 |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Cranberry Dried Strawberry Craisin
 Recipe Code: LR1643
 Menu Item: Cranberry Dried Strawberry Craisin
 Serving Size: 1 Package

| Ingredient Name | Weight (g) | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|------------------------------------|------------|-----------------|----------|-----------------|------------------|
| Cranberry Dried Strawberry Craisin | 32.886 | 110 | 27 | 2 | 26 |
| Sub Total | 32.886 | 110 | 27 | 2 | 26 |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 32.886 | 110 | 27 | 2 | 26 |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Bread Banana Slice
 Recipe Code: LR1202
 Allergens: Contains Egg, Milk, Soy, Wheat
 Menu Item: Bread Banana Slice
 Serving Size: 1 Each

| Ingredient Name | Weight (g) | Calorie s (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|------------------------|------------|---------------------|-------------|-----------------------|------------------------|
| Bread Banana Slice | 96.000 | 260 | 45 | 2 | 24 |
| Sub Total | 96.000 | 260 | 45 | 2 | 24 |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 96.000 | 260 | 45 | 2 | 24 |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Mini Cinni
 Recipe Code: LR1288
 Allergens: Contains Milk, Wheat
 Menu Item: Mini Cinni
 Serving Size: 1 Each

| Ingredient Name | Weight (g) | Calorie s (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--------------------------|------------|---------------------|-------------|-----------------------|------------------------|
| Roll Cinnamon Mini Cinni | 65.000 | 240 | 39 | 2 | 15 |
| Sub Total | 65.000 | 240 | 39 | 2 | 15 |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 65.000 | 240 | 39 | 2 | 15 |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Apple Fresh Sliced
Recipe Code: LR1265
Menu Item: Apple Fresh Sliced
Serving Size: 1/2 Cup

| Ingredient Name | Weight (g) | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|------------------------|------------|-----------------|----------|-----------------|------------------|
| Apple Sliced Fresh | 182.000 | 30 | 7.59 | 1.3 | 5.72 |
| Sub Total | 182.000 | 30 | 7.59 | 1.3 | 5.72 |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 182.000 | 30 | 7.59 | 1.3 | 5.72 |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Oranges, Fresh Wedges
 Recipe Code: LR1610
 Menu Item: Oranges, Fresh Wedges
 Serving Size: 1 Serving

| Ingredient Name | Weight (g) | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|------------|-----------------|----------|-----------------|------------------|
| Oranges; varieties include Navel, Valencia, Pineapple or Hamlin, raw [100283] | 131.000 | 54.676 | 13.574 | 2.738 | (M) |
| Sub Total | 131.000 | 54.676 | 13.574 | 2.738 | (M) |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 131.000 | 54.676 | 13.574 | 2.738 | (M) |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Yogurt Parfait
 Recipe Code: LR1217
 Allergens: Contains Milk, Soy, Strawberries, Wheat
 Menu Item: *Yogurt Parfait
 Serving Size: 1 Serving

| Ingredient Name | Weight (g) | Calorie s (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|------------|---------------------|-------------|-----------------------|------------------------|
| Vanilla Yogurt, Parfait pouch, Yoplait | 113.400 | 66.667 | 13.333 | 0 | 9.333 |
| Strawberries Bit & Pieces Iqf | 70.000 | 25 | 6.5 | 1.5 | 3 |
| French Toast - Graham Crackers - ZeeZee | 28.350 | 120 | 21 | 1 | 8 |
| Ceareal Granola Bob Redmill | 28.350 | 89.25 | 17.325 | 1.575 | 5.25 |
| Sub Total | 240.100 | 300.917 | 58.158 | 4.075 | 25.583 |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 240.100 | 300.917 | 58.158 | 4.075 | 25.583 |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Sausage & Cheese Bagel
 Recipe Code: LR1548
 Allergens: Contains Milk, Wheat
 Menu Item: Sausage & Cheese Bagel
 Serving Size: 1 Each

| Ingredient Name | Weight (g) | Calorie s (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|------------|---------------------|-------------|-----------------------|------------------------|
| Cheese Cheddar Mild 25% Reduced Fat Slices - LOL | 14.000 | 45 | 0 | 0 | 0 |
| WG Bagel | 65.000 | 150 | 30 | 4 | 0 |
| Pork Sausage Patty | 37.706 | 120 | 1 | 0 | 0 |
| Sub Total | 116.706 | 315 | 31 | 4 | 0 |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 116.706 | 315 | 31 | 4 | 0 |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Bagel Egg & Cheese
 Recipe Code: LR1394
 Allergens: Contains Egg, Milk, Wheat
 Menu Item: *Breakfast Bagel Egg & Cheese
 Serving Size: 1 Each

| Ingredient Name | Weight (g) | Calorie s (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|------------|---------------------|-------------|-----------------------|------------------------|
| Egg Patty Fried Cage Free | 42.525 | 90 | 1 | 0 | (M) |
| Cheese Cheddar Mild 25% Reduced Fat Slices - LOL | 14.000 | 45 | 0 | 0 | 0 |
| Bagel WG Sliced | 56.000 | 140 | 29 | 4 | 5 |
| Sub Total | 112.525 | 275 | 30 | 4 | 5(M) |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 112.525 | 275 | 30 | 4 | 5(M) |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Peach cup diced
 Recipe Code: LR1271
 Menu Item: Peach Cup Diced
 Serving Size: 1 Each

| Ingredient Name | Weight (g) | Calorie s (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---------------------------------|------------|---------------------|-------------|-----------------------|------------------------|
| Peaches, Diced, Cups, Frozen | 120.488 | 77.112 | 18.314 | 0.964 | 15.422 |
| Sub Total | 120.488 | 77.112 | 18.314 | 0.964 | 15.422 |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 120.488 | 77.112 | 18.314 | 0.964 | 15.422 |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: WG Pancake Chicken Sausage Bites (breaded) with Hashbrown.58 oz Elem
 Recipe Code: LR1874
 Allergens: Contains Wheat
 Menu Item: WG Pancake Chicken Sausage Bites (breaded).58 oz
 Serving Size: 5 Each

| Ingredient Name | Weight (g) | Calorie s (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---|------------|---------------------|-------------|-----------------------|------------------------|
| Whole Grain Breaded, Pancake Flavored Chicken Sausage Bites, 0.58 oz. | 82.000 | 220 | 17 | 2 | 4 |
| Potato Hashbrown Patty 2.25 oz | 63.000 | 120 | 15 | 1 | 0 |
| Syrup Pancake Pkt | 28.350 | 80 | 20 | 0 | 18.667 |
| Sub Total | 173.350 | 420 | 52 | 3 | 22.667 |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 173.350 | 420 | 52 | 3 | 22.667 |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Strawberries, Diced, Cup, Frozen
 Recipe Code: LR1140
 Menu Item: Strawberries, Diced, Cup, Frozen
 Serving Size: 4 1/2 OZ

| Ingredient Name | Weight (g) | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|----------------------------------|------------|-----------------|----------|-----------------|------------------|
| Strawberries, Diced, Cup, Frozen | 128.000 | 90.3 | 22.073 | 2.007 | 18.06 |
| Sub Total | 128.000 | 90.3 | 22.073 | 2.007 | 18.06 |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 128.000 | 90.3 | 22.073 | 2.007 | 18.06 |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Mango Pineapple Smoothie(Twist & Go) & String Cheese (Breakfast)
 Recipe Code: LR1879
 Allergens: Contains Milk
 Menu Item: Mango Pineapple Smoothie(Twist & Go) & String Cheese (Breakfast)
 Serving Size: 1 Serving

| Ingredient Name | Weight (g) | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--------------------------|------------|-----------------|----------|-----------------|------------------|
| Mango Pineapple Smoothie | 215.460 | 130 | 36 | 1 | (M) |
| Cheese String Lite | 28.350 | 60 | 1 | 0 | 1 |
| Sub Total | 243.810 | 190 | 37 | 1 | 1(M) |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 243.810 | 190 | 37 | 1 | 1(M) |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Strawberry Banana Smoothie(Twist & Go) & String Cheese (Breakfast)
 Recipe Code: LR1784
 Allergens: Contains Milk
 Menu Item: Strawberry Banana Smoothie(Twist & Go)
 Serving Size: 1 Serving

| Ingredient Name | Weight (g) | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|----------------------------------|------------|-----------------|----------|-----------------|------------------|
| Strawberry Banana Smoothie Drink | 215.460 | 130 | 36 | 0 | (M) |
| Cheese String Lite | 28.350 | 60 | 1 | 0 | 1 |
| Sub Total | 243.810 | 190 | 37 | 0 | 1(M) |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 243.810 | 190 | 37 | 0 | 1(M) |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: French Toast Sticks
 Recipe Code: LR1764
 Allergens: Contains Soy, Wheat
 Menu Item: French Toast Sticks
 Serving Size: 4 sticks

| Ingredient Name | Weight (g) | Calories (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|--|------------|-----------------|----------|-----------------|------------------|
| Toast French Whole Wheat 4-piece - RICHS | 91.000 | 260 | 38 | 3 | 9 |
| Sub Total | 91.000 | 260 | 38 | 3 | 9 |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 91.000 | 260 | 38 | 3 | 9 |

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Pancake Syrup
 Recipe Code: LR1438
 Menu Item: Pancake Syrup
 Serving Size: 1 packet (2/3 tbsp)

| Ingredient Name | Weight (g) | Calorie s (Kcal) | Carb (g) | Total Fiber (g) | Total Sugars (g) |
|---------------------------|------------|---------------------|-------------|-----------------------|------------------------|
| Pancake Syrup | 59.252 | 164.214 | 43.293 | 0 | 0 |
| Sub Total | 59.252 | 164.214 | 43.293 | 0 | 0 |
| Fat/Waste/Moist Change | 0.000 | (M) | (M) | (M) | (M) |
| Total | 59.252 | 164.214 | 43.293 | 0 | 0 |

(M) Indicates missing nutrient values.

Report Selections

Meal Type: Breakfast
 Site Group: Elementary School
 Site: ALL
 Menu Line: Main
 Date: 01/01/2026 - 01/31/2026
 Serving Group: K-5
 Nutrients Option: Diabetic Interest