

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: 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: 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: Lemon Bread Slice WG
 Recipe Code: LR1631
 Allergens: Contains Egg, Milk, Soy, Wheat
 Menu Item: Lemon Bread Slice WG
 Serving Size: 1 Serving

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Lemon Bread Slice WG	96.390	230	44	2	15
Sub Total	96.390	230	44	2	15
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	96.390	230	44	2	15

(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: Oatmeal w/Graham Crackers
 Recipe Code: LR1630
 Allergens: Contains Soy, Wheat
 Menu Item: Oatmeal w/Graham Crackers
 Serving Size: 1 oatmeal w/cracker

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Cereal Oatmeal Maple Brown Sugar	47.912	180	37	3	(M)
French Toast - Graham Crackers - ZeeZee	28.350	120	21	1	8
Sub Total	76.262	300	58	4	8(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	76.262	300	58	4	8(M)

(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: Yogurt w/Graham Crackers - Breakfast Sec
 Recipe Code: LR1498
 Allergens: Contains Corn/Corn Products, Milk, Soy, Strawberries, Wheat
 Menu Item: Yogurt w/Graham Crackers - Breakfast Sec
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Yami Yogurt Strawberry (New)	113.400	90	16	0	12
French Toast - Graham Crackers - ZeeZee	28.350	120	21	1	8
Sub Total	141.750	210	37	1	20
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	141.750	210	37	1	20

(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)	Calorie s (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)	Calories (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: 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: 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: Chocolate Milk, FF
 Recipe Code: LR1006
 Allergens: Contains Milk
 Menu Item: Milk Chocolate Fat Free
 Serving Size: 1 Carton

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Milk Chocolate Skim	226.800	140	26	0	22
Sub Total	226.800	140	26	0	22
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	226.800	140	26	0	22

(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: 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: 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: WG Pancake Flavored Chicken Sausage Bites (breaded) & Hashbrown Sec. , 0.58 oz.
 Recipe Code: LR1873
 Allergens: Contains Wheat
 Menu Item: WG Pancake Flavored Chicken Sausage Bites (breaded) & Hashbrown Sec. , 0.58 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: Oranges; varieties include Navel, Valencia, Pineapple or Hamlin, raw [100283]
 Recipe Code: LR1118
 Tag(s): Fruits, salad bar, fresh fruit
 Menu Item: Oranges; varieties include Navel, Valencia, Pineapple or Hamlin, raw [100283]
 Serving Size: 1 medium (2-5/8" dia)

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: French Toast & Sausage - Breakfast
 Recipe Code: LR1499
 Allergens: Contains Soy, Wheat
 Menu Item: French Toast & Sausage - Breakfast
 Serving Size: 1 Each

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
Sausage Pork Link	28.000	120	0	0	0
Syrup Pancake Pkt	28.350	80	20	0	18.667
Sub Total	147.350	460	58	3	27.667
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	147.350	460	58	3	27.667

(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)	Calorie s (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: Zee Zees Dried Pineapple, 1.45oz
 Recipe Code: LR1779
 Menu Item: Zee Zees Dried Pineapple, 1.45oz
 Serving Size: 1 Package

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Zee Zees Dried Pineapple, 1.45oz	41.108	140	35	1	30
Sub Total	41.108	140	35	1	30
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	41.108	140	35	1	30

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Belgian Waffle Parfait
 Recipe Code: LR1632
 Allergens: Contains Egg, Milk, Wheat
 Menu Item: Belgian Waffle 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
Blueberries, unsweetened. Cultivated type, individually quick frozen (IQF) [100244]	113.400	58.152	13.812	3.198	(M)
Belgium Waffle Buttery Maple	34.000	125	18.5	1	7.5
Cereal Granola Bob Redmill	28.350	89.25	17.325	1.575	5.25
Pancake Syrup	29.626	82.107	21.646	0	0
Sub Total	318.776	421.175	84.617	5.773	22.083 (M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	318.776	421.175	84.617	5.773	22.083 (M)

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Dough Cinnamon Swirl WG
 Recipe Code: LR1401
 Allergens: Contains Egg, Milk, Soy, Wheat
 Menu Item: Dough Cinnamon Swirl WG
 Serving Size: 1 Each

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Dough Roll Cinnamon Whl Grain	76.545	270	36	3	11
Icing Vanilla Heat And Ice	28.350	101.25	23.625	0	(M)
Sub Total	104.895	371.25	59.625	3	11(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	104.895	371.25	59.625	3	11(M)

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Bacon, Egg & Cheese Bagel
 Recipe Code: LR1551
 Allergens: Contains Egg, Milk, Pork, Soy, Wheat
 Menu Item: *Bacon, Egg & Cheese Bagel
 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)
Bacon Strip	8.500	45	0	0	(M)
WG Bagel	65.000	150	30	4	0
Cheese American 160 Sliced	14.000	55	1	0	0
Sub Total	130.025	340	32	4	0(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	130.025	340	32	4	0(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: *Waffles w/Bacon & Hashbrowns
 Recipe Code: LR1525
 Allergens: Contains Egg, Milk, Pork, Wheat
 Menu Item: *Waffles w/Bacon & Hashbrowns
 Serving Size: 1 Serving

Ingredient Name	Weight (g)	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Belgian Waffle Butter Maple	68.000	200	30	2	12
Potato Hashbrown Patty 2.25 oz	63.000	120	15	1	0
Bacon Strip	8.500	45	0	0	(M)
Sub Total	139.500	365	45	3	12(M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	139.500	365	45	3	12(M)

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Strawberry Smoothies
 Recipe Code: LR1488
 Allergens: Contains Milk, Strawberries
 Menu Item: Strawberry Smoothies
 Serving Size: 1 Each

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	113.400	40.5	10.53	2.43	4.86
Zee Zees Grahamz Strawberry, IW, WG 1oz	28.000	120	21	0	7
Sub Total	254.800	227.167	44.863	2.43	21.193
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	254.800	227.167	44.863	2.43	21.193

(M) Indicates missing nutrient values.

Recipe Nutrition Report - January, 2026

Recipe Name: Mixed Berries, Frozen Cup
 Recipe Code: LR1625
 Allergens: Contains Strawberries
 Menu Item: Mixed Berries, Frozen Cup
 Serving Size: 1/2 Cup

Ingredient Name	Weight (g)	Calorie s (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)
Mixed Berries, Frozen Cup	113.000	90	20	2	16
Sub Total	113.000	90	20	2	16
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)
Total	113.000	90	20	2	16

(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)	Calories (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: High School
 Site: ALL
 Menu Line: Main
 Date: 01/01/2026 - 01/31/2026
 Serving Group: 9-12
 Nutrients Option: Diabetic Interest