

# 2026-2027 Middle & High School Breakfast Analysis

| Menu Item<br>(Serving Size)                                            | Calories<br>(Kcal) | Total<br>Fat (g) | Sat Fat<br>(g) | Trans<br>Fat (g) | Chol<br>(mg) | Sodium<br>(mg) | Carb<br>(g) | Total<br>Fiber<br>(g) | Total<br>Sugars<br>(g) | Added<br>Sugars<br>(g) | Protein<br>(g) | Iron<br>(mg) | Calcium<br>(mg) | VitA<br>(IU) | VitC<br>(mg) | VitD<br>(mcg) | Potassium<br>(mg) |
|------------------------------------------------------------------------|--------------------|------------------|----------------|------------------|--------------|----------------|-------------|-----------------------|------------------------|------------------------|----------------|--------------|-----------------|--------------|--------------|---------------|-------------------|
| <b>Breakfast Entrée</b>                                                |                    |                  |                |                  |              |                |             |                       |                        |                        |                |              |                 |              |              |               |                   |
| BAGEL, MINI W/<br>STRAWBERRY CREAM<br>CHEESE, IW - LR100323 (1<br>ea.) | 240.00             | 6.00             | 2.00           | 0.00             | 10.00        | 190.00         | 41.00       | 2.00                  | 12.00                  | 10.00                  | 6.00           | 1.70         | 20.00           | 99.99        | 0.00         | 0.00          | 119.85            |
| BREAD, SLICE, BANANA,<br>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 -<br>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,<br>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<br>crunch - LR100138 (1 ea.)                    | 220.00             | 6.00             | 0.50           | 0.00             | 0.00         | 340.00         | 43.00       | 5.00                  | 12.00                  | 12.00                  | 3.00           | 4.50         | 100.00          | 500.00       | 0.00         | 5.00          | 94.00             |
| Cereal, Frosted Corn Flakes<br>- LR101264 (1 ea.)                      | 210.00             | 1.50             | 0.00           | 0.00             | 0.00         | 370.00         | 48.00       | 3.00                  | 12.00                  | 11.00                  | 3.00           | 15.00        | 150.00          | 0.00         | 0.00         | 4.00          | 109.98            |
| Cereal, Lucky Charms -<br>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<br>ea.)                                     | 290.00             | 10.00            | 4.00           | 0.00             | 0.00         | 290.00         | 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<br>CINNAMON, IW - LR100756<br>(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,<br>2.85oz - LR-1343 (1 ea.)                      | 190.00             | 9.00             | 2.00           | 0.00             | 30.00        | 340.00         | 17.00       | 2.00                  | 5.00                   | 5.00                   | 9.00           | 1.80         | 30.00           | 0.00         | 0.00         | 0.00          | 0.00              |
| Scone, Apple Cinnamon -<br>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 -<br>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 - Egg & Cheese Biscuit<br>- LR-1277 (1 ea.)                        | 280.63             | 15.54            | 8.76           | 0.00             | 108.75       | 576.56         | 25.00       | 2.00                  | 2.00                   | 2.00                   | 10.54          | 1.76         | 283.25          | 101.25(M)    | 0.00(M)      | 0.00(M)       | 321.01(M)         |
| SEC- Bacon, Egg & Cheese<br>Biscuit - LR100167 (1 ea.)                 | 300.63             | 17.04            | 8.89           | 0.00             | 112.50       | 661.56         | 24.50       | 2.00                  | 3.00                   | 2.00                   | 11.29          | 1.76         | 231.75          | 101.25(M)    | 0.00(M)      | 0.00(M)       | 270.49(M)         |
| SEC- Sausage & Cheese<br>Biscuit - LR-1130 (1 ea.)                     | 410.00             | 29.00            | 13.75          | 0.00             | 37.50        | 580.00         | 26.00       | 2.00                  | 2.00                   | 2.00                   | 12.50          | 3.40         | 263.00          | 0.00(M)      | 0.00(M)      | 0.00          | 321.01            |
| WRAP, BREAKFAST W/<br>EGG, TURKEY SAUSAGE &                            | 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            |
| <b>Milk</b>                                                            |                    |                  |                |                  |              |                |             |                       |                        |                        |                |              |                 |              |              |               |                   |
| Milk, Chocolate, Fresh - LR-<br>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-<br>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            |
| Milk, Soy, Shelf - LR100265<br>(1 ea.)                                 | 130.00             | 4.50             | 0.50           | 0.00             | 0.00         | 110.00         | 13.00       | 2.00                  | 11.00                  | 10.00                  | 8.00           | 1.10         | 300.00          | 0.00         | 0.00         | 2.50          | 350.15            |
| Milk, Strawberry, Shelf - LR-<br>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<br>- LR-1399 (8 fl. oz.)                  | 86.69              | 0.21             | 0.14           | 0.00             | 5.10         | 107.07         | 12.64       | 0.00                  | 12.64                  | 0.00                   | 8.60           | 0.07         | 311.02          | 541.61       | 0.00         | 100.63        | 397.61            |

## 2026-2027 Middle & High School Breakfast Analysis

|                                                             |        |      |      |      |      |        |       |      |       |      |      |      |        |         |       |      |         |
|-------------------------------------------------------------|--------|------|------|------|------|--------|-------|------|-------|------|------|------|--------|---------|-------|------|---------|
| 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>100% Juice</b>                                           |        |      |      |      |      |        |       |      |       |      |      |      |        |         |       |      |         |
| 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 | 10.00  | 14.00 | 0.00 | 14.00 | 0.00 | 0.00 | 0.20 | 100.00 | 0.00    | 70.00 | (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   |
| <b>Fruit</b>                                                |        |      |      |      |      |        |       |      |       |      |      |      |        |         |       |      |         |
| APPLESAUCE, CHERRY - LR100782 (1 ea.)                       | 50.00  | 0.00 | 0.00 | 0.00 | 0.00 | 0.00   | 14.00 | 1.00 | 12.00 | 0.00 | 0.00 | 0.00 | 5.00   | 0.00    | 0.00  | 0.00 | 94.94   |
| 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, APPLES, DICED, ZEEZEES - LR101137 (1              | 90.00  | 0.00 | 0.00 | 0.00 | 0.00 | 10.00  | 22.00 | 1.00 | 19.00 | 0.00 | 0.00 | 1.00 | 11.00  | 0.00    | 0.00  | 0.00 | 93.06   |
| FRT, CUP, APPLESauce, STRAWBERRY, USDA -                    | 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,APPLESAUCE, ZEEZEES,PLAIN -                        | (M)    | (M)  | (M)  | (M)  | (M)  | (M)    | (M)   | (M)  | (M)   | (M)  | (M)  | (M)  | (M)    | (M)     | (M)   | (M)  | (M)     |
| FRT,DRIED, APPLE CRISPS - LR101271 (1 Bag)                  | 40.00  | 0.00 | 0.00 | 0.00 | 0.00 | 0.00   | 10.00 | 1.00 | 7.00  | 0.00 | 0.00 | 0.00 | 0.00   | 0.00    | 0.00  | 0.00 | 79.90   |
| FRT.DRIED APPLE CRISPS STRAWBERRY - LR101266                | 40.00  | 0.00 | 0.00 | 0.00 | 0.00 | 0.00   | 10.00 | 1.00 | 7.00  | 0.00 | 0.00 | 0.00 | 0.00   | 0.00    | 0.00  | 0.00 | 79.90   |
| 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.)                     | 47.00  | 0.00 | 0.00 | 0.00 | 0.00 | 6.00   | 12.00 | 1.00 | 11.00 | 0.00 | 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,Diced ZeeZees - LR100194 (1               | 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)     |
| Pineapple, Tidbits, Cup - LR100197 (1 ea.)                  | 60.00  | 0.00 | 0.00 | 0.00 | 0.00 | 1.00   | 16.00 | 1.00 | 14.50 | 0.00 | 1.00 | 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)     |

## 2026-2027 Middle & High School Breakfast Analysis

|                                      |        |      |      |      |      |      |       |      |     |     |      |      |       |        |       |     |     |
|--------------------------------------|--------|------|------|------|------|------|-------|------|-----|-----|------|------|-------|--------|-------|-----|-----|
| S-Whole, Apple - LR-1374<br>(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<br>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<br>(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<br>(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) |