

This Excel Spreadsheet contains the nutrition information for all elementary breakfast in the classroom (BIC) entrees. The entrees are listed by cycle date. The cycle date for the menu item is listed in the far left column. Please refer to the Cycle Dates Calendar (right) to determine which calendar date corresponds with a cycle date.

All fruits and vegetables are listed in a separate Excel spreadsheet.

Cycle Dates 2017-2018

September 2017					October 2017					November 2017				
Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr
					² 21	³ 22	⁴ 23	⁵ 24	⁶ 25			¹ 18	² 19	³ 20
	⁵ 2	⁶ 3	⁷ 4	⁸ 5	⁹ 1	¹⁰ 2	¹¹ 3	¹² 4	¹³ 5	⁶ 21	⁷ 22	⁸ 23	⁹ 24	¹⁰ 25
¹¹ 6	¹² 7	¹³ 8	¹⁴ 9	¹⁵ 10	¹⁶ 6	¹⁷ 7	¹⁸ 8	¹⁹ 9	²⁰ 10	¹³ 1	¹⁴ 2	¹⁵ 3	¹⁶ 4	¹⁷ 5
¹⁸ 11	¹⁹ 12	²⁰ 13	²¹ 14	²² 15	²³ 11	²⁴ 12	²⁵ 13			²⁰ 6	²¹ 7			
²⁵ 16	²⁶ 17	²⁷ 18	²⁸ 19	²⁹ 20	³⁰ 16	³¹ 17				²⁷ 11	²⁸ 12	²⁹ 13	³⁰ 14	

December 2017					January 2018					February 2018				
Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr
				¹ 15		² 12	³ 13	⁴ 14	⁵ 15				¹ 9	² 10
⁴ 16	⁵ 17	⁶ 18	⁷ 19	⁸ 20	⁸ 16	⁹ 17	¹⁰ 18	¹¹ 19	¹² 20	⁵ 11	⁶ 12	⁷ 13	⁸ 14	⁹ 15
¹¹ 21	¹² 22	¹³ 23	¹⁴ 24	¹⁵ 25	¹⁵ 21	¹⁶ 22	¹⁷ 23	¹⁸ 24	¹⁹ 25	¹² 16	¹³ 17	¹⁴ 18	¹⁵ 19	
¹⁸ 1	¹⁹ 2	²⁰ 3	²¹ 4	²² 5		²³ 2	²⁴ 3	²⁵ 4	²⁶ 5	¹⁹ 20	²⁰ 22	²¹ 23	²² 24	²³ 25
					²⁹ 6	³⁰ 7	³¹ 8			²⁶ 1	²⁷ 2	²⁸ 3		

March 2018					April 2018					May/June 2018				
Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr
			¹ 4	² 5		³ 2	⁴ 3	⁵ 4	⁶ 5		¹ 22	² 23	³ 24	⁴ 25
⁵ 6	⁶ 7	⁷ 8	⁸ 9	⁹ 10	⁹ 6	¹⁰ 7	¹¹ 8	¹² 9	¹³ 10	⁷ 1	⁸ 2	⁹ 3	¹⁰ 4	¹¹ 5
¹² 11	¹³ 12	¹⁴ 13	¹⁵ 14	¹⁶ 15	¹⁶ 11	¹⁷ 12	¹⁸ 13	¹⁹ 14	²⁰ 15	¹⁴ 6	¹⁵ 7	¹⁶ 8	¹⁷ 9	¹⁸ 10
¹⁹ 16	²⁰ 17	²¹ 18	²² 19		²³ 16	²⁴ 17	²⁵ 18	²⁶ 19	²⁷ 20	²¹ 11	²² 12	²³ 13	²⁴ 14	²⁵ 15
					³⁰ 21					²⁸ 6	²⁹ 17	³⁰ 18	³¹ 19	¹ 20
										⁴ 21	⁵ 22	⁶ 23	⁷ 24	⁸ 25





RECIPE NUTRITIONAL SUMMARY - ES BIC 17/18 SY

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Menu Cycle Date	Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)	Vit A (%DV)	Vit C (%DV)	Ca (%DV)	Iron (%DV)
1	M51268	Chocolate Chip Muffin	1 muffin (0 g)	200	50	6	2	0	40	135	32	3	17	4	2	0	4	8
1	M50792	Strawberry Banana Yogurt (Trix)	1 each (0 g)	100	0	0.5	0.5	0	0	50	20	0	14	3	10	0	10	0
2	M50444	Turkey Pancake Wrap	1 each (0 g)	200	90	10	2.5	0	25	310	17	3	4	7	0	0	2	10
3	M52927	Cinnamon UBR	1 each (0 g)	240	50	6	2	0	<5	210	43	6	17	5	0	0	2	4
4	M51404	Sausage Breakfast Pizza	1 each (0 g)	220	60	6	2.5	0	15	440	28	3	5	10	4	4	15	10
5	M52554	Cherry Frudel	1 pouch (0 g)	210	50	6	1.5	0	0	290	37	2	11	5	0	0	0	6
6	M52590	Blueberry Mini Waffles	1 pouch (0 g)	210	50	6	1	0	0	170	37	3	12	4	0	0	2	4
7	M51507	Banana Chocolate Bar	1 each (0 g)	280	70	8	3	0	15	220	48	3	23	5	0	0	2	10
8	M53882	Egg & Cheese Sandwich	1 each (0 g)	160	60	7	2.5	0	70	280	19	2	4	6	6	15	8	6
9	M53503	Banana Muffin Square	1 each (0 g)	220	60	6	3	0	20	280	39	2	18	3	0	2	0	2
10	M51267	Blueberry Muffin	1 muffin (0 g)	190	50	6	2	0	40	130	31	2	16	3	2	0	2	4
10	M50792	Strawberry Banana Yogurt (Trix)	1 each (0 g)	100	0	0.5	0.5	0	0	50	20	0	14	3	10	0	10	0
11	M53096	Chocolate Chip UBR	1 each (0 g)	260	60	7	2	0	<5	190	43	6	17	5	0	0	2	6
12	M53707	Mini Strawberry Creamy Cheese Bagels	1 each (0 g)	240	50	6	2.5	0	10	180	41	2	13	6	2	0	2	6
13	M51404	Sausage Breakfast Pizza	1 each (0 g)	220	60	6	2.5	0	15	440	28	3	5	10	4	4	15	10
14	M53502	Apple Cinnamon Square	1 each (0 g)	220	50	6	3	0	20	280	38	2	19	2	0	0	0	2
15	M52703	Oatmeal Choco Chip Bar	1 each (0 g)	290	80	9	3	0	20	240	47	3	22	5	0	0	2	10
16	M52590	Blueberry Mini Waffles	1 pouch (0 g)	210	50	6	1	0	0	170	37	3	12	4	0	0	2	4
17	M52006	Turkey Sausage Sandwich	1 each (0 g)	160	45	5	1	0	25	370	18	2	3	10	0	10	2	8
18	M52601	Animal Crackers	1 package (0 g)	130	35	4	1	0	0	110	21	2	8	2	0	0	10	6
18	M50792	Strawberry Banana Yogurt (Trix)	1 each (0 g)	100	0	0.5	0.5	0	0	50	20	0	14	3	10	0	10	0



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19	M51240	Apple Frudel	1 pouch (0 g)	210	50	6	1.5	0	0	280	36	2	11	5	0	0	0	0
20	M52636	Maple Mini Waffles	1 pouch (0 g)	210	50	6	1	0	0	170	38	3	13	4	0	0	2	4
21	M51241	Mini Cinnamon Rolls	1 pouch (0 g)	240	70	8	2	0	0	300	40	2	15	5	0	0	4	8
22	M52580	Strawberry NG Bar	1 each (0 g)	160	35	4	0.5	0	0	150	29	3	14	2	15	0	20	10
22	M53626	Cheddar Cheese Cubes	1 each (0 g)	90	60	7	4.5	0	20	190	0	0	0	7	0	0	0	0
23	M52636	Maple Mini Waffles	1 pouch (0 g)	210	50	6	1	0	0	170	38	3	13	4	0	0	2	4
24	M53706	Mini Cinnamon Creamy Cheese Bagels	1 each (0 g)	240	50	6	2.5	0	10	180	41	2	13	6	2	0	2	8
25	M53096	Chocolate Chip UBR	1 each (0 g)	260	60	7	2	0	<5	190	43	6	17	5	0	0	2	6