

This Excel Spreadsheet contains the nutrition information for all elementary breakfast 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.

Please note that cereals and their associated protein options are listed in a separate tab.

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			
					21	22	23	24	25			18	19	20			
	5	2	3	4	5	9	1	2	3	4	5	6	21	22	23	24	25
11	6	7	8	9	10	16	6	7	8	9	10	13	1	2	3	4	5
18	11	12	13	14	15	23	11	12	13			20	6	7			
25	16	17	18	19	20	30	16	17				27	11	12	13	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	13	14	15				1	9	10	
4	16	17	18	19	20	8	16	17	18	19	20	5	11	12	13	14	15	
11	21	22	23	24	25	15	21	22	23	24	25	12	16	17	18	19		
18	1	2	3	4	5	22	2	3	4	5	19	20	21	22	23	24	25	
						29	6	7	8			26	1	2	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	3	4	5		1	22	23	24	25	
5	6	7	8	9	10	9	6	7	8	9	10	7	1	2	3	4	11	5	
12	11	12	13	14	15	16	11	12	13	14	15	14	6	7	8	9	18	10	
19	16	17	18	19			23	16	17	18	19	20	21	11	12	13	14	25	15
						30	21					28		29	17	18	31	19	20
												4	21	22	23	24	25		





RECIPE NUTRITIONAL SUMMARY - ES Breakfast Entrees 17/18 SY

2018-01-16 16:33

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	M52925	Sausage Breakfast Pizza	1 each (0 g)	210	60	7	2	0	15	480	26	2	9	9	4	0	10	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	M50760	Egg & Cheese English Muffin	1 sandwich (0 g)	240	90	11	4	*0	110	550	25	2	2	11	4	0	25	4
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	M50916	Country Chicken & Cheese Biscuit	1 sandwich (0 g)	340	160	17	12	0	25	850	33	3	3	13	2	0	25	10
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	M52925	Sausage Breakfast Pizza	1 each (0 g)	210	60	7	2	0	15	480	26	2	9	9	4	0	10	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	M52246	Sausage & Cheese English Muffin	1 sandwich (0 g)	270	90	11	4	0	55	690	25	2	2	19	2	0	25	6
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



RECIPE NUTRITIONAL SUMMARY - ES Breakfast Entrees 17/18 SY

2018-01-16 16:33

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	M50760	Egg & Cheese English Muffin	1 sandwich (0 g)	240	90	11	4	*0	110	550	25	2	2	11	4	0	25	4
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



RECIPE NUTRITIONAL SUMMARY - ES Breakfast Cereal & Protein 17/18 SY

2018-01-16 16:33

Day	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)
	M50439	Cheerios	1 bowl (0 g)	100	20	2	0.5	0	0	140	20	3	1	3	10	10	10	45
	M50441	Honey Nut Cheerios	1 bowl (0 g)	110	15	1.5	0	0	0	160	22	2	9	2	10	10	10	25
	M66051	Fruity Cheerios	1 bowl (0 g)	120	15	1.5	0	0	0	140	25	2	9	2	10	10	10	25
	M51320	Rice Krispies	1 bowl (0 g)	100	0	0.5	0	0	0	170	23	1	1	2	20	20	0	45
	M53303	Choco Frosted Mini Wheat	1 bowl (0 g)	100	10	1	0	0	0	105	23	3	6	3	0	0	0	45
	M50208	Cinnamon Toast Crunch	1 bowl (0 g)	110	25	3	0.5	0	0	160	22	3	6	1	8	8	20	20
	M66052	Frosted Corn Flakes	1 bowl (0 g)	100	0	0.5	0	0	0	180	24	1	8	1	10	8	15	35
	M50670	Hard Boiled Egg	1 each (0 g)	80	45	5	1.5	0	185	60	1	0	1	6	6	0	2	4
	M51721	Cottage Cheese	2 fl oz (0 g)	40	0	0.5	0	0	<5	220	3	0	2	7	2	0	6	0
	M52695	String Cheese	1 stick (0 g)	60	25	2.5	2	0	10	210	1	0	0	8	2	0	20	0
	M53626	Cheddar Cheese Cubes	1 each (0 g)	90	60	7	4.5	0	20	190	0	0	0	7	0	0	0	0