

This Excel Spreadsheet contains the nutrition information for all high school breakfast main 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.

The daily serve entrees are listed in a separate tab.

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

All milk and condiments are listed in a separate Excel spreadsheet.

### Cycle Dates 2017-2018

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

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

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

December 2017				
Mo	Tu	We	Th	Fr
				1 15
4 16	5 17	6 18	7 19	8 20
11 21	12 22	13 23	14 24	15 25
18 1	19 2	20 3	21 4	22 5

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

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

March 2018				
Mo	Tu	We	Th	Fr
			1 4	2 5
5 6	6 7	7 8	8 9	9 10
12 11	13 12	14 13	15 14	16 15
19 16	20 17	21 18	22 19	

April 2018				
Mo	Tu	We	Th	Fr
	3 2	4 3	5 4	6 5
9 6	10 7	11 8	12 9	13 10
16 11	17 12	18 13	19 14	20 15
23 16	24 17	25 18	26 19	27 20
30 21				

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





## RECIPE NUTRITIONAL SUMMARY - HS Breakfast 17/18 SY

2018-01-24 16:33

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	M66465	Cheesy Sausage & Egg Breakfast Burrito	1 each (0 g)	180	80	9	3	0	135	260	17	1	3	10	6	15	15	8
1	M54066	Cheesy Egg Breakfast Burger	1 sandwich (0 g)	230	80	8	3.5	0	80	570	28	2	5	11	4	0	15	10
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
2	M52244	Country Chicken & Cheese English Muffin	1 sandwich (0 g)	250	80	8	3	0	25	630	29	3	2	14	2	0	25	6
3	M52927	Cinnamon UBR	1 each (0 g)	240	50	6	2	0	<5	210	43	6	17	5	0	0	2	4
3	M53773	Egg, C. Ham & Cheddar Flatbread Sandwich	1 each (0 g)	160	70	7	3	0	95	270	15	1	2	8	4	0	8	4
4	M66496	Cheese & Chicken Sausage Quesadilla	1/2 each (0 g)	230	120	13	7	0	40	380	15	1	1	13	6	0	25	6
4	M53296	Cheesy Egg Biscuit	1 sandwich (0 g)	330	180	20	13	*0	110	770	29	2	3	10	4	0	25	8
5	M54061	Denver Frittata	1/24 cut (0 g)	100	60	7	3	0	165	160	2	0	2	8	6	6	10	4
5	M51073	Sliced Toast	1 slice (0 g)	80	10	1	0	0	0	160	15	1	2	3	0	0	0	6
5	M50870	Country Chicken Biscuit	1 sandwich (0 g)	180	80	9	5	0	10	420	18	2	1	8	0	0	10	6
6	M55691	Waffles	2 each (0 g)	180	50	6	0	0	0	320	28	2	2	4	10	0	10	20
6	M53296	Cheesy Egg Biscuit	1 sandwich (0 g)	330	180	20	13	*0	110	770	29	2	3	10	4	0	25	8
7	M51241	Mini Cinnamon Rolls	1 pouch (0 g)	240	70	8	2	0	0	300	40	2	15	5	0	0	4	8
7	M54037	Egg, Bacon & Cheddar Flatbread Sandwich	1 each (0 g)	160	70	8	3	0	100	260	15	1	2	8	4	0	8	4
8	M53774	Cheesy C. Ham, Egg & Potato Bite Taco	1 each (0 g)	190	80	8	3	0	90	300	21	3	*2	8	2	0	15	8
8	M50756	Egg & Cheese Bagel	1 sandwich (0 g)	260	90	11	4	*0	110	490	22	4	6	12	4	0	15	10
9	M52251	Scrambled Eggs w/ Sausage & Cheese	Scoop (0 g)	60	40	4.5	2	0	90	95	<1	0	<1	4	2	0	6	2
9	M51044	Hash Brown Patty	1 patty (0 g)	130	70	8	0	0	0	250	14	3	<1	1	0	4	0	0
9	M51073	Sliced Toast	1 slice (0 g)	80	10	1	0	0	0	160	15	1	2	3	0	0	0	6
9	M54066	Cheesy Egg Breakfast Burger	1 sandwich (0 g)	230	80	8	3.5	0	80	570	28	2	5	11	4	0	15	10



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10	M50781	Biscuit	1 each (0 g)	210	90	10	9	0	0	460	27	2	2	4	0	0	15	6
10	M50443	Country Gravy	1/4 cup (0 g)	35	0	0	0	0	0	200	6	0	3	0	0	0	2	0
10	M54037	Egg, Bacon & Cheddar Flatbread Sandwich	1 each (0 g)	160	70	8	3	0	100	260	15	1	2	8	4	0	8	4
11	M53476	Southwest Strata	1/24 cut (0 g)	180	80	8	3.5	*0	180	230	13	<1	5	13	8	20	10	10
11	M53239	Cheesy Egg Biscuit	1 sandwich (0 g)	220	130	15	8	*0	110	540	15	1	2	8	4	0	20	4
12	M51108	Cheddar Cheese Omelet	1 each (0 g)	130	100	11	3.5	0	170	280	1	0	0	7	6	0	8	4
12	M51044	Hash Brown Patty	1 patty (0 g)	130	70	8	0	0	0	250	14	3	<1	1	0	4	0	0
12	M51073	Sliced Toast	1 slice (0 g)	80	10	1	0	0	0	160	15	1	2	3	0	0	0	6
12	M50870	Country Chicken Biscuit	1 sandwich (0 g)	180	80	9	5	0	10	420	18	2	1	8	0	0	10	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
13	M52161	Ham, Egg and Cheese Bagel	1 sandwich (0 g)	210	50	5	2	0	100	400	21	4	6	12	4	0	10	15
14	M50507	Apple Cinnamon Muffin	1 muffin (0 g)	380	110	12	4	0	80	260	62	5	33	7	2	4	6	10
14	M54066	Cheesy Egg Breakfast Burger	1 sandwich (0 g)	230	80	8	3.5	0	80	570	28	2	5	11	4	0	15	10
15	M51268	Chocolate Chip Muffin	1 muffin (0 g)	200	50	6	2	0	40	135	32	3	17	4	2	0	4	8
15	M51295	Cherry Yogurt	1 each (0 g)	80	0	0.5	0	0	<5	65	15	0	9	4	10	0	10	0
15	M50904	Grilled Ham & Cheese Sandwich	1 sandwich (0 g)	370	160	17	9	0	60	1430	32	2	6	21	8	0	30	15
16	M52920	Pancakes	2 each (0 g)	140	35	4	0	0	10	220	28	2	4	4	0	0	0	8
16	M54066	Cheesy Egg Breakfast Burger	1 sandwich (0 g)	230	80	8	3.5	0	80	570	28	2	5	11	4	0	15	10
17	M66496	Cheese & Chicken Sausage Quesadilla	1/2 each (0 g)	230	120	13	7	0	40	380	15	1	1	13	6	0	25	6
17	M66596	Chicken, Egg & Cheese Breakfast Wrap	1 each (0 g)	200	80	8	2	0	70	340	19	2	1	12	2	0	10	10
18	M52983	Cinnamon Raisin Bagel	1 each (0 g)	170	15	1.5	0	0	0	150	33	5	8	7	0	6	2	10
18	M52126	Sausage & Cheese Biscuit	1 sandwich (0 g)	250	130	15	8	0	55	680	15	1	2	16	2	0	15	6
19	M51241	Mini Cinnamon Rolls	1 pouch (0 g)	240	70	8	2	0	0	300	40	2	15	5	0	0	4	8



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19	M54037	Egg, Bacon & Cheddar Flatbread Sandwich	1 each (0 g)	160	70	8	3	0	100	260	15	1	2	8	4	0	8	4
20	M55691	Waffles	2 each (0 g)	180	50	6	0	0	0	320	28	2	2	4	10	0	10	20
20	M52659	Cinnamon Apples	1/8 cup (0 g)	25	0	0	0	*0	0	0	7	<1	6	0	0	0	0	0
20	M53239	Cheesy Egg Biscuit	1 sandwich (0 g)	220	130	15	8	*0	110	540	15	1	2	8	4	0	20	4
21	M52756	Spanish Frittata	1/24 cut (0 g)	110	70	7	3.5	0	170	170	3	0	2	9	6	10	10	6
21	M50870	Country Chicken Biscuit	1 sandwich (0 g)	180	80	9	5	0	10	420	18	2	1	8	0	0	10	6
22	M51241	Mini Cinnamon Rolls	1 pouch (0 g)	240	70	8	2	0	0	300	40	2	15	5	0	0	4	8
22	M54066	Cheesy Egg Breakfast Burger	1 sandwich (0 g)	230	80	8	3.5	0	80	570	28	2	5	11	4	0	15	10
23	M53525	Banana Muffin	1 muffin (0 g)	400	100	11	5	0	30	500	69	3	32	5	0	6	0	4
23	M52161	Ham, Egg and Cheese Bagel	1 sandwich (0 g)	210	50	5	2	0	100	400	21	4	6	12	4	0	10	15
24	M52925	Sausage Breakfast Pizza	1 each (0 g)	210	60	7	2	0	15	480	26	2	9	9	4	0	10	10
24	M66596	Chicken, Egg & Cheese Breakfast Wrap	1 each (0 g)	200	80	8	2	0	70	340	19	2	1	12	2	0	10	10
25	M53096	Chocolate Chip UBR	1 each (0 g)	260	60	7	2	0	<5	190	43	6	17	5	0	0	2	6
25	M53154	Cheesy Ham Biscuit	1 sandwich (0 g)	310	140	16	12	0	30	1130	28	2	3	14	2	0	25	8



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<b>CEREAL &amp; 1 BG ITEMS</b>																	
M50439	Cheerios	1 bowl (0 g)	100	20	2	0.5	0	0	140	20	3	1	3	10	10	10	45
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
M66051	Fruity Cheerios	1 bowl (0 g)	120	15	1.5	0	0	0	140	25	2	9	2	10	10	10	25
M66052	Frosted Corn Flakes	1 bowl (0 g)	100	0	0.5	0	0	0	180	24	1	8	1	10	8	15	35
M50441	Honey Nut Cheerios	1 bowl (0 g)	110	15	1.5	0	0	0	160	22	2	9	2	10	10	10	25
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
<b>PROTEIN</b>																	
M50670	Hard Boiled Egg	1 each (0 g)	80	45	5	1.5	0	185	60	1	0	1	6	6	0	2	4
M53626	Cheddar Cheese Cubes	1 each (0 g)	90	60	7	4.5	0	20	190	0	0	0	7	0	0	0	0
M50792	Strawberry Banana Yogurt	1 each (0 g)	80	0	0.5	0	0	<5	60	15	0	9	4	10	0	10	0
M52695	String Cheese	1 stick (0 g)	60	25	2.5	2	0	10	210	1	0	0	8	2	0	20	0
<b>BREAKFAST SANDWICHES</b>																	
M50760	Egg & Cheese English Muffin	1 sandwich (0 g)	240	90	11	4	*0	110	550	25	2	2	11	4	0	25	4
M55592	French Toast Sticks	4 stick (0 g)	260	90	10	2	0	0	300	38	3	9	6	0	0	4	10
M52246	Sausage & Cheese English Muffin	1 sandwich (0 g)	270	90	11	4	0	55	690	25	2	2	19	2	0	25	6
M52241	Sausage, Egg & Cheese Bagel	1 sandwich (0 g)	360	150	17	5	*0	150	740	23	4	6	23	4	0	15	15