

This Excel Spreadsheet contains the nutrition information for all middle 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.

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 - MS Breakfast 17/18 SY

2018-01-22 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	M55592	French Toast Sticks	4 stick (0 g)	260	90	10	2	0	0	300	38	3	9	6	0	0	4	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
3	M52927	Cinnamon UBR	1 each (0 g)	240	50	6	2	0	<5	210	43	6	17	5	0	0	2	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
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	M50781	Biscuit	1 each (0 g)	210	90	10	9	0	0	460	27	2	2	4	0	0	15	6
6	M50443	Country Gravy	1/4 cup (0 g)	35	0	0	0	0	0	200	6	0	3	0	0	0	2	0
7	M51241	Mini Cinnamon Rolls	1 pouch (0 g)	240	70	8	2	0	0	300	40	2	15	5	0	0	4	8
8	M52017	Apple Bosco Stick	1 each (0 g)	180	15	1.5	0	0	0	160	37	3	9	5	0	0	2	10
9	M52636	Maple Mini Waffles	1 pouch (0 g)	210	50	6	1	0	0	170	38	3	13	4	0	0	2	4
10	M50068	Purple Daze Yogurt Smoothie	8 fl oz (0 g)	180	5	1	0.5	0	<5	65	39	1	32	4	10	0	10	0
10	M51269	Elf Grahams	1 package (0 g)	120	35	4	1	0	0	105	21	1	8	2	10	0	10	4
11	M50870	Country Chicken Biscuit	1 sandwich (0 g)	180	80	9	5	0	10	420	18	2	1	8	0	0	10	6
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
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	M51266	Banana Muffin	1 muffin (0 g)	190	50	6	2	0	40	130	31	2	17	3	2	0	4	4
14	M52695	String Cheese	1 stick (0 g)	60	25	2.5	2	0	10	210	1	0	0	8	2	0	20	0
15	M52590	Blueberry Mini Waffles	1 pouch (0 g)	210	50	6	1	0	0	170	37	3	12	4	0	0	2	4
16	M66481	Cheese & Chicken Ham Breakfast Roll	1 each (0 g)	180	80	9	4	0	60	360	16	1	2	9	4	4	15	6



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17	M51268	Chocolate Chip Muffin	1 muffin (0 g)	200	50	6	2	0	40	135	32	3	17	4	2	0	4	8
17	M52695	String Cheese	1 stick (0 g)	60	25	2.5	2	0	10	210	1	0	0	8	2	0	20	0
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
19	M50299	Strawberry Pineapple Yogurt Smoothie	8 fl oz (0 g)	170	5	1	0.5	0	<5	65	38	1	30	4	10	10	10	2
19	M51269	Elf Grahams	1 package (0 g)	120	35	4	1	0	0	105	21	1	8	2	10	0	10	4
20	M55691	Waffles	2 each (0 g)	180	50	6	0	0	0	320	28	2	2	4	10	0	10	20
21	M52703	Oatmeal Choco Chip Bar	1 each (0 g)	290	80	9	3	0	20	240	47	3	22	5	0	0	2	10
22	M51241	Mini Cinnamon Rolls	1 pouch (0 g)	240	70	8	2	0	0	300	40	2	15	5	0	0	4	8
23	M53192	Ham & Cheese Bagel	1 sandwich (0 g)	240	60	7	3	0	30	850	21	4	6	16	2	0	10	10
24	M52925	Sausage Breakfast Pizza	1 each (0 g)	210	60	7	2	0	15	480	26	2	9	9	4	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



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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)
CEREAL & PROTEIN CHOICES																	
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
BREAKFAST SANDWICHES																	
M50760	Egg & Cheese English Muffin	1 sandwich (0 g)	240	90	11	4	*0	110	550	25	2	2	11	4	0	25	4
M52246	Sausage & Cheese English Muffin	1 sandwich (0 g)	270	90	11	4	0	55	690	25	2	2	19	2	0	25	6