

This Excel Spreadsheet contains the nutrition information for all middle school breakfast cart 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 Cart 17/18 SY

2018-01-23 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	M52703	Oatmeal Choco Chip Bar	1 each (0 g)	290	80	9	3	0	20	240	47	3	22	5	0	0	2	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	M52723	Double Chocolate Oat Bar	1 each (0 g)	150	45	5	1	0	15	115	24	3	8	2	0	0	0	6
3	M52695	String Cheese	1 stick (0 g)	60	25	2.5	2	0	10	210	1	0	0	8	2	0	20	0
4	M51268	Chocolate Chip Muffin	1 muffin (0 g)	200	50	6	2	0	40	135	32	3	17	4	2	0	4	8
4	M52695	String Cheese	1 stick (0 g)	60	25	2.5	2	0	10	210	1	0	0	8	2	0	20	0
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	M52703	Oatmeal Choco Chip Bar	1 each (0 g)	290	80	9	3	0	20	240	47	3	22	5	0	0	2	10
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	M52723	Double Chocolate Oat Bar	1 each (0 g)	150	45	5	1	0	15	115	24	3	8	2	0	0	0	6
8	M52695	String Cheese	1 stick (0 g)	60	25	2.5	2	0	10	210	1	0	0	8	2	0	20	0
9	M51267	Blueberry Muffin	1 muffin (0 g)	190	50	6	2	0	40	130	31	2	16	3	2	0	2	4
9	M52695	String Cheese	1 stick (0 g)	60	25	2.5	2	0	10	210	1	0	0	8	2	0	20	0
10	M52636	Maple Mini Waffles	1 pouch (0 g)	210	50	6	1	0	0	170	38	3	13	4	0	0	2	4
11	M52703	Oatmeal Choco Chip Bar	1 each (0 g)	290	80	9	3	0	20	240	47	3	22	5	0	0	2	10
12	M50444	Turkey Pancake Wrap	1 each (0 g)	200	90	10	2.5	0	25	310	17	3	4	7	0	0	2	10
13	M52723	Double Chocolate Oat Bar	1 each (0 g)	150	45	5	1	0	15	115	24	3	8	2	0	0	0	6
13	M52695	String Cheese	1 stick (0 g)	60	25	2.5	2	0	10	210	1	0	0	8	2	0	20	0
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



RECIPE NUTRITIONAL SUMMARY - MS Breakfast Cart 17/18 SY

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16	M52703	Oatmeal Choco Chip Bar	1 each (0 g)	290	80	9	3	0	20	240	47	3	22	5	0	0	2	10
17	M52590	Blueberry Mini Waffles	1 pouch (0 g)	210	50	6	1	0	0	170	37	3	12	4	0	0	2	4
18	M52723	Double Chocolate Oat Bar	1 each (0 g)	150	45	5	1	0	15	115	24	3	8	2	0	0	0	6
18	M52695	String Cheese	1 stick (0 g)	60	25	2.5	2	0	10	210	1	0	0	8	2	0	20	0
19	M51268	Chocolate Chip Muffin	1 muffin (0 g)	200	50	6	2	0	40	135	32	3	17	4	2	0	4	8
19	M52695	String Cheese	1 stick (0 g)	60	25	2.5	2	0	10	210	1	0	0	8	2	0	20	0
20	M51240	Apple Frudel	1 pouch (0 g)	210	50	6	1.5	0	0	280	36	2	11	5	0	0	0	0
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	M52723	Double Chocolate Oat Bar	1 each (0 g)	150	45	5	1	0	15	115	24	3	8	2	0	0	0	6
23	M52695	String Cheese	1 stick (0 g)	60	25	2.5	2	0	10	210	1	0	0	8	2	0	20	0
24	M52577	Apple Cinnamon Muffin	1 muffin (0 g)	190	50	6	2	0	40	130	30	2	16	3	2	0	4	6
24	M52695	String Cheese	1 stick (0 g)	60	25	2.5	2	0	10	210	1	0	0	8	2	0	20	0
25	M52636	Maple Mini Waffles	1 pouch (0 g)	210	50	6	1	0	0	170	38	3	13	4	0	0	2	4



RECIPE NUTRITIONAL SUMMARY - MS Brk Cart Daily Serves 17/18 SY

2018-01-23 16:33

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)
M52581	Bagel	1 each (0 g)	140	10	1	0	0	0	180	29	4	5	5	0	0	2	6
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