

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 2018-2019

September 2018				
Mo	Tu	We	Th	Fr
	4	2	5	3
6	11	7	15	8
17	18	12	19	13
24	16	25	17	26

October 2018				
Mo	Tu	We	Th	Fr
1	21	22	23	24
8	1	9	2	15
15	6	16	7	17
22	11	23	12	13
29	16	30	17	31

November 2018				
Mo	Tu	We	Th	Fr
			1	19
5	21	6	22	7
12	1	13	2	15
19	6	20	7	
26	11	27	12	28

December 2018				
Mo	Tu	We	Th	Fr
3	16	4	17	5
10	21	11	22	15
17	1	18	2	19

January 2019				
Mo	Tu	We	Th	Fr
		2	13	3
7	16	8	17	15
14	21	15	22	16
		22	2	15
28	6	29	7	30

February 2019				
Mo	Tu	We	Th	Fr
				1
4	11	5	12	6
11	16	12	17	15
18		19	22	20
25	1	26	2	27

March 2019				
Mo	Tu	We	Th	Fr
				1
4	6	5	7	8
11	11	12	12	15
18	16	19	17	20

April 2018				
Mo	Tu	We	Th	Fr
1	1	2	3	4
8	6	9	7	15
15	11	16	12	17
22	16	23	17	24
29	21	30	22	

May/June 2018				
Mo	Tu	We	Th	Fr
		1	23	2
6	1	7	2	15
13	6	14	7	16
20	11	21	12	22
27		28	17	29
3	21	4	22	5





RECIPE NUTRITIONAL SUMMARY - ES BIC 18/19 SY

2018-08-28 09:20

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	M51267	Blueberry Muffin	1 muffin (0 g)	190	50	6	2	0	40	130	31	2	16	3	2	0	2	4
1	M52695	String Cheese	1 stick (0 g)	60	25	3	2	0	10	200	1	0	1	7	4	0	20	0
2	M51274	Cinnamon French Toast	1 pouch (0 g)	220	60	7	1	0	0	200	37	2	11	4	0	0	6	8
3	M54818	Maple Cheddar Cheese & Egg Filled Bosco Stick	1 each (0 g)	160	60	7	3	0	55	340	17	2	2	8	*	*	15	6
4	M51241	Mini Cinnamon Rolls	1 pouch (0 g)	240	70	8	2	0	0	300	40	2	15	5	0	0	4	8
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	M51268	Chocolate Chip Muffin	1 muffin (0 g)	200	50	6	2	0	40	135	32	3	17	4	2	0	4	8
6	M53626	Cheddar Cheese Cubes	1 each (0 g)	90	60	7	4.5	0	20	190	0	0	0	7	0	0	0	0
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	M50078	Apple Bosco Stick	1 each (0 g)	190	25	2.5	0.5	0	0	170	38	3	9	5	0	0	2	10
9	M53525	Banana Muffin	1 muffin (0 g)	380	90	10	4.5	0	10	560	71	3	32	5	0	6	0	4
10	M52590	Blueberry Mini Waffles	1 pouch (0 g)	210	50	6	1	0	0	170	37	3	12	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	M53302	Turkey Pancake Wrap	1 each (0 g)	200	90	10	2.5	0	25	310	17	3	4	7	0	0	2	10
13	M51240	Apple Frudel	1 pouch (0 g)	210	50	6	1.5	0	0	280	36	2	11	5	0	0	0	0
14	M51799	Blueberry Muffin	1 muffin (0 g)	370	90	10	4.5	0	10	560	69	3	33	4	0	0	0	4
15	M52585	Berry French Toast	1 pouch (0 g)	220	60	7	1	0	0	190	37	2	11	4	0	0	4	6
16	M51266	Banana Muffin	1 muffin (0 g)	190	50	6	2	0	40	130	31	2	17	3	2	0	4	4
17	M51241	Mini Cinnamon Rolls	1 pouch (0 g)	240	70	8	2	0	0	300	40	2	15	5	0	0	4	8
18	M50078	Apple Bosco Stick	1 each (0 g)	190	25	2.5	0.5	0	0	170	38	3	9	5	0	0	2	10
19	M53302	Turkey Pancake Wrap	1 each (0 g)	200	90	10	2.5	0	25	310	17	3	4	7	0	0	2	10



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20	M51507	Banana Chocolate Bar	1 each (0 g)	280	70	8	3	0	15	220	48	3	23	5	0	0	2	10
21	M52580	Strawberry NG Bar	1 each (0 g)	160	35	4	0.5	0	0	150	29	3	14	2	15	0	20	10
21	M53626		1 each (0 g)	90	60	7	4.5	0	20	190	0	0	0	7	0	0	0	0
22	M52981	Apple Cinnamon Muffin Square	1 each (0 g)	420	100	11	5	0	10	630	78	3	37	5	0	0	0	6
23	M52006	Turkey Sausage Sandwich	1 each (0 g)	160	45	5	1	0	25	370	18	2	3	10	0	10	2	8
24	M66454	Chocolate Filled Crescent	1 pouch (0 g)	230	70	8	1.5	0	0	270	37	2	10	6	0	0	2	8
25	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