

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 (below) 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 2018-2019

September 2018				
Mo	Tu	We	Th	Fr
	4	2	5	3
10	6	11	7	LS
17	11	18	12	19
24	16	25	17	26

October 2018				
Mo	Tu	We	Th	Fr
1	21	22	23	24
8	1	9	2	LS
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	LS
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	LS
17	1	18	2	19

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

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

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

April 2018				
Mo	Tu	We	Th	Fr
1	1	2	3	3
8	6	9	7	LS
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	LS
13	6	14	7	15
20	11	21	12	22
27	16	28	17	29





RECIPE NUTRITIONAL SUMMARY - ES Breakfast Entrees 18/19 SY

2019-01-07 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	M51108	Egg Omelet	1 each (0 g)	130	100	11	3.5	0	170	280	1	0	0	7	6	0	8	4
3	M53020	Tater Bites	1/4 cup (0 g)	70	30	3.5	1	0	0	140	8	<1	0	<1	0	0	0	0
4	M66496	Cheese & 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	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
7	M51673	Apple Blueberry Benefit Bar	1 each (0 g)	290	80	9	3	0	20	200	48	3	23	5	0	0	2	8
8	M52927	Cinnamon UBR	1 each (0 g)	240	50	6	2	0	<5	210	43	6	17	5	0	0	2	4
9	M53525	Banana Muffin Square	1 muffin (0 g)	380	90	10	4.5	0	10	560	71	3	32	5	0	6	0	4
10	M55691	Waffles	2 each (0 g)	180	50	6	0	0	0	320	28	2	2	4	10	0	10	20
11	M50206	Whole Grain Oatmeal	1 cup (0 g)	260	40	4.5	0.5	*0	0	10	50	6	13	7	0	0	0	15
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
14	M52695	String Cheese	1 stick (0 g)	60	25	3	2	0	10	200	1	0	1	7	4	0	20	0
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
16	M52695	String Cheese	1 stick (0 g)	60	25	3	2	0	10	200	1	0	1	7	4	0	20	0
17	M52927	Cinnamon UBR	1 each (0 g)	240	50	6	2	0	<5	210	43	6	17	5	0	0	2	4



RECIPE NUTRITIONAL SUMMARY - ES Breakfast Entrees 18/19 SY

2019-01-07 09:20

18	M54293	Blueberry Bagel	1 each (0 g)	150	10	1	0	0	0	160	29	4	6	6	0	0	4	8
19	M50916	Country Chicken Biscuit Mini Cinnamon Cream Cheese Bagels	1 sandwich (0 g)	340	150	17	10	0	25	830	34	4	3	14	2	0	25	10
20	M53706	Strawberry NG Bar	1 each (0 g)	240	50	6	2.5	0	10	180	41	2	13	6	2	0	2	8
21	M52580	Cheddar Cheese Cubes	1 each (0 g)	160	35	4	0.5	0	0	150	29	3	14	2	15	0	20	10
21	M53626	Apple Cinnamon Muffin Square	1 each (0 g)	90	60	7	4.5	0	20	190	0	0	0	7	0	0	0	0
22	M52981	Sausage Sandwich	1 each (0 g)	420	100	11	5	0	10	630	78	3	37	5	0	0	0	6
23	M52006	Whole Grain Oatmeal	1 cup (0 g)	160	45	5	1	0	25	370	18	2	3	10	0	10	2	8
24	M50206	Mini Strawberry Creamy Cheese Bagels	1 each (0 g)	260	40	4.5	0.5	*0	0	10	50	6	13	7	0	0	0	15
25	M53707			240	50	6	2.5	0	10	180	41	2	13	6	2	0	2	6



RECIPE NUTRITIONAL SUMMARY - ES Breakfast Cereal & Protein 18/19 SY

2018-08-28 09:20

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
	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