

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 (right) 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	6	4	7	5	
10	6	11	7	LS	8	13	9	14	10
17	11	18	12	19	13	20	14	21	15
24	16	25	17	26	18	27	19	28	20

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

November 2018									
Mo	Tu	We	Th	Fr					
			1	19	2	20			
5	21	6	22	7	23	8	24	9	25
12	1	13	2	LS	3	15	4	16	5
19	6	20	7						
26	11	27	12	28	13	29	14	30	15

December 2018									
Mo	Tu	We	Th	Fr					
3	16	4	17	5	18	6	19	7	20
10	21	11	22	LS	23	13	24	14	25
17	1	18	2	19	3	20	4	21	5
24									
31									

January 2019									
Mo	Tu	We	Th	Fr					
		2	13	3	14	4	15		
7	16	8	17	LS	18	10	19	11	20
14	21	15	22	16	23	17	24	18	25
21		22	2	LS	3	24	4	25	5
28	6	29	7	30	8	31	9		

February 2019									
Mo	Tu	We	Th	Fr					
				1	10				
4	11	5	12	6	13	7	14	8	15
11	16	12	17	LS	18	14	19	15	20
18		19	22	20	23	21	24	22	25
25	1	26	2	27	3	28	4		

March 2019									
Mo	Tu	We	Th	Fr					
				1	5				
4	6	5	7	6	8	7	9	8	10
11	11	12	12	LS	13	14	14	15	15
18	16	19	17	20	18	21	19		
25									

April 2018									
Mo	Tu	We	Th	Fr					
1	1	2	2	3	3	4	4	5	5
8	6	9	7	LS	8	11	9	12	10
15	11	16	12	17	13	18	14		
22	16	23	17	24	18	25	19	26	20
29	21	30	22						

May/June 2018									
Mo	Tu	We	Th	Fr					
		1	23	2	24	3	25		
6	1	7	2	LS	3	9	4	10	5
13	6	14	7	15	8	16	9	17	10
20	11	21	12	22	13	23	14	24	15
27		28	17	29	18	30	19	31	20
3	21	4	22	5	23	6	24	7	25





RECIPE NUTRITIONAL SUMMARY - ES Breakfast Entrees 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	M51108	Cheddar Cheese 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 & 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	M51268	Chocolate Chip Muffin	1 muffin (0 g)	200	50	6	2	0	40	135	32	3	17	4	2	0	4	8
6	M52695	String Cheese	1 stick (0 g)	60	25	3	2	0	10	200	1	0	1	7	4	0	20	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	M55691	Waffles	2 each (0 g)	180	50	6	0	0	0	320	28	2	2	4	10	0	10	20
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
16	M52695	String Cheese	1 stick (0 g)	60	25	3	2	0	10	200	1	0	1	7	4	0	20	0
17	M51241	Mini Cinnamon Rolls	1 pouch (0 g)	240	70	8	2	0	0	300	40	2	15	5	0	0	4	8



RECIPE NUTRITIONAL SUMMARY - ES Breakfast Entrees 18/19 SY

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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 & Cheese Biscuit	1 sandwich (0 g)	340	150	17	10	0	25	830	34	4	3	14	2	0	25	10
20	M53096	Chocolate Chip UBR	1 each (0 g)	260	60	7	2	0	<5	190	43	6	17	5	0	0	2	6
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	Cheddar Cheese Cubes	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



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
	M50208	Cinnamon Toast Crunch	1 bowl (0 g)	110	25	3	0.5	0	0	160	22	3	6	1	8	8	20	20
	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