

This Excel Spreadsheet contains the nutrition information for all high 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.

All milk and condiments 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	12 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	10 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	14 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	12 23	13 24	14 25
17 1	18 2	19 3	20 4	21 5

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

April 2018				
Mo	Tu	We	Th	Fr
1 1	2 2	3 3	4 4	5 5
8 6	9 7	10 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	8 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
	28 17	29 18	30 19	31 20
3 21	4 22	5 23	6 24	7 25





## RECIPE NUTRITIONAL SUMMARY - HS Breakfast 18/19 SY

2018-08-24 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	M66465	Cheesy Sausage & Egg Breakfast Burrito	1 each (0 g)	180	80	9	3	0	135	260	17	1	3	10	6	15	15	8
1	M52246	Sausage & Cheese English Muffin	1 sandwich (0 g)	270	90	11	4	0	55	670	25	2	2	19	2	0	25	6
2	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
2	M52244	Country Chicken & Cheese English Muffin	1 sandwich (0 g)	260	80	9	3.5	0	25	660	30	4	2	15	2	0	25	8
3	M51241	Mini Cinnamon Rolls	1 pouch (0 g)	240	70	8	2	0	0	300	40	2	15	5	0	0	4	8
3	M53773	Egg, C. Ham & Cheddar Flatbread Sandwich	1 each (0 g)	160	70	7	3	0	95	270	15	1	2	8	4	0	8	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
4	M53296	Cheesy Egg Biscuit	1 sandwich (0 g)	320	170	19	11	*0	110	720	29	2	3	10	4	0	25	8
5	M54061	Denver Frittata	1/24 cut (0 g)	100	60	7	3	0	165	160	2	0	2	8	6	6	10	6
5	M51073	Sliced Toast	1 slice (0 g)	80	10	1	0	0	0	160	15	1	2	3	0	0	0	6
5	M52016	Cheese Stick	1 each (0 g)	150	45	5	2.5	0	15	220	17	2	1	10	*	*	20	6
6	M50781	Biscuit	1 each (0 g)	200	80	9	7	0	0	410	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
6	M52241	Sausage, Egg & Cheese Bagel	1 sandwich (0 g)	360	150	17	5	*0	150	720	23	4	6	23	4	0	15	15
7	M66517	Huevos Rancheros Breakfast Burrito	220	90	10	4.5	0	120	540	22	2	3	11	8	*6	20	8	
7	M66558	Chicken Snack Wraps	1 each (0 g)	210	90	10	3.5	0	30	500	20	2	2	12	4	0	15	8
8	M51799	Blueberry Muffin	1 muffin (0 g)	370	90	10	4.5	0	10	560	69	3	33	4	0	0	0	4
8	M52925	Sausage Breakfast Pizza	1 each (0 g)	210	60	7	2	0	15	480	26	2	9	9	4	0	10	10
9	M53774	Cheesy Chicken Ham, Egg & Potato Bite Taco	1 each (0 g)	190	80	9	3	0	90	310	21	2	2	8	2	0	10	8
9	M54066	Cheesy Egg Breakfast Burger	1 sandwich (0 g)	230	80	8	3.5	0	80	570	28	2	5	11	4	0	15	10
10	M50299	Strawberry Pineapple Yogurt Smoothie	8 fl oz (0 g)	150	5	1	0.5	0	<5	65	34	1	26	4	10	10	10	2



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10	M51269	Elf Grahams	1 package (0 g)	120	35	4	1	0	0	105	21	1	8	2	10	0	10	4
10	M50444	Turkey Pancake Wrap	1 each (0 g)	200	90	10	2.5	0	25	310	17	3	4	7	0	0	2	10
11	M55691	Waffles	2 each (0 g)	180	50	6	0	0	0	320	28	2	2	4	10	0	10	20
11	M53296	Cheesy Egg Biscuit	1 sandwich (0 g)	320	170	19	11	*0	110	720	29	2	3	10	4	0	25	8
12	M66465	Cheesy Sausage & Egg Breakfast Burrito	1 each (0 g)	180	80	9	3	0	135	260	17	1	3	10	6	15	15	8
12	M51339	Egg Bagel	1 sandwich (0 g)	210	60	7	1.5	*0	95	290	21	4	5	9	2	0	6	10
13	M54294	Blueberry Bagel	1 each (0 g)	150	10	1	0	0	0	160	29	4	6	6	0	0	4	8
13	M52126	Sausage & Cheese Biscuit	1 sandwich (0 g)	250	130	14	7	0	55	640	16	1	2	16	2	0	15	6
14	M53476	Southwest Strata	1/24 cut (0 g)	180	80	8	3.5	*0	180	230	13	<1	5	13	8	20	10	10
14	M50873	Cheesy Chicken Ham & Egg Pancake Panini	1 sandwich (0 g)	350	150	17	6	*0	145	800	37	2	9	15	4	0	10	10
15	M52585	Berry French Toast	1 pouch (0 g)	220	60	7	1	0	0	190	37	2	11	4	0	0	4	6
15	M54066	Cheesy Egg Breakfast Burger	1 sandwich (0 g)	230	80	8	3.5	0	80	570	28	2	5	11	4	0	15	10
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
16	M54066	Cheesy Egg Breakfast Burger	1 sandwich (0 g)	230	80	8	3.5	0	80	570	28	2	5	11	4	0	15	
17	M51240	Apple Frudel	1 pouch (0 g)	210	50	6	1.5	0	0	280	36	2	11	5	0	0	0	0
17	M52161	Ham, Egg and Cheese Bagel	1 sandwich (0 g)	210	50	5	2	0	100	400	21	4	6	12	4	0	10	15
18	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
18	M52006	Turkey Sausage Sandwich	1 each (0 g)	160	45	5	1.5	0	25	370	18	2	3	10	0	10	2	8
19	M53525	Banana Muffin	1 muffin (0 g)	380	90	10	4.5	0	10	560	71	3	32	5	0	6	0	4
19	M54037	Egg, Bacon & Cheddar Flatbread Sandwich	1 each (0 g)	160	70	8	3	0	100	260	15	1	2	8	4	0	8	6
20	M52746	Chicken Ham & Potato Bite Strata	1/24 cut (0 g)	190	80	9	3.5	*0	170	320	16	1	4	11	6	6	10	10
20	M53185	Egg & Sausage Breakfast Burger w/ BBQ Salsa	1 sandwich (0 g)	340	130	14	3	*0	135	750	36	3	8	20	2	6	6	15
21	M52756	Spanish Frittata	1/24 cut (0 g)	110	70	7	3.5	0	170	160	3	0	2	9	6	10	10	6



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21	M50870	Country Chicken Biscuit	1 sandwich (0 g)	200	80	9	4.5	0	15	430	20	3	1	9	0	0	6	8
22	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
22	M54066	Cheesy Egg Breakfast Burger	1 sandwich (0 g)	230	80	8	3.5	0	80	570	28	2	5	11	4	0	15	10
23	M66454	Chocolate Filled Crescent	1 pouch (0 g)	230	70	8	1.5	0	0	270	37	2	10	6	0	0	2	
23	M52246	Sausage & Cheese English Muffin	1 sandwich (0 g)	270	90	11	4	0	55	670	25	2	2	19	2	0	25	6
24	M66488	Beef Quesadilla	1 each (0 g)	370	170	18	9	*0	55	500	30	2	2	21	8	2	35	15
24	M52745	Grilled C.Ham & Cheese Sandwich	1/2 sandwich (0 g)	190	80	9	5	0	35	640	17	1	3	10	4	0	15	6
25	M50781	Biscuit	1 each (0 g)	200	80	9	7	0	0	410	27	2	2	4	0	0	15	6
25	M50443	Country Gravy	1/4 cup (0 g)	35	0	0	0	0	0	200	6	0	3	0	0	0	2	0
25	M52723	Double Chocolate Oat Bar	1 each (0 g)	150	45	5	1	0	0	115	24	3	9	2	0	0	0	6



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<b>CEREAL &amp; 1 BG ITEMS</b>																	
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
<b>PROTEIN</b>																	
M50670	Hard Boiled Egg	1 each (0 g)	80	45	5	1.5	0	185	60	1	0	1	6	6	0	2	4
M53626	Cheddar Cheese Cubes	1 each (0 g)	90	60	7	4.5	0	20	190	0	0	0	7	0	0	0	0
M50792	Strawberry Banana Yogurt	1 each (0 g)	80	0	0.5	0	0	<5	60	15	0	9	4	10	0	10	0
M52695	String Cheese	1 stick (0 g)	60	25	2.5	2	0	10	210	1	0	0	8	2	0	20	0
<b>BREAKFAST SANDWICHES</b>																	
M50760	Egg & Cheese English Muffin	1 sandwich (0 g)	240	90	11	4	*0	110	550	25	2	2	11	4	0	25	4
M55592	French Toast Sticks	4 stick (0 g)	260	90	10	2	0	0	300	38	3	9	6	0	0	4	10
M52246	Sausage & Cheese English Muffin	1 sandwich (0 g)	270	90	11	4	0	55	690	25	2	2	19	2	0	25	6
M52241	Sausage, Egg & Cheese Bagel	1 sandwich (0 g)	360	150	17	5	*0	150	740	23	4	6	23	4	0	15	15
M52396	Fiesta Egg & Cheese Sandwich	1 each (0 g)	150	45	5	2	0	70	260	20	2	4	6	4	15	8	8