

This Excel Spreadsheet contains the nutrition information for all middle 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.

Cycle Dates 2018-2019

September 2018				
Mo	Tu	We	Th	Fr
	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

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

November 2018				
Mo	Tu	We	Th	Fr
			1	2
5	6	7	8	9
12	13	14	15	16
19	20			
26	27	28	29	30

December 2018				
Mo	Tu	We	Th	Fr
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21

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

February 2019				
Mo	Tu	We	Th	Fr
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
	26	27	28	29

March 2019				
Mo	Tu	We	Th	Fr
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22

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

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





RECIPE NUTRITIONAL SUMMARY - MS Breakfast 18/19 SY

2018-08-22 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
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
3	M51241	Mini Cinnamon Rolls	1 pouch (0 g)	240	70	8	2	0	0	300	40	2	15	5	0	0	4	8
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	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
6	M50781	Biscuit	1 each (0 g)	210	90	10	9	0	0	460	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
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	M52554	Cherry Frudel	1 pouch (0 g)	210	50	6	1.5	0	0	0	290	37	2	11	5	0	0	0
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
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
10	M51269	Elf Grahams	1 package (0 g)	120	35	4	1	0	0	105	21	1	8	2	10	0	10	4
11	M55691	Waffles	2 each (0 g)	180	50	6	0	0	0	320	28	2	2	4	10	0	10	20
12	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
13	M50507	Apple Cinnamon Muffin	1 muffin (0 g)	380	110	12	4	0	80	260	62	5	33	7	2	4	6	10
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	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
16	M52246	Sausage & Cheese English Muffin	1 sandwich (0 g)	270	90	11	4	0	55	670	25	2	2	19	2	0	25	6
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	M52017	Apple Bosco Stick	1 each (0 g)	180	15	1.5	0	0	0	160	37	3	9	5	0	0	2	10



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2018-08-22 16:33

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	M52695	String Cheese	1 stick (0 g)	60	25	2.5	2	0	10	210	1	0	0	8	2	0	20	0
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
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
22	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
23	M53882	Egg & Cheese Sandwich	1 each (0 g)	160	60	7	2.5	0	70	280	19	2	4	6	6	15	8	6
24	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
25	M53096	Chocolate Chip UBR	1 each (0 g)	260	60	7	2	0	<5	190	43	6	17	5	0	0	2	6



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CEREAL & PROTEIN CHOICES																	
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
M52582	Bagel	1 each (0 g)	140	10	1	0	0	0	180	20	4	5	6	0	0	4	10
M53626	Cheddar Cheese Cubes	1 each (0 g)	90	60	7	4.5	0	20	190	0	0	0	7	0	0	0	0
BREAKFAST SANDWICHES																	
M50760	Egg & Cheese English Muffin	1 sandwich (0 g)	240	90	11	4	*0	110	550	25	2	2	11	4	0	25	4
M52396	Fiesta Egg & Cheese Sandwich	1 each (0 g)	150	45	5	2	0	70	260	20	2	4	6	4	15	8	8