

This Excel Spreadsheet contains the nutrition information for all middle school breakfast cart 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
	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20

October 2018				
Mo	Tu	We	Th	Fr
1	2	3	4	5
6	7	8	9	10
11	12	13		
14	15	16	17	18
19	20	21	22	23
24	25	26	27	28
29	30	31		

November 2018				
Mo	Tu	We	Th	Fr
			1	2
			3	4
5	6	7	8	9
10	11	12	13	14
15	16	17	18	19
20	21	22	23	24
25	26	27	28	29
30				

December 2018				
Mo	Tu	We	Th	Fr
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31				

January 2019				
Mo	Tu	We	Th	Fr
		1	2	3
		4	5	6
7	8	9	10	11
12	13	14	15	16
17	18	19	20	21
22	23	24	25	26
27	28	29	30	31

February 2019				
Mo	Tu	We	Th	Fr
				1
				2
3	4	5	6	7
8	9	10	11	12
13	14	15	16	17
18	19	20	21	22
23	24	25	26	27
28	29	30		

March 2019				
Mo	Tu	We	Th	Fr
				1
				2
3	4	5	6	7
8	9	10	11	12
13	14	15	16	17
18	19	20	21	22
23	24	25	26	27
28	29	30	31	

April 2018				
Mo	Tu	We	Th	Fr
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

May/June 2018				
Mo	Tu	We	Th	Fr
		1	2	3
		4	5	6
7	8	9	10	11
12	13	14	15	16
17	18	19	20	21
22	23	24	25	26
27	28	29	30	31
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25





RECIPE NUTRITIONAL SUMMARY - MS Breakfast Cart 18/19 SY

2019-01-09 16:33

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	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
2	M53302	Turkey Pancake Wrap	1 each (0 g)	200	90	10	2.5	0	25	310	17	3	4	7	0	0	2	10
3	M52927	Cinnamon UBR	1 each (0 g)	240	50	6	2	0	<5	210	43	6	17	5	0	0	2	4
4	M50870	Country Chicken Biscuit	1 sandwich (0 g)	200	80	9	4.5	0	15	430	20	3	1	9	0	0	6	8
5	M51240	Apple Frudel	1 pouch (0 g)	210	50	6	1.5	0	0	280	36	2	11	5	0	0	0	0
6	M52636	Maple Mini Waffles	1 pouch (0 g)	210	50	6	1	0	0	170	38	3	13	4	0	0	2	4
7	M52246	Sausage & Cheese English Muffin	1 sandwich (0 g)	270	90	11	4	0	55	670	25	2	2	19	2	0	25	6
8	M53192	Ham & Cheese Bagel	1 sandwich (0 g)	240	60	7	3	0	30	850	21	4	6	16	2	0	10	10
9	M51673	Apple Blueberry Bar	1 each (0 g)	290	80	9	3	0	20	200	48	3	23	5	0	0	2	8
10	M52246	Sausage & Cheese English Muffin	1 sandwich (0 g)	270	90	11	4	0	55	670	25	2	2	19	2	0	25	6
11	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	
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	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	M50760	Egg & Cheese English Muffin	1 sandwich (0 g)	240	90	11	4	*0	110	550	25	2	2	11	4	0	25	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	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
17	M53192	Ham & Cheese Bagel	1 sandwich (0 g)	240	60	7	3	0	30	850	21	4	6	16	2	0	10	10
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
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
21	M52534	Oatmeal Raisin Bar	1 each (0 g)	290	80	9	3	0	20	190	48	3	22	5	0	0	2	10



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22	M52554	Cherry Frudel	1 pouch (0 g)	210	50	6	1.5	0	0	290	37	2	11	5	0	0	0	6
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	M51404	Sausage Breakfast Pizza	1 each (0 g)	240	60	7	2.5	0	15	490	31	3	5	11	4	4	15	10
25	M53706	Mini Cinnamon Creamy Cheese Bagels	1 each (0 g)	240	50	6	2.5	0	10	180	41	2	13	6	2	0	2	8



RECIPE NUTRITIONAL SUMMARY - MS Brk Cart Daily Serves 18/19 SY

2019-01-15 16:33

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)
M52581	Bagel	1 each (0 g)	140	10	1	0	0	0	180	29	4	5	5	0	0	2	6
M50439	Cheerios	1 bowl (0 g)	100	20	2	0.5	0	0	140	20	3	1	3	10	10	10	45
M52695	String Cheese	1 stick (0 g)	60	25	2.5	2	0	10	210	1	0	0	8	2	0	20	0