

		Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Choleste	Sodium	
HIGH Breakfast W1D1 (2018-19)	SAUSAGE & BISCUIT	360.0	11.0	0.8	0.0	0.0	2.0	32.7	24.0	11.0	23.0	0.7	40.0	1020.0
HIGH Breakfast W1D1 (2018-19)	CINNIS MINI (2015)	240.0	5.0	0.0	0.0	0.0	1.4	20.0	7.0	2.0	40.0	2.0	0.0	300.0
HIGH Breakfast W1D1 (2018-19)	YOGURT/STRAWB BREAKFAST	279.0	5.7	800.0	1.7	0.5	100.0	3.4	0.9	56.6	3.8	2.5	138.5	
HIGH Breakfast W1D1 (2018-19)	CEREAL COCOA PUFFS R-S WG	110.0	2.0	500.0	6.0	4.5	100.0	1.5	0.0	25.0	2.0	0.0	160.0	
HIGH Breakfast W1D1 (2018-19)	CEREAL TRIX R-S WG	110.0	1.0	400.0	4.8	4.5	80.0	1.0	0.0	24.0	1.0	0.0	140.0	
HIGH Breakfast W1D1 (2018-19)	CEREAL LUCKY CHARMS WG	110.0	2.0	500.0	6.0	4.5	100.0	1.0	0.0	23.0	2.0	0.0	180.0	
HIGH Breakfast W1D1 (2018-19)	CEREAL FROOT LOOPS	110.0	2.0	400.0	12.0	3.6	0.0	1.0	0.5	24.0	3.0	0.0	170.0	
HIGH Breakfast W1D1 (2018-19)	CEREAL APPLE JACKS R-S WG	100.0	3.0	500.0	6.0	8.1	100.0	2.0	0.5	20.0	3.0	0.0	140.0	
HIGH Breakfast W1D1 (2018-19)	CEREAL RICE CHEX	100.0	2.0	500.0	6.0	9.0	100.0	0.5	0.0	24.0	1.0	0.0	250.0	
HIGH Breakfast W1D1 (2018-19)	CEREAL HONEYNUT CHEERIOS	110.0	2.0	500.0	6.0	0.0	0.0	1.5	0.0	22.0	2.0	0.0	160.0	
HIGH Breakfast W1D1 (2018-19)	Toasted Bread	65.0	3.0	0.0	0.0	0.7	20.0	1.0	0.0	12.5	1.5	0.0	125.0	
HIGH Breakfast W1D1 (2018-19)	Grab N Go Bag	270.0	11.0	600.0	9.0	1.1	300.0	6.0	3.5	44.0	5.0	10.0	360.0	
HIGH Breakfast W1D1 (2018-19)	APPLE JUICE	96.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	24.0	0.0	0.0	24.0	
HIGH Breakfast W1D1 (2018-19)	FRESH RED GRAPES	90.0	1.0	100.0	15.0	0.4	20.0	1.0	0.0	24.0	1.0	0.0	0.0	
HIGH Breakfast W1D1 (2018-19)	1% Milk	110.0	8.0	500.0	2.4	0.0	300.0	2.5	1.5	13.0	0.0	10.0	125.0	
HIGH Breakfast W1D1 (2018-19)	Skim Milk	90.0	9.0	500.0	2.4	0.0	300.0	0.0	0.0	13.0	0.0	3.0	125.0	
HIGH Breakfast W1D1 (2018-19)	Strawberry Milk	130.0	8.0	500.0	1.2	0.0	300.0	0.0	0.0	23.0	0.0	5.0	125.0	
HIGH Breakfast W1D1 (2018-19)	Chocolate Milk	120.0	8.0	500.0	1.2	0.0	300.0	0.0	0.0	20.0	0.0	5.0	180.0	
		Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Choleste	Sodium	
HIGH Breakfast W1D2 (2018-19)	PANCAKE SAUSAGE ON STICK	210.0	7.0	0.0	1.2	1.4	20.0	12.0	3.0	20.0	0.0	20.0	390.0	
HIGH Breakfast W1D2 (2018-19)	FRENCH TOAST STKS	257.8	7.7	232.9	0.1	1.5	73.1	8.8	2.1	38.6	2.5	104.9	281.8	
HIGH Breakfast W1D2 (2018-19)	YOGURT/STRAWB BREAKFAST	279.0	5.7	800.0	1.7	0.5	100.0	3.4	0.9	56.6	3.8	2.5	138.5	
HIGH Breakfast W1D2 (2018-19)	CEREAL COCOA PUFFS R-S WG	110.0	2.0	500.0	6.0	4.5	100.0	1.5	0.0	25.0	2.0	0.0	160.0	
HIGH Breakfast W1D2 (2018-19)	CEREAL FROOT LOOPS	110.0	2.0	400.0	12.0	3.6	0.0	1.0	0.5	24.0	3.0	0.0	170.0	
HIGH Breakfast W1D2 (2018-19)	CEREAL LUCKY CHARMS WG	110.0	2.0	500.0	6.0	4.5	100.0	1.0	0.0	23.0	2.0	0.0	180.0	
HIGH Breakfast W1D2 (2018-19)	CEREAL TRIX R-S WG	110.0	1.0	400.0	4.8	4.5	80.0	1.0	0.0	24.0	1.0	0.0	140.0	
HIGH Breakfast W1D2 (2018-19)	CEREAL APPLE JACKS R-S WG	100.0	3.0	500.0	6.0	8.1	100.0	2.0	0.5	20.0	3.0	0.0	140.0	
HIGH Breakfast W1D2 (2018-19)	CEREAL RICE CHEX	100.0	2.0	500.0	6.0	9.0	100.0	0.5	0.0	24.0	1.0	0.0	250.0	
HIGH Breakfast W1D2 (2018-19)	CEREAL HONEYNUT CHEERIOS	110.0	2.0	500.0	6.0	0.0	0.0	1.5	0.0	22.0	2.0	0.0	160.0	
HIGH Breakfast W1D2 (2018-19)	Grab N Go Bag	290.0	12.0	400.0	162.0	2.2	400.0	5.5	3.0	50.0	4.0	10.0	325.0	
HIGH Breakfast W1D2 (2018-19)	Toasted Bread	65.0	3.0	0.0	0.0	0.7	20.0	1.0	0.0	12.5	1.5	0.0	125.0	
HIGH Breakfast W1D2 (2018-19)	SYRUP PANCAKE REDUCED CALORIE	50.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	13.0	0.0	0.0	0.0	
HIGH Breakfast W1D2 (2018-19)	FRESH BANANA	110.0	1.0	0.0	9.0	0.4	0.0	0.0	0.0	29.0	4.0	0.0	0.0	
HIGH Breakfast W1D2 (2018-19)	ORANGE JUICE	120.0	1.0	0.0	60.0	0.0	20.0	0.0	0.0	13.0	0.0	0.0	0.0	
HIGH Breakfast W1D2 (2018-19)	1% Milk	110.0	8.0	500.0	2.4	0.0	300.0	2.5	1.5	13.0	0.0	10.0	125.0	
HIGH Breakfast W1D2 (2018-19)	Skim Milk	90.0	9.0	500.0	2.4	0.0	300.0	0.0	0.0	13.0	0.0	3.0	125.0	
HIGH Breakfast W1D2 (2018-19)	Strawberry Milk	130.0	8.0	500.0	1.2	0.0	300.0	0.0	0.0	23.0	0.0	5.0	125.0	
HIGH Breakfast W1D2 (2018-19)	Chocolate Milk	120.0	8.0	500.0	1.2	0.0	300.0	0.0	0.0	20.0	0.0	5.0	180.0	
		Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Choleste	Sodium	
HIGH Breakfast W1D3 (2018-19)	Breakfast Pizza	190.0	10.0	100.0	0.0	1.8	150.0	8.0	2.0	20.0	2.0	45.0	300.0	
HIGH Breakfast W1D3 (2018-19)	POPTART BROWN SUGAR CINN	180.0	2.0	500.0	0.0	1.8	100.0	2.5	1.0	37.0	3.0	0.0	190.0	
HIGH Breakfast W1D3 (2018-19)	POPTART FUDGE FROSTED	180.0	3.0	500.0	0.0	1.8	100.0	3.0	1.0	38.0	3.0	0.0	190.0	
HIGH Breakfast W1D3 (2018-19)	POPTART STRAWBERRY WG	180.0	2.0	500.0	0.0	1.8	100.0	2.5	1.0	38.0	3.0	0.0	180.0	
HIGH Breakfast W1D3 (2018-19)	YOGURT/STRAWB BREAKFAST	279.0	5.7	800.0	1.7	0.5	100.0	3.4	0.9	56.6	3.8	2.5	138.5	
HIGH Breakfast W1D3 (2018-19)	CEREAL COCOA PUFFS R-S WG	110.0	2.0	500.0	6.0	4.5	100.0	1.5	0.0	25.0	2.0	0.0	160.0	
HIGH Breakfast W1D3 (2018-19)	CEREAL FROOT LOOPS	110.0	2.0	400.0	12.0	3.6	0.0	1.0	0.5	24.0	3.0	0.0	170.0	
HIGH Breakfast W1D3 (2018-19)	CEREAL LUCKY CHARMS WG	110.0	2.0	500.0	6.0	4.5	100.0	1.0	0.0	23.0	2.0	0.0	180.0	
HIGH Breakfast W1D3 (2018-19)	CEREAL TRIX R-S WG	110.0	1.0	400.0	4.8	4.5	80.0	1.0	0.0	24.0	1.0	0.0	140.0	
HIGH Breakfast W1D3 (2018-19)	CEREAL APPLE JACKS R-S WG	100.0	3.0	500.0	6.0	8.1	100.0	2.0	0.5	20.0	3.0	0.0	140.0	

HIGH Breakfast W1D3 (2018-19)	CEREAL RICE CHEX	100.0	2.0	500.0	6.0	9.0	100.0	0.5	0.0	24.0	1.0	0.0	250.0
HIGH Breakfast W1D3 (2018-19)	CEREAL HONEYNUT CHEERIOS	110.0	2.0	500.0	6.0	0.0	0.0	1.5	0.0	22.0	2.0	0.0	160.0
HIGH Breakfast W1D3 (2018-19)	Toasted Bread	65.0	3.0	0.0	0.0	0.7	20.0	1.0	0.0	12.5	1.5	0.0	125.0
HIGH Breakfast W1D3 (2018-19)	Grab N Go Bag	270.0	10.0	650.0	4.8	0.9	310.0	6.5	3.5	45.8	4.4	10.0	316.0
HIGH Breakfast W1D3 (2018-19)	GRAPE JUICE	80.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0	18.0	0.0	0.0	15.0
HIGH Breakfast W1D3 (2018-19)	FRESH ORANGES	70.0	1.0	100.0	78.0	0.4	60.0	0.0	0.0	21.0	7.0	0.0	0.0
HIGH Breakfast W1D3 (2018-19)	1% Milk	130.0	8.0	500.0	1.2	0.0	300.0	0.0	0.0	23.0	0.0	5.0	125.0
HIGH Breakfast W1D3 (2018-19)	Skim Milk	120.0	8.0	500.0	1.2	0.0	300.0	0.0	0.0	20.0	0.0	5.0	180.0
HIGH Breakfast W1D3 (2018-19)	Strawberry Milk	110.0	8.0	500.0	2.4	0.0	300.0	2.5	1.5	13.0	0.0	10.0	125.0
HIGH Breakfast W1D3 (2018-19)	Chocolate Milk	90.0	9.0	500.0	2.4	0.0	300.0	0.0	0.0	13.0	0.0	3.0	125.0
		Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholesterol	Sodium
HIGH Breakfast W1D4 (2018-19)	Ginny's Waffle	290.0	4.0	500.0	0.0	1.4	0.0	14.0	6.0	37.0	2.0	15.0	160.0
HIGH Breakfast W1D4 (2018-19)	BREAKFAST CHICKEN & BISCUIT	310.0	14.0	104.8	0.0	1.3	43.7	15.2	7.0	28.0	1.7	32.0	841.0
HIGH Breakfast W1D4 (2018-19)	YOGURT/STRAWB BREAKFAST	279.0	5.7	800.0	1.7	0.5	100.0	3.4	0.9	56.6	3.8	2.5	138.5
HIGH Breakfast W1D4 (2018-19)	CEREAL COCOA PUFFS R-S WG	110.0	2.0	500.0	6.0	4.5	100.0	1.5	0.0	25.0	2.0	0.0	160.0
HIGH Breakfast W1D4 (2018-19)	CEREAL LUCKY CHARMS WG	110.0	2.0	500.0	6.0	4.5	100.0	1.0	0.0	23.0	2.0	0.0	180.0
HIGH Breakfast W1D4 (2018-19)	CEREAL FROOT LOOPS	110.0	2.0	400.0	12.0	3.6	0.0	1.0	0.5	24.0	3.0	0.0	170.0
HIGH Breakfast W1D4 (2018-19)	CEREAL TRIX R-S WG	110.0	1.0	400.0	4.8	4.5	80.0	1.0	0.0	24.0	1.0	0.0	140.0
HIGH Breakfast W1D4 (2018-19)	CEREAL APPLE JACKS R-S WG	100.0	3.0	500.0	6.0	8.1	100.0	2.0	0.5	20.0	3.0	0.0	140.0
HIGH Breakfast W1D4 (2018-19)	CEREAL RICE CHEX	100.0	2.0	500.0	6.0	9.0	100.0	0.5	0.0	24.0	1.0	0.0	250.0
HIGH Breakfast W1D4 (2018-19)	CEREAL HONEYNUT CHEERIOS	110.0	2.0	500.0	6.0	0.0	0.0	1.5	0.0	22.0	2.0	0.0	160.0
HIGH Breakfast W1D4 (2018-19)	Toasted Bread	65.0	3.0	0.0	0.0	0.7	20.0	1.0	0.0	12.5	1.5	0.0	125.0
HIGH Breakfast W1D4 (2018-19)	Grab N Go Bag	330.0	11.0	200.0	64.8	1.8	420.0	5.5	3.0	44.0	3.0	10.0	315.0
HIGH Breakfast W1D4 (2018-19)	FRESH RED GRAPES	90.0	1.0	100.0	15.0	0.4	20.0	1.0	0.0	24.0	1.0	0.0	0.0
HIGH Breakfast W1D4 (2018-19)	ORANGE JUICE	120.0	1.0	0.0	60.0	0.0	20.0	0.0	0.0	13.0	0.0	0.0	0.0
HIGH Breakfast W1D4 (2018-19)	1% Milk	110.0	8.0	500.0	2.4	0.0	300.0	2.5	1.5	13.0	0.0	10.0	125.0
HIGH Breakfast W1D4 (2018-19)	Skim Milk	90.0	9.0	500.0	2.4	0.0	300.0	0.0	0.0	13.0	0.0	3.0	125.0
HIGH Breakfast W1D4 (2018-19)	Strawberry Milk	130.0	8.0	500.0	1.2	0.0	300.0	0.0	0.0	23.0	0.0	5.0	125.0
HIGH Breakfast W1D4 (2018-19)	Chocolate Milk	120.0	8.0	500.0	1.2	0.0	300.0	0.0	0.0	20.0	0.0	5.0	180.0
		Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Sat Fat	Carbs	Fiber	Cholesterol	Sodium
HIGH Breakfast W1D5 (2018-19)	Breakfast Bosco Stick	253.7	13.4	298.5	0.0	2.1	0.0	10.4	4.5	25.4	3.0	89.6	567.2
HIGH Breakfast W1D5 (2018-19)	MINI-PANCAKE-MAPLE	230.0	4.0	0.0	0.0	0.7	40.0	7.0	0.5	41.0	3.0	0.0	150.0
HIGH Breakfast W1D5 (2018-19)	YOGURT/STRAWB BREAKFAST	279.0	5.7	800.0	1.7	0.5	100.0	3.4	0.9	56.6	3.8	2.5	138.5
HIGH Breakfast W1D5 (2018-19)	CEREAL TRIX R-S WG	110.0	1.0	400.0	4.8	4.5	80.0	1.0	0.0	24.0	1.0	0.0	140.0
HIGH Breakfast W1D5 (2018-19)	CEREAL LUCKY CHARMS WG	110.0	2.0	500.0	6.0	4.5	100.0	1.0	0.0	23.0	2.0	0.0	180.0
HIGH Breakfast W1D5 (2018-19)	CEREAL COCOA PUFFS R-S WG	110.0	2.0	500.0	6.0	4.5	100.0	1.5	0.0	25.0	2.0	0.0	160.0
HIGH Breakfast W1D5 (2018-19)	CEREAL RICE CHEX	100.0	2.0	500.0	6.0	9.0	100.0	0.5	0.0	24.0	1.0	0.0	250.0
HIGH Breakfast W1D5 (2018-19)	CEREAL FROOT LOOPS	110.0	2.0	400.0	12.0	3.6	0.0	1.0	0.5	24.0	3.0	0.0	170.0
HIGH Breakfast W1D5 (2018-19)	CEREAL APPLE JACKS R-S WG	100.0	3.0	500.0	6.0	8.1	100.0	2.0	0.5	20.0	3.0	0.0	140.0
HIGH Breakfast W1D5 (2018-19)	CEREAL HONEYNUT CHEERIOS	110.0	2.0	500.0	6.0	0.0	0.0	1.5	0.0	22.0	2.0	0.0	160.0
HIGH Breakfast W1D5 (2018-19)	Grab N Go Bag	300.0	11.0	700.0	15.0	1.1	320.0	8.0	3.5	52.0	4.0	10.0	350.0
HIGH Breakfast W1D5 (2018-19)	Toasted Bread	65.0	3.0	0.0	0.0	0.7	20.0	1.0	0.0	12.5	1.5	0.0	125.0
HIGH Breakfast W1D5 (2018-19)	FRUIT PUNCH	52.9	0.0	0.0	3.2	0.0	0.0	0.0	0.0	12.3	0.0	0.0	8.8
HIGH Breakfast W1D5 (2018-19)	Red Apple	90.0	0.0	50.0	4.8	0.2	10.0	0.0	0.0	23.8	3.4	0.0	1.0
HIGH Breakfast W1D5 (2018-19)	1% Milk	120.0	8.0	500.0	1.2	0.0	300.0	0.0	0.0	20.0	0.0	5.0	180.0
HIGH Breakfast W1D5 (2018-19)	Skim Milk	130.0	8.0	500.0	1.2	0.0	300.0	0.0	0.0	23.0	0.0	5.0	125.0
HIGH Breakfast W1D5 (2018-19)	Strawberry Milk	90.0	9.0	500.0	2.4	0.0	300.0	0.0	0.0	13.0	0.0	3.0	125.0
HIGH Breakfast W1D5 (2018-19)	Chocolate Milk	110.0	8.0	500.0	2.4	0.0	300.0	2.5	1.5	13.0	0.0	10.0	125.0