

Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL
 Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W1/D4 - Colby Cheese Omelet w/Toast/Sausage & Egg Biscuit/Assort Muffins :17203 - ServingDate: 01/03/2019																	
Banana Nut Muffin, Otis Spunkmeyer WG 2oz - ILR1013 (1 ea.)	0	189.00	5.97	1.99	0.00	39.79	129.32	29.84	1.99	16.91	2.98	0.72	19.89	99.47	0.00	(M)	(M)
Chocolate Muffin, Otis Spunkmeyer WG 2oz - ILR1014 (1 ea.)	0	200.00	6.00	2.00	0.00	40.00	130.00	32.00	2.00	17.00	4.00	1.44	40.00	100.00	0.00	(M)	(M)
Egg, Sausage & Cheese Biscuit - ILR1777 (1 sandwich)	0	360.63	22.56	12.03	0.00	122.66	863.19	28.00	2.00	2.00	15.53	1.80	245.94	251.88	0.00	(M)	(M)
Apple Cinnamon Muffin - SR1165 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	40.00	100.00	0.00	(M)	(M)
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	20.00	100.00	0.00	(M)	(M)
Banana Bread Slice - ILR1306 (1 ea.)	0	281.14	10.04	2.01	0.00	0.00	220.89	44.18	2.01	25.10	5.02	6.02	8.03	2.01	0.00	(M)	(M)
Cinnamon Burst Bread Slice - ILR1302 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	190.77	44.18	2.01	24.10	6.02	8.03	10.04	2.01	0.00	(M)	(M)
Cocoa Bread - ILR1309 (1 ea.)	0	271.10	8.03	1.00	0.00	5.02	210.85	44.18	2.01	24.10	7.03	6.02	10.04	0.00	0.00	(M)	(M)
Pumpkin Bread Slice - ILR1305 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	220.89	43.17	2.01	24.10	6.02	8.03	10.04	20.08	0.00	(M)	(M)
Colby Cheese Omelet - SR1599 (1 patty)	0	130.00	10.00	3.50	0.00	165.00	300.00	1.00	0.00	0.00	7.00	0.72	80.00	300.00	0.00	(M)	(M)
Apple Cinnamon Nutrigrain Breakfast Bar - SR1352 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	130.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Buttery Toast - ILR1741 (1 slice)	0	79.05	3.10	0.86	0.00	0.00	140.95	12.00	2.00	1.00	2.00	0.72	40.00	95.24	0.00	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	0.00	115.00	30.00	3.00	9.00	2.00	1.80	200.00	0.00	0.00	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	0.00	100.00	30.00	3.00	9.00	3.00	1.80	200.00	100.00	1.20	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	0.00	100.00	30.00	2.00	9.00	2.00	1.80	200.00	100.00	1.20	(M)	(M)
Lucky Charms - ILR1364 (1 ea.)	0	106.07	0.96	0.00	0.00	0.00	173.57	22.18	1.93	9.64	1.93	4.34	96.43	482.14	5.79	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W1/D4 - Colby Cheese Omelet w/Toast/Sausage & Egg Biscuit/Assort Muffins :17203 - ServingDate: 01/03/2019																	
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	0.00	160.00	22.00	3.00	6.00	1.00	3.60	200.00	400.00	4.80	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	110.00	1.00	0.00	0.00	0.00	140.00	24.00	1.00	7.00	1.00	5.40	100.00	500.00	4.80	(M)	(M)
Frosted Fudge Pop Tart - ILR1344 (1 pkg.)	0	180.00	3.00	1.00	0.00	0.00	190.00	37.00	38.00	16.00	3.00	1.80	100.00	500.00	0.00	(M)	(M)
Frosted Cinnamon Pop-Tart - SR1463 (1 pkg.)	0	190.00	3.00	1.00	0.00	0.00	200.00	38.00	3.00	16.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Frosted Strawberry Pop-Tart - SR1465 (1 pkg.)	0	180.00	2.50	1.00	0.00	0.00	190.00	38.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Raisins - ILR1535 (1 1/2 oz.)	0	128.57	0.20	0.03	0.00	0.00	4.73	34.05	1.59	25.45	1.32	0.81	21.50	0.00	0.99	6.63	0.80
Raisins - ILR1471 (1 Box)	0	113.12	0.00	0.00	0.00	0.00	3.97	29.77	0.99	22.82	0.99	(M)	(M)	(M)	(M)	(M)	(M)
Chocolate Skim Milk - ILR1136 (1 Half Pint)	0	110.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Strawberry Skim Milk - ILR1139 (1 Half Pint)	0	120.00	0.00	0.00	0.00	0.00	120.00	22.00	0.00	22.00	8.00	0.00	300.00	500.00	1.20	0.00	0.00
Lowfat 1% White Milk - ILR1137 (1 Half Pint)	0	100.00	2.50	1.50	0.00	15.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
White Skim Milk - ILR1138 (1 Half Pint)	0	80.00	0.00	0.00	0.00	5.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Grape Jelly - ILR1001 (1 tbsp.)	0	34.57	0.00	0.00	0.00	0.00	0.00	8.89	0.00	7.90	0.00	0.00	0.00	0.00	0.00	(M)	(M)

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SIL/MO K12 Winter 19 BRKFST W1/D5 - Biscuit & Sausage Gravy/Pancakes/Cereal Bars :17203 - ServingDate: 01/04/2019																	
Biscuit with Sausage Gravy - ILR1010 (1 ea.)	0	247.60	11.83	6.73	0.00	4.38	507.87	32.28	2.08	3.00	6.09	1.18	88.39	2.07	0.01	48.79 (M)	0.64(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	0.00	115.00	30.00	3.00	9.00	2.00	1.80	200.00	0.00	0.00	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	0.00	100.00	30.00	3.00	9.00	3.00	1.80	200.00	100.00	1.20	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	0.00	100.00	30.00	2.00	9.00	2.00	1.80	200.00	100.00	1.20	(M)	(M)
Just Peachy Parfait - ILR1140 (1 ea.)	0	127.00	0.75	0.50	0.00	2.50	54.75	25.80	0.45	19.85	3.50	0.00(M)	100.00 (M)	500.00 (M)	0.00(M)	(M)	(M)
Banana Bread Slice - ILR1306 (1 ea.)	0	281.14	10.04	2.01	0.00	0.00	220.89	44.18	2.01	25.10	5.02	6.02	8.03	2.01	0.00	(M)	(M)
Cinnamon Burst Bread Slice - ILR1302 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	190.77	44.18	2.01	24.10	6.02	8.03	10.04	2.01	0.00	(M)	(M)
Cocoa Bread - ILR1309 (1 ea.)	0	271.10	8.03	1.00	0.00	5.02	210.85	44.18	2.01	24.10	7.03	6.02	10.04	0.00	0.00	(M)	(M)
Pumpkin Bread Slice - ILR1305 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	220.89	43.17	2.01	24.10	6.02	8.03	10.04	20.08	0.00	(M)	(M)
Apple Cinnamon Nutrigrain Breakfast Bar - SR1352 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	130.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Buttery Toast - ILR1741 (1 slice)	0	79.05	3.10	0.86	0.00	0.00	140.95	12.00	2.00	1.00	2.00	0.72	40.00	95.24	0.00	(M)	(M)
Lucky Charms - ILR1364 (1 ea.)	0	106.07	0.96	0.00	0.00	0.00	173.57	22.18	1.93	9.64	1.93	4.34	96.43	482.14	5.79	(M)	(M)
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	0.00	160.00	22.00	3.00	6.00	1.00	3.60	200.00	400.00	4.80	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	110.00	1.00	0.00	0.00	0.00	140.00	24.00	1.00	7.00	1.00	5.40	100.00	500.00	4.80	(M)	(M)
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)

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SIL/MO K12 Winter 19 BRKFST W1/D5 - Biscuit & Sausage Gravy/Pancakes/Cereal Bars :17203 - ServingDate: 01/04/2019																	
Frosted Fudge Pop Tart - ILR1344 (1 pkg.)	0	180.00	3.00	1.00	0.00	0.00	190.00	37.00	38.00	16.00	3.00	1.80	100.00	500.00	0.00	(M)	(M)
Apple Cinnamon Muffin - SR1165 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	40.00	100.00	0.00	(M)	(M)
Banana Muffin - SR1591 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	17.00	3.00	0.72	20.00	100.00	0.00	(M)	(M)
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	20.00	100.00	0.00	(M)	(M)
Double Chocolate Chip Muffin - SR1592 (1 muffin)	0	200.00	6.00	2.00	0.00	40.00	130.00	32.00	2.00	17.00	4.00	1.44	40.00	100.00	0.00	(M)	(M)
Pancakes - ILR1644 (3 pancakes)	0	210.00	6.00	0.00	0.00	9.00	405.00	39.00	3.00	9.00	6.00	0.00	0.00	0.00	0.00	(M)	(M)
Frosted Cinnamon Pop-Tart - SR1463 (1 pkg.)	0	190.00	3.00	1.00	0.00	0.00	200.00	38.00	3.00	16.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Frosted Strawberry Pop-Tart - SR1465 (1 pkg.)	0	180.00	2.50	1.00	0.00	0.00	190.00	38.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Applesauce - ILR1264 (1/2 c.)	0	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.90	0.10	38.40	216.00	51.07	83.28	0.42
Chocolate Skim Milk - ILR1136 (1 Half Pint)	0	110.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Strawberry Skim Milk - ILR1139 (1 Half Pint)	0	120.00	0.00	0.00	0.00	0.00	120.00	22.00	0.00	22.00	8.00	0.00	300.00	500.00	1.20	0.00	0.00
Lowfat 1% White Milk - ILR1137 (1 Half Pint)	0	100.00	2.50	1.50	0.00	15.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
White Skim Milk - ILR1138 (1 Half Pint)	0	80.00	0.00	0.00	0.00	5.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Grape Jelly - ILR1001 (1 tbsp.)	0	34.57	0.00	0.00	0.00	0.00	0.00	8.89	0.00	7.90	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	0	117.75	0.00	0.00	0.00	0.00	39.25	29.16	0.00	19.63	0.00	0.00	0.00	0.00	0.00	(M)	(M)

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SIL/MO K12 Winter 19 BRKFST W2/D1 - Pancake Wrap/Egg, Chz biscuit/Cereal Bars :17203 - ServingDate: 01/07/2019																	
Egg & Cheese Biscuit - ILR1195 (1 ea.)	0	310.50	17.53	7.52	0.00	102.59	591.88	30.01	2.00	4.01	11.04	1.44(M)	100.00 (M)	100.00 (M)	0.00(M)	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	0.00	115.00	30.00	3.00	9.00	2.00	1.80	200.00	0.00	0.00	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	0.00	100.00	30.00	3.00	9.00	3.00	1.80	200.00	100.00	1.20	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	0.00	100.00	30.00	2.00	9.00	2.00	1.80	200.00	100.00	1.20	(M)	(M)
Maple Pancake Wrap - ILR1657 (1 ea.)	0	240.00	15.00	4.50	0.00	25.00	360.00	18.00	2.00	4.00	7.00	8.00	2.00	0.00	0.00	(M)	(M)
Banana Bread Slice - ILR1306 (1 ea.)	0	281.14	10.04	2.01	0.00	0.00	220.89	44.18	2.01	25.10	5.02	6.02	8.03	2.01	0.00	(M)	(M)
Cinnamon Burst Bread Slice - ILR1302 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	190.77	44.18	2.01	24.10	6.02	8.03	10.04	2.01	0.00	(M)	(M)
Cocoa Bread - ILR1309 (1 ea.)	0	271.10	8.03	1.00	0.00	5.02	210.85	44.18	2.01	24.10	7.03	6.02	10.04	0.00	0.00	(M)	(M)
Pumpkin Bread Slice - ILR1305 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	220.89	43.17	2.01	24.10	6.02	8.03	10.04	20.08	0.00	(M)	(M)
Apple Cinnamon NutriGrain Breakfast Bar - SR1352 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	130.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Strawberry NutriGrain Breakfast Bar - SR1353 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Buttery Toast - ILR1741 (1 slice)	0	79.05	3.10	0.86	0.00	0.00	140.95	12.00	2.00	1.00	2.00	0.72	40.00	95.24	0.00	(M)	(M)
Lucky Charms - ILR1364 (1 ea.)	0	106.07	0.96	0.00	0.00	0.00	173.57	22.18	1.93	9.64	1.93	4.34	96.43	482.14	5.79	(M)	(M)
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	0.00	160.00	22.00	3.00	6.00	1.00	3.60	200.00	400.00	4.80	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	110.00	1.00	0.00	0.00	0.00	140.00	24.00	1.00	7.00	1.00	5.40	100.00	500.00	4.80	(M)	(M)
Frosted Fudge Pop Tart - ILR1344 (1 pkg.)	0	180.00	3.00	1.00	0.00	0.00	190.00	37.00	38.00	16.00	3.00	1.80	100.00	500.00	0.00	(M)	(M)
Apple Cinnamon Muffin - SR1165 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	40.00	100.00	0.00	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W2/D1 - Pancake Wrap/Egg, Chz biscuit/Cereal Bars :17203 - ServingDate: 01/07/2019																	
Banana Muffin - SR1591 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	17.00	3.00	0.72	20.00	100.00	0.00	(M)	(M)
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	20.00	100.00	0.00	(M)	(M)
Double Chocolate Chip Muffin - SR1592 (1 muffin)	0	200.00	6.00	2.00	0.00	40.00	130.00	32.00	2.00	17.00	4.00	1.44	40.00	100.00	0.00	(M)	(M)
Frosted Cinnamon Pop-Tart - SR1463 (1 pkg.)	0	190.00	3.00	1.00	0.00	0.00	200.00	38.00	3.00	16.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Frosted Strawberry Pop-Tart - SR1465 (1 pkg.)	0	180.00	2.50	1.00	0.00	0.00	190.00	38.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Applesauce - ILR1264 (1/2 c.)	0	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Frozen Sliced Strawberries - ILR1418 (1/2 c.)	0	115.20	0.00	0.00	0.00	0.00	0.00	29.44	3.84	21.76	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Chocolate Skim Milk - ILR1136 (1 Half Pint)	0	110.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Strawberry Skim Milk - ILR1139 (1 Half Pint)	0	120.00	0.00	0.00	0.00	0.00	120.00	22.00	0.00	22.00	8.00	0.00	300.00	500.00	1.20	0.00	0.00
Lowfat 1% White Milk - ILR1137 (1 Half Pint)	0	100.00	2.50	1.50	0.00	15.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
White Skim Milk - ILR1138 (1 Half Pint)	0	80.00	0.00	0.00	0.00	5.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Grape Jelly - ILR1001 (1 tbsp.)	0	34.57	0.00	0.00	0.00	0.00	0.00	8.89	0.00	7.90	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	0	117.75	0.00	0.00	0.00	0.00	39.25	29.16	0.00	19.63	0.00	0.00	0.00	0.00	0.00	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W2/D2 - Apple Frudel/Sausage Biscuit/Ultra Slice Bread :17203 - ServingDate: 01/08/2019																	
Sausage Biscuit Sandwich - SR1348 (1 sandwich)	0	260.00	13.50	8.50	0.00	35.00	520.00	27.00	2.00	2.00	10.00	1.44	170.00	0.00	0.00	(M)	(M)
Banana Bread Slice - ILR1306 (1 ea.)	0	281.14	10.04	2.01	0.00	0.00	220.89	44.18	2.01	25.10	5.02	6.02	8.03	2.01	0.00	(M)	(M)
Cinnamon Burst Bread Slice - ILR1302 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	190.77	44.18	2.01	24.10	6.02	8.03	10.04	2.01	0.00	(M)	(M)
Cocoa Bread - ILR1309 (1 ea.)	0	271.10	8.03	1.00	0.00	5.02	210.85	44.18	2.01	24.10	7.03	6.02	10.04	0.00	0.00	(M)	(M)
Pumpkin Bread Slice - ILR1305 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	220.89	43.17	2.01	24.10	6.02	8.03	10.04	20.08	0.00	(M)	(M)
Apple Frudel Stick - SR1747 (1 pkg.)	0	210.00	6.00	1.00	0.00	0.00	260.00	36.00	2.00	11.00	5.00	1.08	0.00	0.00	0.00	(M)	(M)
Apple Cinnamon Nutrigrain Breakfast Bar - SR1352 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	130.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Buttery Toast - ILR1741 (1 slice)	0	79.05	3.10	0.86	0.00	0.00	140.95	12.00	2.00	1.00	2.00	0.72	40.00	95.24	0.00	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	0.00	115.00	30.00	3.00	9.00	2.00	1.80	200.00	0.00	0.00	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	0.00	100.00	30.00	3.00	9.00	3.00	1.80	200.00	100.00	1.20	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	0.00	100.00	30.00	2.00	9.00	2.00	1.80	200.00	100.00	1.20	(M)	(M)
Lucky Charms - ILR1364 (1 ea.)	0	106.07	0.96	0.00	0.00	0.00	173.57	22.18	1.93	9.64	1.93	4.34	96.43	482.14	5.79	(M)	(M)
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	0.00	160.00	22.00	3.00	6.00	1.00	3.60	200.00	400.00	4.80	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	110.00	1.00	0.00	0.00	0.00	140.00	24.00	1.00	7.00	1.00	5.40	100.00	500.00	4.80	(M)	(M)
Frosted Fudge Pop Tart - ILR1344 (1 pkg.)	0	180.00	3.00	1.00	0.00	0.00	190.00	37.00	38.00	16.00	3.00	1.80	100.00	500.00	0.00	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W2/D2 - Apple Frudel/Sausage Biscuit/Ultra Slice Bread :17203 - ServingDate: 01/08/2019																	
Apple Cinnamon Muffin - SR1165 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	40.00	100.00	0.00	(M)	(M)
Banana Muffin - SR1591 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	17.00	3.00	0.72	20.00	100.00	0.00	(M)	(M)
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	20.00	100.00	0.00	(M)	(M)
Double Chocolate Chip Muffin - SR1592 (1 muffin)	0	200.00	6.00	2.00	0.00	40.00	130.00	32.00	2.00	17.00	4.00	1.44	40.00	100.00	0.00	(M)	(M)
Frosted Cinnamon Pop-Tart - SR1463 (1 pkg.)	0	190.00	3.00	1.00	0.00	0.00	200.00	38.00	3.00	16.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Frosted Strawberry Pop-Tart - SR1465 (1 pkg.)	0	180.00	2.50	1.00	0.00	0.00	190.00	38.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Canned Pineapple - ILR1008 (1/2 c.)	0	54.30	0.10	0.01	0.00	0.00	0.91	14.08	1.18	12.90	0.46	0.25	14.48	45.25	8.51	(M)	(M)
Chocolate Skim Milk - ILR1136 (1 Half Pint)	0	110.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Strawberry Skim Milk - ILR1139 (1 Half Pint)	0	120.00	0.00	0.00	0.00	0.00	120.00	22.00	0.00	22.00	8.00	0.00	300.00	500.00	1.20	0.00	0.00
Lowfat 1% White Milk - ILR1137 (1 Half Pint)	0	100.00	2.50	1.50	0.00	15.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
White Skim Milk - ILR1138 (1 Half Pint)	0	80.00	0.00	0.00	0.00	5.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Grape Jelly - ILR1001 (1 tbsp.)	0	34.57	0.00	0.00	0.00	0.00	0.00	8.89	0.00	7.90	0.00	0.00	0.00	0.00	0.00	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W2/D3-Breakfast Pizza/Egg and Cheese Biscuit/Parfait Peachy :17203 - ServingDate: 01/09/2019																	
Egg and Cheese Breakfast Biscuit Sandwich - SR1744 (1 sandwich)	0	285.00	16.00	10.50	0.00	102.50	730.00	28.00	2.00	2.00	9.50	1.08	245.00	150.00	0.00	(M)	(M)
Just Peachy Parfait - ILR1140 (1 ea.)	0	127.00	0.75	0.50	0.00	2.50	54.75	25.80	0.45	19.85	3.50	0.00(M)	100.00 (M)	500.00 (M)	0.00(M)	(M)	(M)
Sausage Breakfast Pizza - SR1167 (1 slice)	0	210.03	7.00	2.00	0.00	15.00	480.08	26.00	2.00	9.00	9.00	1.80	100.02	200.03	0.00	(M)	(M)
Banana Bread Slice - ILR1306 (1 ea.)	0	281.14	10.04	2.01	0.00	0.00	220.89	44.18	2.01	25.10	5.02	6.02	8.03	2.01	0.00	(M)	(M)
Cinnamon Burst Bread Slice - ILR1302 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	190.77	44.18	2.01	24.10	6.02	8.03	10.04	2.01	0.00	(M)	(M)
Cocoa Bread - ILR1309 (1 ea.)	0	271.10	8.03	1.00	0.00	5.02	210.85	44.18	2.01	24.10	7.03	6.02	10.04	0.00	0.00	(M)	(M)
Pumpkin Bread Slice - ILR1305 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	220.89	43.17	2.01	24.10	6.02	8.03	10.04	20.08	0.00	(M)	(M)
Apple Cinnamon Nutrigrain Breakfast Bar - SR1352 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	130.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Buttery Toast - ILR1741 (1 slice)	0	79.05	3.10	0.86	0.00	0.00	140.95	12.00	2.00	1.00	2.00	0.72	40.00	95.24	0.00	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	0.00	115.00	30.00	3.00	9.00	2.00	1.80	200.00	0.00	0.00	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	0.00	100.00	30.00	3.00	9.00	3.00	1.80	200.00	100.00	1.20	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	0.00	100.00	30.00	2.00	9.00	2.00	1.80	200.00	100.00	1.20	(M)	(M)
Lucky Charms - ILR1364 (1 ea.)	0	106.07	0.96	0.00	0.00	0.00	173.57	22.18	1.93	9.64	1.93	4.34	96.43	482.14	5.79	(M)	(M)
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	0.00	160.00	22.00	3.00	6.00	1.00	3.60	200.00	400.00	4.80	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W2/D3-Breakfast Pizza/Egg and Cheese Biscuit/Parfait Peachy :17203 - ServingDate: 01/09/2019																	
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	110.00	1.00	0.00	0.00	0.00	140.00	24.00	1.00	7.00	1.00	5.40	100.00	500.00	4.80	(M)	(M)
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Frosted Fudge Pop Tart - ILR1344 (1 pkg.)	0	180.00	3.00	1.00	0.00	0.00	190.00	37.00	38.00	16.00	3.00	1.80	100.00	500.00	0.00	(M)	(M)
Apple Cinnamon Muffin - SR1165 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	40.00	100.00	0.00	(M)	(M)
Banana Muffin - SR1591 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	17.00	3.00	0.72	20.00	100.00	0.00	(M)	(M)
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	20.00	100.00	0.00	(M)	(M)
Double Chocolate Chip Muffin - SR1592 (1 muffin)	0	200.00	6.00	2.00	0.00	40.00	130.00	32.00	2.00	17.00	4.00	1.44	40.00	100.00	0.00	(M)	(M)
Frosted Cinnamon Pop-Tart - SR1463 (1 pkg.)	0	190.00	3.00	1.00	0.00	0.00	200.00	38.00	3.00	16.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Frosted Strawberry Pop-Tart - SR1465 (1 pkg.)	0	180.00	2.50	1.00	0.00	0.00	190.00	38.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Sliced Apples - SR1493 (1/2 c.)	0	43.80	0.00	0.00	0.00	0.00	8.76	10.51	1.75	7.88	0.00	0.00	0.00	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Skim Milk - ILR1136 (1 Half Pint)	0	110.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Lowfat 1% White Milk - ILR1137 (1 Half Pint)	0	100.00	2.50	1.50	0.00	15.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
White Skim Milk - ILR1138 (1 Half Pint)	0	80.00	0.00	0.00	0.00	5.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Grape Jelly - ILR1001 (1 tbsp.)	0	34.57	0.00	0.00	0.00	0.00	0.00	8.89	0.00	7.90	0.00	0.00	0.00	0.00	0.00	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W2/D4 - Cinnamon Bun/Chick-n-Biscuit/Pop Tart :17203 - ServingDate: 01/10/2019																	
Chick n Biscuit w/ Gravy - ILR1215 (1 ea.)	0	315.05	14.63	6.52	0.00	12.50	628.93	36.14	3.54	3.00	12.17	6.11	82.94	1.03	0.01	24.40 (M)	0.32(M)
Frosted Cinnamon Pop-Tart - SR1463 (1 pkg.)	0	190.00	3.00	1.00	0.00	0.00	200.00	38.00	3.00	16.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Frosted Strawberry Pop-Tart - SR1465 (1 pkg.)	0	180.00	2.50	1.00	0.00	0.00	190.00	38.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Super Cinnamon Bun - ILR1012 (1 ea.)	0	230.60	7.02	2.00	0.00	15.04	250.66	37.10	2.00	16.04	5.01	8.02	6.02	0.00	0.00	(M)	(M)
Banana Bread Slice - ILR1306 (1 ea.)	0	281.14	10.04	2.01	0.00	0.00	220.89	44.18	2.01	25.10	5.02	6.02	8.03	2.01	0.00	(M)	(M)
Cinnamon Burst Bread Slice - ILR1302 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	190.77	44.18	2.01	24.10	6.02	8.03	10.04	2.01	0.00	(M)	(M)
Cocoa Bread - ILR1309 (1 ea.)	0	271.10	8.03	1.00	0.00	5.02	210.85	44.18	2.01	24.10	7.03	6.02	10.04	0.00	0.00	(M)	(M)
Pumpkin Bread Slice - ILR1305 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	220.89	43.17	2.01	24.10	6.02	8.03	10.04	20.08	0.00	(M)	(M)
Apple Cinnamon Nutrigrain Breakfast Bar - SR1352 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	130.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Buttery Toast - ILR1741 (1 slice)	0	79.05	3.10	0.86	0.00	0.00	140.95	12.00	2.00	1.00	2.00	0.72	40.00	95.24	0.00	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	0.00	115.00	30.00	3.00	9.00	2.00	1.80	200.00	0.00	0.00	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	0.00	100.00	30.00	3.00	9.00	3.00	1.80	200.00	100.00	1.20	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	0.00	100.00	30.00	2.00	9.00	2.00	1.80	200.00	100.00	1.20	(M)	(M)
Lucky Charms - ILR1364 (1 ea.)	0	106.07	0.96	0.00	0.00	0.00	173.57	22.18	1.93	9.64	1.93	4.34	96.43	482.14	5.79	(M)	(M)
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	0.00	160.00	22.00	3.00	6.00	1.00	3.60	200.00	400.00	4.80	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)

Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W2/D4 - Cinnamon Bun/Chick-n-Biscuit/Pop Tart :17203 - ServingDate: 01/10/2019																	
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	110.00	1.00	0.00	0.00	0.00	140.00	24.00	1.00	7.00	1.00	5.40	100.00	500.00	4.80	(M)	(M)
Frosted Fudge Pop Tart - ILR1344 (1 pkg.)	0	180.00	3.00	1.00	0.00	0.00	190.00	37.00	38.00	16.00	3.00	1.80	100.00	500.00	0.00	(M)	(M)
Apple Cinnamon Muffin - SR1165 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	40.00	100.00	0.00	(M)	(M)
Banana Muffin - SR1591 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	17.00	3.00	0.72	20.00	100.00	0.00	(M)	(M)
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	20.00	100.00	0.00	(M)	(M)
Double Chocolate Chip Muffin - SR1592 (1 muffin)	0	200.00	6.00	2.00	0.00	40.00	130.00	32.00	2.00	17.00	4.00	1.44	40.00	100.00	0.00	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Peaches - ILR1261 (1/2 c.)	0	53.00	0.13	0.00	0.00	0.00	6.00	13.39	1.30	(M)	0.50	0.38	6.00	340.00	3.81	(M)	(M)
Chocolate Skim Milk - ILR1136 (1 Half Pint)	0	110.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Strawberry Skim Milk - ILR1139 (1 Half Pint)	0	120.00	0.00	0.00	0.00	0.00	120.00	22.00	0.00	22.00	8.00	0.00	300.00	500.00	1.20	0.00	0.00
Lowfat 1% White Milk - ILR1137 (1 Half Pint)	0	100.00	2.50	1.50	0.00	15.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
White Skim Milk - ILR1138 (1 Half Pint)	0	80.00	0.00	0.00	0.00	5.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Grape Jelly - ILR1001 (1 tbsp.)	0	34.57	0.00	0.00	0.00	0.00	0.00	8.89	0.00	7.90	0.00	0.00	0.00	0.00	0.00	(M)	(M)
SIL/MO K12 Winter 19 BRKFST W2/D5 - WG Donut/Egg & Chz Eng. Muffin/Assort. Muffins :17203 - ServingDate: 01/11/2019																	
Banana Nut Muffin, Otis Spunkmeyer WG 2oz - ILR1013 (1 ea.)	0	189.00	5.97	1.99	0.00	39.79	129.32	29.84	1.99	16.91	2.98	0.72	19.89	99.47	0.00	(M)	(M)

Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W2/D5 - WG Donut/Egg & Chz Eng. Muffin/Assort. Muffins :17203 - ServingDate: 01/11/2019																	
Breakfast Hammie - ILR1728 (1 ea.)	0	217.76	6.11	2.67	0.00	22.60	589.18	28.69	2.60	5.17	13.34	1.42(M)	29.48 (M)	0.00(M)	0.00(M)	(M)	(M)
Chocolate Muffin, Otis Spunkmeyer WG 2oz - ILR1014 (1 ea.)	0	200.00	6.00	2.00	0.00	40.00	130.00	32.00	2.00	17.00	4.00	1.44	40.00	100.00	0.00	(M)	(M)
Apple Cinnamon Muffin - SR1165 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	40.00	100.00	0.00	(M)	(M)
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	20.00	100.00	0.00	(M)	(M)
Banana Bread Slice - ILR1306 (1 ea.)	0	281.14	10.04	2.01	0.00	0.00	220.89	44.18	2.01	25.10	5.02	6.02	8.03	2.01	0.00	(M)	(M)
Cinnamon Burst Bread Slice - ILR1302 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	190.77	44.18	2.01	24.10	6.02	8.03	10.04	2.01	0.00	(M)	(M)
Cocoa Bread - ILR1309 (1 ea.)	0	271.10	8.03	1.00	0.00	5.02	210.85	44.18	2.01	24.10	7.03	6.02	10.04	0.00	0.00	(M)	(M)
Pumpkin Bread Slice - ILR1305 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	220.89	43.17	2.01	24.10	6.02	8.03	10.04	20.08	0.00	(M)	(M)
Yeast Donut - ILR1246 (1 donut)	0	338.07	18.11	8.45	0.00	0.00	362.22	36.22	3.40	8.45	6.04	0.85	16.78	12.07	0.00	(M)	(M)
Apple Cinnamon Nutrigrain Breakfast Bar - SR1352 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	130.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Buttery Toast - ILR1741 (1 slice)	0	79.05	3.10	0.86	0.00	0.00	140.95	12.00	2.00	1.00	2.00	0.72	40.00	95.24	0.00	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	0.00	115.00	30.00	3.00	9.00	2.00	1.80	200.00	0.00	0.00	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	0.00	100.00	30.00	3.00	9.00	3.00	1.80	200.00	100.00	1.20	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	0.00	100.00	30.00	2.00	9.00	2.00	1.80	200.00	100.00	1.20	(M)	(M)
Lucky Charms - ILR1364 (1 ea.)	0	106.07	0.96	0.00	0.00	0.00	173.57	22.18	1.93	9.64	1.93	4.34	96.43	482.14	5.79	(M)	(M)
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	0.00	160.00	22.00	3.00	6.00	1.00	3.60	200.00	400.00	4.80	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)

Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W2/D5 - WG Donut/Egg & Chz Eng. Muffin/Assort. Muffins :17203 - ServingDate: 01/11/2019																	
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	110.00	1.00	0.00	0.00	0.00	140.00	24.00	1.00	7.00	1.00	5.40	100.00	500.00	4.80	(M)	(M)
Frosted Fudge Pop Tart - ILR1344 (1 pkg.)	0	180.00	3.00	1.00	0.00	0.00	190.00	37.00	38.00	16.00	3.00	1.80	100.00	500.00	0.00	(M)	(M)
Frosted Cinnamon Pop-Tart - SR1463 (1 pkg.)	0	190.00	3.00	1.00	0.00	0.00	200.00	38.00	3.00	16.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Frosted Strawberry Pop-Tart - SR1465 (1 pkg.)	0	180.00	2.50	1.00	0.00	0.00	190.00	38.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Mixed Fruit - ILR1468 (4 oz.)	0	54.00	0.00	0.00	0.00	0.00	4.50	13.50	0.90	10.80	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Chocolate Skim Milk - ILR1136 (1 Half Pint)	0	110.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Strawberry Skim Milk - ILR1139 (1 Half Pint)	0	120.00	0.00	0.00	0.00	0.00	120.00	22.00	0.00	22.00	8.00	0.00	300.00	500.00	1.20	0.00	0.00
Lowfat 1% White Milk - ILR1137 (1 Half Pint)	0	100.00	2.50	1.50	0.00	15.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
White Skim Milk - ILR1138 (1 Half Pint)	0	80.00	0.00	0.00	0.00	5.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Grape Jelly - ILR1001 (1 tbsp.)	0	34.57	0.00	0.00	0.00	0.00	0.00	8.89	0.00	7.90	0.00	0.00	0.00	0.00	0.00	(M)	(M)
SIL/MO K12 Winter 19 BRKFST W3/D1 - Fr. Toast Stix/Chick-n-Biscuit/Assort Muffin:11637 :17203 - ServingDate: 01/14/2019																	
Banana Nut Muffin, Otis Spunkmeyer WG 2oz - ILR1013 (1 ea.)	0	189.00	5.97	1.99	0.00	39.79	129.32	29.84	1.99	16.91	2.98	0.72	19.89	99.47	0.00	(M)	(M)
Chick n Biscuit - ILR1207 (1 ea.)	0	295.00	13.50	8.00	0.00	12.50	655.00	33.00	3.50	2.00	11.00	6.08	150.00	0.00	0.00	0.00(M)	0.00(M)
Chocolate Muffin, Otis Spunkmeyer WG 2oz - ILR1014 (1 ea.)	0	200.00	6.00	2.00	0.00	40.00	130.00	32.00	2.00	17.00	4.00	1.44	40.00	100.00	0.00	(M)	(M)

Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W3/D1 - Fr. Toast Stix/Chicken-Biscuit/Assort Muffin:11637 :17203 - ServingDate: 01/14/2019																	
Apple Cinnamon Muffin - SR1165 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	40.00	100.00	0.00	(M)	(M)
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	20.00	100.00	0.00	(M)	(M)
Banana Bread Slice - ILR1306 (1 ea.)	0	281.14	10.04	2.01	0.00	0.00	220.89	44.18	2.01	25.10	5.02	6.02	8.03	2.01	0.00	(M)	(M)
Cinnamon Burst Bread Slice - ILR1302 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	190.77	44.18	2.01	24.10	6.02	8.03	10.04	2.01	0.00	(M)	(M)
Cocoa Bread - ILR1309 (1 ea.)	0	271.10	8.03	1.00	0.00	5.02	210.85	44.18	2.01	24.10	7.03	6.02	10.04	0.00	0.00	(M)	(M)
Pumpkin Bread Slice - ILR1305 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	220.89	43.17	2.01	24.10	6.02	8.03	10.04	20.08	0.00	(M)	(M)
Apple Cinnamon Nutrigrain Breakfast Bar - SR1352 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	130.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Buttery Toast - ILR1741 (1 slice)	0	79.05	3.10	0.86	0.00	0.00	140.95	12.00	2.00	1.00	2.00	0.72	40.00	95.24	0.00	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	0.00	115.00	30.00	3.00	9.00	2.00	1.80	200.00	0.00	0.00	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	0.00	100.00	30.00	3.00	9.00	3.00	1.80	200.00	100.00	1.20	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	0.00	100.00	30.00	2.00	9.00	2.00	1.80	200.00	100.00	1.20	(M)	(M)
Lucky Charms - ILR1364 (1 ea.)	0	106.07	0.96	0.00	0.00	0.00	173.57	22.18	1.93	9.64	1.93	4.34	96.43	482.14	5.79	(M)	(M)
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	0.00	160.00	22.00	3.00	6.00	1.00	3.60	200.00	400.00	4.80	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	110.00	1.00	0.00	0.00	0.00	140.00	24.00	1.00	7.00	1.00	5.40	100.00	500.00	4.80	(M)	(M)
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)

Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W3/D1 - Fr. Toast Stix/Chicken-Biscuit/Assort Muffin:11637 :17203 - ServingDate: 01/14/2019																	
French Toast Sticks - ILR1435 (4 stick.)	0	263.92	10.15	2.03	0.00	0.00	304.52	38.57	3.04	9.14	6.09	1.85	34.51	22.33	0.00	(M)	(M)
Frosted Fudge Pop Tart - ILR1344 (1 pkg.)	0	180.00	3.00	1.00	0.00	0.00	190.00	37.00	38.00	16.00	3.00	1.80	100.00	500.00	0.00	(M)	(M)
Frosted Cinnamon Pop-Tart - SR1463 (1 pkg.)	0	190.00	3.00	1.00	0.00	0.00	200.00	38.00	3.00	16.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Frosted Strawberry Pop-Tart - SR1465 (1 pkg.)	0	180.00	2.50	1.00	0.00	0.00	190.00	38.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Diced Pears - ILR1463 (1/2 c.)	0	60.00	0.00	0.00	0.00	0.00	5.00	16.00	2.00	12.00	0.00	0.21	7.26	0.00	2.02	(M)	(M)
Chocolate Skim Milk - ILR1136 (1 Half Pint)	0	110.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Strawberry Skim Milk - ILR1139 (1 Half Pint)	0	120.00	0.00	0.00	0.00	0.00	120.00	22.00	0.00	22.00	8.00	0.00	300.00	500.00	1.20	0.00	0.00
Lowfat 1% White Milk - ILR1137 (1 Half Pint)	0	100.00	2.50	1.50	0.00	15.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
White Skim Milk - ILR1138 (1 Half Pint)	0	80.00	0.00	0.00	0.00	5.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Grape Jelly - ILR1001 (1 tbsp.)	0	34.57	0.00	0.00	0.00	0.00	0.00	8.89	0.00	7.90	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	0	117.75	0.00	0.00	0.00	0.00	39.25	29.16	0.00	19.63	0.00	0.00	0.00	0.00	0.00	(M)	(M)
SIL/MO K12 Winter 19 BRKFST W3/D2 - Biscuit & Sausage Gravy/Mini Bagel w/Strwbry Crm Chse/Cereal Bar Trix :17203 - ServingDate: 01/15/2019																	
Biscuit with Sausage Gravy - ILR1010 (1 ea.)	0	247.60	11.83	6.73	0.00	4.38	507.87	32.28	2.08	3.00	6.09	1.18	88.39	2.07	0.01	48.79 (M)	0.64(M)
Apple Cinnamon Nutrigrain Breakfast Bar - SR1352 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	130.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)

Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL
 Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W3/D2 - Biscuit & Sausage Gravy/Mini Bagel w/Strwbry Crm Chse/Cereal Bar Trix :17203 - ServingDate: 01/15/2019																	
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Banana Bread Slice - ILR1306 (1 ea.)	0	281.14	10.04	2.01	0.00	0.00	220.89	44.18	2.01	25.10	5.02	6.02	8.03	2.01	0.00	(M)	(M)
Cinnamon Burst Bread Slice - ILR1302 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	190.77	44.18	2.01	24.10	6.02	8.03	10.04	2.01	0.00	(M)	(M)
Cocoa Bread - ILR1309 (1 ea.)	0	271.10	8.03	1.00	0.00	5.02	210.85	44.18	2.01	24.10	7.03	6.02	10.04	0.00	0.00	(M)	(M)
Pumpkin Bread Slice - ILR1305 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	220.89	43.17	2.01	24.10	6.02	8.03	10.04	20.08	0.00	(M)	(M)
Buttery Toast - ILR1741 (1 slice)	0	79.05	3.10	0.86	0.00	0.00	140.95	12.00	2.00	1.00	2.00	0.72	40.00	95.24	0.00	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	0.00	115.00	30.00	3.00	9.00	2.00	1.80	200.00	0.00	0.00	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	0.00	100.00	30.00	3.00	9.00	3.00	1.80	200.00	100.00	1.20	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	0.00	100.00	30.00	2.00	9.00	2.00	1.80	200.00	100.00	1.20	(M)	(M)
Lucky Charms - ILR1364 (1 ea.)	0	106.07	0.96	0.00	0.00	0.00	173.57	22.18	1.93	9.64	1.93	4.34	96.43	482.14	5.79	(M)	(M)
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	0.00	160.00	22.00	3.00	6.00	1.00	3.60	200.00	400.00	4.80	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	110.00	1.00	0.00	0.00	0.00	140.00	24.00	1.00	7.00	1.00	5.40	100.00	500.00	4.80	(M)	(M)
Frosted Fudge Pop Tart - ILR1344 (1 pkg.)	0	180.00	3.00	1.00	0.00	0.00	190.00	37.00	38.00	16.00	3.00	1.80	100.00	500.00	0.00	(M)	(M)
Strawberry Creamy Cheese Mini Bagels - SR1188 (1 pkg.)	0	240.00	6.00	2.50	0.00	10.00	180.00	41.00	2.00	13.00	6.00	1.08	20.00	100.00	0.00	(M)	(M)
Apple Cinnamon Muffin - SR1165 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	40.00	100.00	0.00	(M)	(M)
Banana Muffin - SR1591 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	17.00	3.00	0.72	20.00	100.00	0.00	(M)	(M)

Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W3/D2 - Biscuit & Sausage Gravy/Mini Bagel w/Strwbry Crm Chse/Cereal Bar Trix :17203 - ServingDate: 01/15/2019																	
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	20.00	100.00	0.00	(M)	(M)
Double Chocolate Chip Muffin - SR1592 (1 muffin)	0	200.00	6.00	2.00	0.00	40.00	130.00	32.00	2.00	17.00	4.00	1.44	40.00	100.00	0.00	(M)	(M)
Frosted Cinnamon Pop-Tart - SR1463 (1 pkg.)	0	190.00	3.00	1.00	0.00	0.00	200.00	38.00	3.00	16.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Frosted Strawberry Pop-Tart - SR1465 (1 pkg.)	0	180.00	2.50	1.00	0.00	0.00	190.00	38.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Raisins - ILR1535 (1 1/2 oz.)	0	128.57	0.20	0.03	0.00	0.00	4.73	34.05	1.59	25.45	1.32	0.81	21.50	0.00	0.99	6.63	0.80
Raisins - ILR1219 (1 oz.)	0	84.30	0.13	0.03	0.00	0.00	2.98	22.36	1.04	(M)	0.87	0.53	14.18	0.00	0.65	(M)	(M)
Chocolate Skim Milk - ILR1136 (1 Half Pint)	0	110.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Strawberry Skim Milk - ILR1139 (1 Half Pint)	0	120.00	0.00	0.00	0.00	0.00	120.00	22.00	0.00	22.00	8.00	0.00	300.00	500.00	1.20	0.00	0.00
Lowfat 1% White Milk - ILR1137 (1 Half Pint)	0	100.00	2.50	1.50	0.00	15.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
White Skim Milk - ILR1138 (1 Half Pint)	0	80.00	0.00	0.00	0.00	5.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Grape Jelly - ILR1001 (1 tbsp.)	0	34.57	0.00	0.00	0.00	0.00	0.00	8.89	0.00	7.90	0.00	0.00	0.00	0.00	0.00	(M)	(M)
SIL/MO K12 Winter 19 BRKFST W3/D3 - Breakfast Pizza/Waffle/Parfait :17203 - ServingDate: 01/16/2019																	
Very Blueberry Parfait - ILR1152 (1 ea.)	0	128.99	1.48	0.50	0.00	2.50	53.18	26.75	1.45	19.08	3.50	0.00	99.91	499.56	0.00	(M)	(M)
Very Strawberry Parfait - ILR1153 (1 ea.)	0	150.94	0.75	0.50	0.00	2.50	52.45	32.52	1.70	23.63	3.50	0.00(M)	99.91 (M)	499.56 (M)	0.00(M)	(M)	(M)

Menu Calendar Nutrient Analysis Report - January, 2019

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W3/D3 - Breakfast Pizza/Waffle/Parfait :17203 - ServingDate: 01/16/2019																	
Sausage Breakfast Pizza - SR1167 (1 slice)	0	210.03	7.00	2.00	0.00	15.00	480.08	26.00	2.00	9.00	9.00	1.80	100.02	200.03	0.00	(M)	(M)
Banana Bread Slice - ILR1306 (1 ea.)	0	281.14	10.04	2.01	0.00	0.00	220.89	44.18	2.01	25.10	5.02	6.02	8.03	2.01	0.00	(M)	(M)
Cinnamon Burst Bread Slice - ILR1302 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	190.77	44.18	2.01	24.10	6.02	8.03	10.04	2.01	0.00	(M)	(M)
Cocoa Bread - ILR1309 (1 ea.)	0	271.10	8.03	1.00	0.00	5.02	210.85	44.18	2.01	24.10	7.03	6.02	10.04	0.00	0.00	(M)	(M)
Pumpkin Bread Slice - ILR1305 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	220.89	43.17	2.01	24.10	6.02	8.03	10.04	20.08	0.00	(M)	(M)
Country Breakfast Sausage Patty - SR1157 (1 patty)	0	60.00	4.50	1.50	0.00	35.00	80.00	0.00	0.00	0.00	6.00	0.36	20.00	0.00	0.00	(M)	(M)
Apple Cinnamon Nutrigrain Breakfast Bar - SR1352 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	130.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Buttery Toast - ILR1741 (1 slice)	0	79.05	3.10	0.86	0.00	0.00	140.95	12.00	2.00	1.00	2.00	0.72	40.00	95.24	0.00	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	0.00	115.00	30.00	3.00	9.00	2.00	1.80	200.00	0.00	0.00	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	0.00	100.00	30.00	3.00	9.00	3.00	1.80	200.00	100.00	1.20	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	0.00	100.00	30.00	2.00	9.00	2.00	1.80	200.00	100.00	1.20	(M)	(M)
Lucky Charms - ILR1364 (1 ea.)	0	106.07	0.96	0.00	0.00	0.00	173.57	22.18	1.93	9.64	1.93	4.34	96.43	482.14	5.79	(M)	(M)
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	0.00	160.00	22.00	3.00	6.00	1.00	3.60	200.00	400.00	4.80	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	110.00	1.00	0.00	0.00	0.00	140.00	24.00	1.00	7.00	1.00	5.40	100.00	500.00	4.80	(M)	(M)

Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W3/D3 - Breakfast Pizza/Waffle/Parfait :17203 - ServingDate: 01/16/2019																	
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Frosted Fudge Pop Tart - ILR1344 (1 pkg.)	0	180.00	3.00	1.00	0.00	0.00	190.00	37.00	38.00	16.00	3.00	1.80	100.00	500.00	0.00	(M)	(M)
Apple Cinnamon Muffin - SR1165 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	40.00	100.00	0.00	(M)	(M)
Banana Muffin - SR1591 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	17.00	3.00	0.72	20.00	100.00	0.00	(M)	(M)
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	20.00	100.00	0.00	(M)	(M)
Double Chocolate Chip Muffin - SR1592 (1 muffin)	0	200.00	6.00	2.00	0.00	40.00	130.00	32.00	2.00	17.00	4.00	1.44	40.00	100.00	0.00	(M)	(M)
Frosted Cinnamon Pop-Tart - SR1463 (1 pkg.)	0	190.00	3.00	1.00	0.00	0.00	200.00	38.00	3.00	16.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Frosted Strawberry Pop-Tart - SR1465 (1 pkg.)	0	180.00	2.50	1.00	0.00	0.00	190.00	38.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Toasted Waffle - SR1038 (1 waffle)	0	105.00	3.50	0.50	0.00	0.00	175.00	16.50	2.50	3.50	2.00	0.00	20.00	0.00	0.00	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Applesauce - ILR1264 (1/2 c.)	0	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Applesauce Cups - ILR1461 (1 ea.)	0	51.00	0.10	0.00	0.10	0.00	2.00	14.00	1.00	12.00	0.20	0.30	5.00	35.00	1.20	(M)	(M)
Chocolate Skim Milk - ILR1136 (1 Half Pint)	0	110.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Strawberry Skim Milk - ILR1139 (1 Half Pint)	0	120.00	0.00	0.00	0.00	0.00	120.00	22.00	0.00	22.00	8.00	0.00	300.00	500.00	1.20	0.00	0.00
Lowfat 1% White Milk - ILR1137 (1 Half Pint)	0	100.00	2.50	1.50	0.00	15.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
White Skim Milk - ILR1138 (1 Half Pint)	0	80.00	0.00	0.00	0.00	5.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Grape Jelly - ILR1001 (1 tbsp.)	0	34.57	0.00	0.00	0.00	0.00	0.00	8.89	0.00	7.90	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	0	117.75	0.00	0.00	0.00	0.00	39.25	29.16	0.00	19.63	0.00	0.00	0.00	0.00	0.00	(M)	(M)

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 Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W3/D4 - WG Donut/Egg & Cheese Biscuit/Assort Bread :17203 - ServingDate: 01/17/2019																	
Egg & Cheese Biscuit - ILR1195 (1 ea.)	0	310.50	17.53	7.52	0.00	102.59	591.88	30.01	2.00	4.01	11.04	1.44(M)	100.00 (M)	100.00 (M)	0.00(M)	(M)	(M)
Banana Bread Slice - ILR1306 (1 ea.)	0	281.14	10.04	2.01	0.00	0.00	220.89	44.18	2.01	25.10	5.02	6.02	8.03	2.01	0.00	(M)	(M)
Cinnamon Burst Bread Slice - ILR1302 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	190.77	44.18	2.01	24.10	6.02	8.03	10.04	2.01	0.00	(M)	(M)
Cocoa Bread - ILR1309 (1 ea.)	0	271.10	8.03	1.00	0.00	5.02	210.85	44.18	2.01	24.10	7.03	6.02	10.04	0.00	0.00	(M)	(M)
Pumpkin Bread Slice - ILR1305 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	220.89	43.17	2.01	24.10	6.02	8.03	10.04	20.08	0.00	(M)	(M)
Yeast Donut - ILR1246 (1 donut)	0	338.07	18.11	8.45	0.00	0.00	362.22	36.22	3.40	8.45	6.04	0.85	16.78	12.07	0.00	(M)	(M)
Apple Cinnamon Nutrigrain Breakfast Bar - SR1352 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	130.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Buttery Toast - ILR1741 (1 slice)	0	79.05	3.10	0.86	0.00	0.00	140.95	12.00	2.00	1.00	2.00	0.72	40.00	95.24	0.00	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	0.00	115.00	30.00	3.00	9.00	2.00	1.80	200.00	0.00	0.00	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	0.00	100.00	30.00	3.00	9.00	3.00	1.80	200.00	100.00	1.20	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	0.00	100.00	30.00	2.00	9.00	2.00	1.80	200.00	100.00	1.20	(M)	(M)
Lucky Charms - ILR1364 (1 ea.)	0	106.07	0.96	0.00	0.00	0.00	173.57	22.18	1.93	9.64	1.93	4.34	96.43	482.14	5.79	(M)	(M)
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	0.00	160.00	22.00	3.00	6.00	1.00	3.60	200.00	400.00	4.80	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	110.00	1.00	0.00	0.00	0.00	140.00	24.00	1.00	7.00	1.00	5.40	100.00	500.00	4.80	(M)	(M)
Frosted Fudge Pop Tart - ILR1344 (1 pkg.)	0	180.00	3.00	1.00	0.00	0.00	190.00	37.00	38.00	16.00	3.00	1.80	100.00	500.00	0.00	(M)	(M)

Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W3/D4 - WG Donut/Egg & Cheese Biscuit/Assort Bread :17203 - ServingDate: 01/17/2019																	
Apple Cinnamon Muffin - SR1165 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	40.00	100.00	0.00	(M)	(M)
Banana Muffin - SR1591 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	17.00	3.00	0.72	20.00	100.00	0.00	(M)	(M)
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	20.00	100.00	0.00	(M)	(M)
Double Chocolate Chip Muffin - SR1592 (1 muffin)	0	200.00	6.00	2.00	0.00	40.00	130.00	32.00	2.00	17.00	4.00	1.44	40.00	100.00	0.00	(M)	(M)
Frosted Cinnamon Pop-Tart - SR1463 (1 pkg.)	0	190.00	3.00	1.00	0.00	0.00	200.00	38.00	3.00	16.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Frosted Strawberry Pop-Tart - SR1465 (1 pkg.)	0	180.00	2.50	1.00	0.00	0.00	190.00	38.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Frozen Sliced Strawberries - ILR1418 (1/2 c.)	0	115.20	0.00	0.00	0.00	0.00	0.00	29.44	3.84	21.76	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Chocolate Skim Milk - ILR1136 (1 Half Pint)	0	110.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Strawberry Skim Milk - ILR1139 (1 Half Pint)	0	120.00	0.00	0.00	0.00	0.00	120.00	22.00	0.00	22.00	8.00	0.00	300.00	500.00	1.20	0.00	0.00
Lowfat 1% White Milk - ILR1137 (1 Half Pint)	0	100.00	2.50	1.50	0.00	15.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
White Skim Milk - ILR1138 (1 Half Pint)	0	80.00	0.00	0.00	0.00	5.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Grape Jelly - ILR1001 (1 tbsp.)	0	34.57	0.00	0.00	0.00	0.00	0.00	8.89	0.00	7.90	0.00	0.00	0.00	0.00	0.00	(M)	(M)
SIL/MO K12 Winter 19 BRKFST W3/D5 - Cheesy Scrambled Eggs/Toast/Sausage Biscuit/Pop Tart :17203 - ServingDate: 01/18/2019																	
Frosted Cinnamon Pop-Tart - SR1463 (1 pkg.)	0	190.00	3.00	1.00	0.00	0.00	200.00	38.00	3.00	16.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)

Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL
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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W3/D5 - Cheesy Scrambled Eggs/Toast/Sausage Biscuit/Pop Tart :17203 - ServingDate: 01/18/2019																	
Sausage Biscuit Sandwich - SR1348 (1 sandwich)	0	260.00	13.50	8.50	0.00	35.00	520.00	27.00	2.00	2.00	10.00	1.44	170.00	0.00	0.00	(M)	(M)
Cheesy Eggs - ILR1214 (3 oz.)	0	132.84	11.10	4.37	0.00	333.34	173.34	0.34	0.00	0.00	11.43	(M)	(M)	(M)	(M)	(M)	(M)
Banana Bread Slice - ILR1306 (1 ea.)	0	281.14	10.04	2.01	0.00	0.00	220.89	44.18	2.01	25.10	5.02	6.02	8.03	2.01	0.00	(M)	(M)
Cinnamon Burst Bread Slice - ILR1302 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	190.77	44.18	2.01	24.10	6.02	8.03	10.04	2.01	0.00	(M)	(M)
Cocoa Bread - ILR1309 (1 ea.)	0	271.10	8.03	1.00	0.00	5.02	210.85	44.18	2.01	24.10	7.03	6.02	10.04	0.00	0.00	(M)	(M)
Pumpkin Bread Slice - ILR1305 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	220.89	43.17	2.01	24.10	6.02	8.03	10.04	20.08	0.00	(M)	(M)
Banana Nut Muffin, Otis Spunkmeyer WG 2oz - ILR1013 (1 ea.)	0	189.00	5.97	1.99	0.00	39.79	129.32	29.84	1.99	16.91	2.98	0.72	19.89	99.47	0.00	(M)	(M)
Apple Cinnamon Nutrigrain Breakfast Bar - SR1352 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	130.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Buttery Toast - ILR1741 (1 slice)	0	79.05	3.10	0.86	0.00	0.00	140.95	12.00	2.00	1.00	2.00	0.72	40.00	95.24	0.00	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	0.00	115.00	30.00	3.00	9.00	2.00	1.80	200.00	0.00	0.00	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	0.00	100.00	30.00	3.00	9.00	3.00	1.80	200.00	100.00	1.20	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	0.00	100.00	30.00	2.00	9.00	2.00	1.80	200.00	100.00	1.20	(M)	(M)
Lucky Charms - ILR1364 (1 ea.)	0	106.07	0.96	0.00	0.00	0.00	173.57	22.18	1.93	9.64	1.93	4.34	96.43	482.14	5.79	(M)	(M)
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	0.00	160.00	22.00	3.00	6.00	1.00	3.60	200.00	400.00	4.80	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)

Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W3/D5 - Cheesy Scrambled Eggs/Toast/Sausage Biscuit/Pop Tart :17203 - ServingDate: 01/18/2019																	
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	110.00	1.00	0.00	0.00	0.00	140.00	24.00	1.00	7.00	1.00	5.40	100.00	500.00	4.80	(M)	(M)
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Frosted Fudge Pop Tart - ILR1344 (1 pkg.)	0	180.00	3.00	1.00	0.00	0.00	190.00	37.00	38.00	16.00	3.00	1.80	100.00	500.00	0.00	(M)	(M)
Apple Cinnamon Muffin - SR1165 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	40.00	100.00	0.00	(M)	(M)
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	20.00	100.00	0.00	(M)	(M)
Double Chocolate Chip Muffin - SR1592 (1 muffin)	0	200.00	6.00	2.00	0.00	40.00	130.00	32.00	2.00	17.00	4.00	1.44	40.00	100.00	0.00	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Canned Pineapple - ILR1008 (1/2 c.)	0	54.30	0.10	0.01	0.00	0.00	0.91	14.08	1.18	12.90	0.46	0.25	14.48	45.25	8.51	(M)	(M)
Chocolate Skim Milk - ILR1136 (1 Half Pint)	0	110.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Strawberry Skim Milk - ILR1139 (1 Half Pint)	0	120.00	0.00	0.00	0.00	0.00	120.00	22.00	0.00	22.00	8.00	0.00	300.00	500.00	1.20	0.00	0.00
Lowfat 1% White Milk - ILR1137 (1 Half Pint)	0	100.00	2.50	1.50	0.00	15.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
White Skim Milk - ILR1138 (1 Half Pint)	0	80.00	0.00	0.00	0.00	5.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Grape Jelly - ILR1001 (1 tbsp.)	0	34.57	0.00	0.00	0.00	0.00	0.00	8.89	0.00	7.90	0.00	0.00	0.00	0.00	0.00	(M)	(M)
SIL/MO K12 Winter 19 BRKFST W1/D2 - Mini Cinni/Waffle/UBR Bar :17203 - ServingDate: 01/22/2019																	
Country Breakfast Sausage Patty - SR1157 (1 patty)	0	60.00	4.50	1.50	0.00	35.00	80.00	0.00	0.00	0.00	6.00	0.36	20.00	0.00	0.00	(M)	(M)

Menu Calendar Nutrient Analysis Report - January, 2019

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W1/D2 - Mini Cinni/Waffle/UBR Bar :17203 - ServingDate: 01/22/2019																	
Apple Cinnamon Nutrigrain Breakfast Bar - SR1352 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	130.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Buttery Toast - ILR1741 (1 slice)	0	79.05	3.10	0.86	0.00	0.00	140.95	12.00	2.00	1.00	2.00	0.72	40.00	95.24	0.00	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	0.00	115.00	30.00	3.00	9.00	2.00	1.80	200.00	0.00	0.00	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	0.00	100.00	30.00	3.00	9.00	3.00	1.80	200.00	100.00	1.20	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	0.00	100.00	30.00	2.00	9.00	2.00	1.80	200.00	100.00	1.20	(M)	(M)
Lucky Charms - ILR1364 (1 ea.)	0	106.07	0.96	0.00	0.00	0.00	173.57	22.18	1.93	9.64	1.93	4.34	96.43	482.14	5.79	(M)	(M)
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	0.00	160.00	22.00	3.00	6.00	1.00	3.60	200.00	400.00	4.80	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	110.00	1.00	0.00	0.00	0.00	140.00	24.00	1.00	7.00	1.00	5.40	100.00	500.00	4.80	(M)	(M)
Frosted Fudge Pop Tart - ILR1344 (1 pkg.)	0	180.00	3.00	1.00	0.00	0.00	190.00	37.00	38.00	16.00	3.00	1.80	100.00	500.00	0.00	(M)	(M)
Mini Cinnis - SR1595 (1 pkg.)	0	240.00	7.00	1.50	0.00	0.00	270.00	39.00	2.00	15.00	5.00	1.44	40.00	0.00	0.00	(M)	(M)
Apple Cinnamon Muffin - SR1165 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	40.00	100.00	0.00	(M)	(M)
Banana Muffin - SR1591 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	17.00	3.00	0.72	20.00	100.00	0.00	(M)	(M)
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	20.00	100.00	0.00	(M)	(M)
Double Chocolate Chip Muffin - SR1592 (1 muffin)	0	200.00	6.00	2.00	0.00	40.00	130.00	32.00	2.00	17.00	4.00	1.44	40.00	100.00	0.00	(M)	(M)
Frosted Cinnamon Pop-Tart - SR1463 (1 pkg.)	0	190.00	3.00	1.00	0.00	0.00	200.00	38.00	3.00	16.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)

Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W1/D2 - Mini Cinni/Waffle/UBR Bar :17203 - ServingDate: 01/22/2019																	
Frosted Strawberry Pop-Tart - SR1465 (1 pkg.)	0	180.00	2.50	1.00	0.00	0.00	190.00	38.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Oatmeal Chocolate Chip UBR - SR1173 (1 pkg.)	0	270.00	8.00	2.50	0.00	5.00	180.00	44.00	6.25	19.00	5.00	0.92	23.56	9.14	0.00	(M)	(M)
Banana Bread Slice - ILR1306 (1 ea.)	0	281.14	10.04	2.01	0.00	0.00	220.89	44.18	2.01	25.10	5.02	6.02	8.03	2.01	0.00	(M)	(M)
Cinnamon Burst Bread Slice - ILR1302 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	190.77	44.18	2.01	24.10	6.02	8.03	10.04	2.01	0.00	(M)	(M)
Cocoa Bread - ILR1309 (1 ea.)	0	271.10	8.03	1.00	0.00	5.02	210.85	44.18	2.01	24.10	7.03	6.02	10.04	0.00	0.00	(M)	(M)
Pumpkin Bread Slice - ILR1305 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	220.89	43.17	2.01	24.10	6.02	8.03	10.04	20.08	0.00	(M)	(M)
Toasted Waffle - SR1038 (1 waffle)	0	105.00	3.50	0.50	0.00	0.00	175.00	16.50	2.50	3.50	2.00	0.00	20.00	0.00	0.00	(M)	(M)
Mixed Fruit - ILR1468 (4 oz.)	0	54.00	0.00	0.00	0.00	0.00	4.50	13.50	0.90	10.80	0.00	(M)	(M)	(M)	(M)	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Skim Milk - ILR1136 (1 Half Pint)	0	110.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Strawberry Skim Milk - ILR1139 (1 Half Pint)	0	120.00	0.00	0.00	0.00	0.00	120.00	22.00	0.00	22.00	8.00	0.00	300.00	500.00	1.20	0.00	0.00
Lowfat 1% White Milk - ILR1137 (1 Half Pint)	0	100.00	2.50	1.50	0.00	15.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
White Skim Milk - ILR1138 (1 Half Pint)	0	80.00	0.00	0.00	0.00	5.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Grape Jelly - ILR1001 (1 tbsp.)	0	34.57	0.00	0.00	0.00	0.00	0.00	8.89	0.00	7.90	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	0	117.75	0.00	0.00	0.00	0.00	39.25	29.16	0.00	19.63	0.00	0.00	0.00	0.00	0.00	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W1/D3 - Bkfst Pizza/Biscuit w/ Jam/Pop Tart :17203 - ServingDate: 01/23/2019																	
Frosted Cinnamon Pop-Tart - SR1463 (1 pkg.)	0	190.00	3.00	1.00	0.00	0.00	200.00	38.00	3.00	16.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Frosted Strawberry Pop-Tart - SR1465 (1 pkg.)	0	180.00	2.50	1.00	0.00	0.00	190.00	38.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Baked Biscuit - ILR1213 (1 ea.)	0	200.00	9.00	4.50	0.00	0.00	330.00	28.00	2.00	3.00	5.00	1.08	80.00	0.00	0.00	(M)	(M)
Sausage Breakfast Pizza - SR1167 (1 slice)	0	210.03	7.00	2.00	0.00	15.00	480.08	26.00	2.00	9.00	9.00	1.80	100.02	200.03	0.00	(M)	(M)
Banana Bread Slice - ILR1306 (1 ea.)	0	281.14	10.04	2.01	0.00	0.00	220.89	44.18	2.01	25.10	5.02	6.02	8.03	2.01	0.00	(M)	(M)
Cinnamon Burst Bread Slice - ILR1302 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	190.77	44.18	2.01	24.10	6.02	8.03	10.04	2.01	0.00	(M)	(M)
Cocoa Bread - ILR1309 (1 ea.)	0	271.10	8.03	1.00	0.00	5.02	210.85	44.18	2.01	24.10	7.03	6.02	10.04	0.00	0.00	(M)	(M)
Pumpkin Bread Slice - ILR1305 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	220.89	43.17	2.01	24.10	6.02	8.03	10.04	20.08	0.00	(M)	(M)
Apple Cinnamon NutriGrain Breakfast Bar - SR1352 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	130.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Strawberry NutriGrain Breakfast Bar - SR1353 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Buttery Toast - ILR1741 (1 slice)	0	79.05	3.10	0.86	0.00	0.00	140.95	12.00	2.00	1.00	2.00	0.72	40.00	95.24	0.00	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	0.00	115.00	30.00	3.00	9.00	2.00	1.80	200.00	0.00	0.00	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	0.00	100.00	30.00	3.00	9.00	3.00	1.80	200.00	100.00	1.20	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	0.00	100.00	30.00	2.00	9.00	2.00	1.80	200.00	100.00	1.20	(M)	(M)
Lucky Charms - ILR1364 (1 ea.)	0	106.07	0.96	0.00	0.00	0.00	173.57	22.18	1.93	9.64	1.93	4.34	96.43	482.14	5.79	(M)	(M)
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	0.00	160.00	22.00	3.00	6.00	1.00	3.60	200.00	400.00	4.80	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W1/D3 - Bkfst Pizza/Biscuit w/ Jam/Pop Tart :17203 - ServingDate: 01/23/2019																	
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	110.00	1.00	0.00	0.00	0.00	140.00	24.00	1.00	7.00	1.00	5.40	100.00	500.00	4.80	(M)	(M)
Frosted Fudge Pop Tart - ILR1344 (1 pkg.)	0	180.00	3.00	1.00	0.00	0.00	190.00	37.00	38.00	16.00	3.00	1.80	100.00	500.00	0.00	(M)	(M)
Apple Cinnamon Muffin - SR1165 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	40.00	100.00	0.00	(M)	(M)
Banana Muffin - SR1591 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	17.00	3.00	0.72	20.00	100.00	0.00	(M)	(M)
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	20.00	100.00	0.00	(M)	(M)
Double Chocolate Chip Muffin - SR1592 (1 muffin)	0	200.00	6.00	2.00	0.00	40.00	130.00	32.00	2.00	17.00	4.00	1.44	40.00	100.00	0.00	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Crispy Whole Apple - SR1161 (1 extra smal)	0	47.79	0.16	0.03	0.00	0.00	0.92	12.69	2.21	9.55	0.24	0.11	5.51	49.63	4.23	78.64	0.18
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Diced Pears - ILR1463 (1/2 c.)	0	60.00	0.00	0.00	0.00	0.00	5.00	16.00	2.00	12.00	0.00	0.21	7.26	0.00	2.02	(M)	(M)
Chocolate Skim Milk - ILR1136 (1 Half Pint)	0	110.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Strawberry Skim Milk - ILR1139 (1 Half Pint)	0	120.00	0.00	0.00	0.00	0.00	120.00	22.00	0.00	22.00	8.00	0.00	300.00	500.00	1.20	0.00	0.00
Lowfat 1% White Milk - ILR1137 (1 Half Pint)	0	100.00	2.50	1.50	0.00	15.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
White Skim Milk - ILR1138 (1 Half Pint)	0	80.00	0.00	0.00	0.00	5.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Grape Jelly - ILR1001 (1 tbsp.)	0	34.57	0.00	0.00	0.00	0.00	0.00	8.89	0.00	7.90	0.00	0.00	0.00	0.00	0.00	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W1/D4 - Colby Cheese Omelet w/Toast/Sausage & Egg Biscuit/Assort Muffins :17203 - ServingDate: 01/24/2019																	
Banana Nut Muffin, Otis Spunkmeyer WG 2oz - ILR1013 (1 ea.)	0	189.00	5.97	1.99	0.00	39.79	129.32	29.84	1.99	16.91	2.98	0.72	19.89	99.47	0.00	(M)	(M)
Chocolate Muffin, Otis Spunkmeyer WG 2oz - ILR1014 (1 ea.)	0	200.00	6.00	2.00	0.00	40.00	130.00	32.00	2.00	17.00	4.00	1.44	40.00	100.00	0.00	(M)	(M)
Egg, Sausage & Cheese Biscuit - ILR1777 (1 sandwich)	0	360.63	22.56	12.03	0.00	122.66	863.19	28.00	2.00	2.00	15.53	1.80	245.94	251.88	0.00	(M)	(M)
Apple Cinnamon Muffin - SR1165 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	40.00	100.00	0.00	(M)	(M)
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	20.00	100.00	0.00	(M)	(M)
Banana Bread Slice - ILR1306 (1 ea.)	0	281.14	10.04	2.01	0.00	0.00	220.89	44.18	2.01	25.10	5.02	6.02	8.03	2.01	0.00	(M)	(M)
Cinnamon Burst Bread Slice - ILR1302 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	190.77	44.18	2.01	24.10	6.02	8.03	10.04	2.01	0.00	(M)	(M)
Cocoa Bread - ILR1309 (1 ea.)	0	271.10	8.03	1.00	0.00	5.02	210.85	44.18	2.01	24.10	7.03	6.02	10.04	0.00	0.00	(M)	(M)
Pumpkin Bread Slice - ILR1305 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	220.89	43.17	2.01	24.10	6.02	8.03	10.04	20.08	0.00	(M)	(M)
Colby Cheese Omelet - SR1599 (1 patty)	0	130.00	10.00	3.50	0.00	165.00	300.00	1.00	0.00	0.00	7.00	0.72	80.00	300.00	0.00	(M)	(M)
Apple Cinnamon Nutrigrain Breakfast Bar - SR1352 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	130.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Buttery Toast - ILR1741 (1 slice)	0	79.05	3.10	0.86	0.00	0.00	140.95	12.00	2.00	1.00	2.00	0.72	40.00	95.24	0.00	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	0.00	115.00	30.00	3.00	9.00	2.00	1.80	200.00	0.00	0.00	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	0.00	100.00	30.00	3.00	9.00	3.00	1.80	200.00	100.00	1.20	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	0.00	100.00	30.00	2.00	9.00	2.00	1.80	200.00	100.00	1.20	(M)	(M)
Lucky Charms - ILR1364 (1 ea.)	0	106.07	0.96	0.00	0.00	0.00	173.57	22.18	1.93	9.64	1.93	4.34	96.43	482.14	5.79	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W1/D4 - Colby Cheese Omelet w/Toast/Sausage & Egg Biscuit/Assort Muffins :17203 - ServingDate: 01/24/2019																	
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	0.00	160.00	22.00	3.00	6.00	1.00	3.60	200.00	400.00	4.80	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	110.00	1.00	0.00	0.00	0.00	140.00	24.00	1.00	7.00	1.00	5.40	100.00	500.00	4.80	(M)	(M)
Frosted Fudge Pop Tart - ILR1344 (1 pkg.)	0	180.00	3.00	1.00	0.00	0.00	190.00	37.00	38.00	16.00	3.00	1.80	100.00	500.00	0.00	(M)	(M)
Frosted Cinnamon Pop-Tart - SR1463 (1 pkg.)	0	190.00	3.00	1.00	0.00	0.00	200.00	38.00	3.00	16.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Frosted Strawberry Pop-Tart - SR1465 (1 pkg.)	0	180.00	2.50	1.00	0.00	0.00	190.00	38.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Raisins - ILR1535 (1 1/2 oz.)	0	128.57	0.20	0.03	0.00	0.00	4.73	34.05	1.59	25.45	1.32	0.81	21.50	0.00	0.99	6.63	0.80
Raisins - ILR1471 (1 Box)	0	113.12	0.00	0.00	0.00	0.00	3.97	29.77	0.99	22.82	0.99	(M)	(M)	(M)	(M)	(M)	(M)
Chocolate Skim Milk - ILR1136 (1 Half Pint)	0	110.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Strawberry Skim Milk - ILR1139 (1 Half Pint)	0	120.00	0.00	0.00	0.00	0.00	120.00	22.00	0.00	22.00	8.00	0.00	300.00	500.00	1.20	0.00	0.00
Lowfat 1% White Milk - ILR1137 (1 Half Pint)	0	100.00	2.50	1.50	0.00	15.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
White Skim Milk - ILR1138 (1 Half Pint)	0	80.00	0.00	0.00	0.00	5.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Grape Jelly - ILR1001 (1 tbsp.)	0	34.57	0.00	0.00	0.00	0.00	0.00	8.89	0.00	7.90	0.00	0.00	0.00	0.00	0.00	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W1/D5 - Biscuit & Sausage Gravy/Pancakes/Cereal Bars :17203 - ServingDate: 01/25/2019																	
Biscuit with Sausage Gravy - ILR1010 (1 ea.)	0	247.60	11.83	6.73	0.00	4.38	507.87	32.28	2.08	3.00	6.09	1.18	88.39	2.07	0.01	48.79 (M)	0.64(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	0.00	115.00	30.00	3.00	9.00	2.00	1.80	200.00	0.00	0.00	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	0.00	100.00	30.00	3.00	9.00	3.00	1.80	200.00	100.00	1.20	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	0.00	100.00	30.00	2.00	9.00	2.00	1.80	200.00	100.00	1.20	(M)	(M)
Just Peachy Parfait - ILR1140 (1 ea.)	0	127.00	0.75	0.50	0.00	2.50	54.75	25.80	0.45	19.85	3.50	0.00(M)	100.00 (M)	500.00 (M)	0.00(M)	(M)	(M)
Banana Bread Slice - ILR1306 (1 ea.)	0	281.14	10.04	2.01	0.00	0.00	220.89	44.18	2.01	25.10	5.02	6.02	8.03	2.01	0.00	(M)	(M)
Cinnamon Burst Bread Slice - ILR1302 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	190.77	44.18	2.01	24.10	6.02	8.03	10.04	2.01	0.00	(M)	(M)
Cocoa Bread - ILR1309 (1 ea.)	0	271.10	8.03	1.00	0.00	5.02	210.85	44.18	2.01	24.10	7.03	6.02	10.04	0.00	0.00	(M)	(M)
Pumpkin Bread Slice - ILR1305 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	220.89	43.17	2.01	24.10	6.02	8.03	10.04	20.08	0.00	(M)	(M)
Apple Cinnamon Nutrigrain Breakfast Bar - SR1352 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	130.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Buttery Toast - ILR1741 (1 slice)	0	79.05	3.10	0.86	0.00	0.00	140.95	12.00	2.00	1.00	2.00	0.72	40.00	95.24	0.00	(M)	(M)
Lucky Charms - ILR1364 (1 ea.)	0	106.07	0.96	0.00	0.00	0.00	173.57	22.18	1.93	9.64	1.93	4.34	96.43	482.14	5.79	(M)	(M)
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	0.00	160.00	22.00	3.00	6.00	1.00	3.60	200.00	400.00	4.80	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	110.00	1.00	0.00	0.00	0.00	140.00	24.00	1.00	7.00	1.00	5.40	100.00	500.00	4.80	(M)	(M)
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)

Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL
 Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W1/D5 - Biscuit & Sausage Gravy/Pancakes/Cereal Bars :17203 - ServingDate: 01/25/2019																	
Frosted Fudge Pop Tart - ILR1344 (1 pkg.)	0	180.00	3.00	1.00	0.00	0.00	190.00	37.00	38.00	16.00	3.00	1.80	100.00	500.00	0.00	(M)	(M)
Apple Cinnamon Muffin - SR1165 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	40.00	100.00	0.00	(M)	(M)
Banana Muffin - SR1591 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	17.00	3.00	0.72	20.00	100.00	0.00	(M)	(M)
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	20.00	100.00	0.00	(M)	(M)
Double Chocolate Chip Muffin - SR1592 (1 muffin)	0	200.00	6.00	2.00	0.00	40.00	130.00	32.00	2.00	17.00	4.00	1.44	40.00	100.00	0.00	(M)	(M)
Pancakes - ILR1644 (3 pancakes)	0	210.00	6.00	0.00	0.00	9.00	405.00	39.00	3.00	9.00	6.00	0.00	0.00	0.00	0.00	(M)	(M)
Frosted Cinnamon Pop-Tart - SR1463 (1 pkg.)	0	190.00	3.00	1.00	0.00	0.00	200.00	38.00	3.00	16.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Frosted Strawberry Pop-Tart - SR1465 (1 pkg.)	0	180.00	2.50	1.00	0.00	0.00	190.00	38.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Applesauce - ILR1264 (1/2 c.)	0	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Orange Smiles - SR1172 (6 slice or w)	0	45.12	0.12	0.01	0.00	0.00	0.00	11.28	2.30	8.98	0.90	0.10	38.40	216.00	51.07	83.28	0.42
Chocolate Skim Milk - ILR1136 (1 Half Pint)	0	110.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Strawberry Skim Milk - ILR1139 (1 Half Pint)	0	120.00	0.00	0.00	0.00	0.00	120.00	22.00	0.00	22.00	8.00	0.00	300.00	500.00	1.20	0.00	0.00
Lowfat 1% White Milk - ILR1137 (1 Half Pint)	0	100.00	2.50	1.50	0.00	15.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
White Skim Milk - ILR1138 (1 Half Pint)	0	80.00	0.00	0.00	0.00	5.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Grape Jelly - ILR1001 (1 tbsp.)	0	34.57	0.00	0.00	0.00	0.00	0.00	8.89	0.00	7.90	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	0	117.75	0.00	0.00	0.00	0.00	39.25	29.16	0.00	19.63	0.00	0.00	0.00	0.00	0.00	(M)	(M)

Menu Calendar Nutrient Analysis Report - January, 2019

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Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W2/D1 - Pancake Wrap/Egg, Chz biscuit/Cereal Bars :17203 - ServingDate: 01/28/2019																	
Egg & Cheese Biscuit - ILR1195 (1 ea.)	0	310.50	17.53	7.52	0.00	102.59	591.88	30.01	2.00	4.01	11.04	1.44(M)	100.00 (M)	100.00 (M)	0.00(M)	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	0.00	115.00	30.00	3.00	9.00	2.00	1.80	200.00	0.00	0.00	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	0.00	100.00	30.00	3.00	9.00	3.00	1.80	200.00	100.00	1.20	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	0.00	100.00	30.00	2.00	9.00	2.00	1.80	200.00	100.00	1.20	(M)	(M)
Maple Pancake Wrap - ILR1657 (1 ea.)	0	240.00	15.00	4.50	0.00	25.00	360.00	18.00	2.00	4.00	7.00	8.00	2.00	0.00	0.00	(M)	(M)
Banana Bread Slice - ILR1306 (1 ea.)	0	281.14	10.04	2.01	0.00	0.00	220.89	44.18	2.01	25.10	5.02	6.02	8.03	2.01	0.00	(M)	(M)
Cinnamon Burst Bread Slice - ILR1302 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	190.77	44.18	2.01	24.10	6.02	8.03	10.04	2.01	0.00	(M)	(M)
Cocoa Bread - ILR1309 (1 ea.)	0	271.10	8.03	1.00	0.00	5.02	210.85	44.18	2.01	24.10	7.03	6.02	10.04	0.00	0.00	(M)	(M)
Pumpkin Bread Slice - ILR1305 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	220.89	43.17	2.01	24.10	6.02	8.03	10.04	20.08	0.00	(M)	(M)
Apple Cinnamon NutriGrain Breakfast Bar - SR1352 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	130.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Strawberry NutriGrain Breakfast Bar - SR1353 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Buttery Toast - ILR1741 (1 slice)	0	79.05	3.10	0.86	0.00	0.00	140.95	12.00	2.00	1.00	2.00	0.72	40.00	95.24	0.00	(M)	(M)
Lucky Charms - ILR1364 (1 ea.)	0	106.07	0.96	0.00	0.00	0.00	173.57	22.18	1.93	9.64	1.93	4.34	96.43	482.14	5.79	(M)	(M)
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	0.00	160.00	22.00	3.00	6.00	1.00	3.60	200.00	400.00	4.80	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	110.00	1.00	0.00	0.00	0.00	140.00	24.00	1.00	7.00	1.00	5.40	100.00	500.00	4.80	(M)	(M)
Frosted Fudge Pop Tart - ILR1344 (1 pkg.)	0	180.00	3.00	1.00	0.00	0.00	190.00	37.00	38.00	16.00	3.00	1.80	100.00	500.00	0.00	(M)	(M)
Apple Cinnamon Muffin - SR1165 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	40.00	100.00	0.00	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W2/D1 - Pancake Wrap/Egg, Chz biscuit/Cereal Bars :17203 - ServingDate: 01/28/2019																	
Banana Muffin - SR1591 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	17.00	3.00	0.72	20.00	100.00	0.00	(M)	(M)
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	20.00	100.00	0.00	(M)	(M)
Double Chocolate Chip Muffin - SR1592 (1 muffin)	0	200.00	6.00	2.00	0.00	40.00	130.00	32.00	2.00	17.00	4.00	1.44	40.00	100.00	0.00	(M)	(M)
Frosted Cinnamon Pop-Tart - SR1463 (1 pkg.)	0	190.00	3.00	1.00	0.00	0.00	200.00	38.00	3.00	16.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Frosted Strawberry Pop-Tart - SR1465 (1 pkg.)	0	180.00	2.50	1.00	0.00	0.00	190.00	38.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Applesauce - ILR1264 (1/2 c.)	0	51.00	0.00	0.00	0.00	0.00	2.00	14.00	1.00	11.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Frozen Sliced Strawberries - ILR1418 (1/2 c.)	0	115.20	0.00	0.00	0.00	0.00	0.00	29.44	3.84	21.76	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Chocolate Skim Milk - ILR1136 (1 Half Pint)	0	110.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Strawberry Skim Milk - ILR1139 (1 Half Pint)	0	120.00	0.00	0.00	0.00	0.00	120.00	22.00	0.00	22.00	8.00	0.00	300.00	500.00	1.20	0.00	0.00
Lowfat 1% White Milk - ILR1137 (1 Half Pint)	0	100.00	2.50	1.50	0.00	15.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
White Skim Milk - ILR1138 (1 Half Pint)	0	80.00	0.00	0.00	0.00	5.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Grape Jelly - ILR1001 (1 tbsp.)	0	34.57	0.00	0.00	0.00	0.00	0.00	8.89	0.00	7.90	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	0	117.75	0.00	0.00	0.00	0.00	39.25	29.16	0.00	19.63	0.00	0.00	0.00	0.00	0.00	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W2/D2 - Apple Frudel/Sausage Biscuit/Ultra Slice Bread :17203 - ServingDate: 01/29/2019																	
Sausage Biscuit Sandwich - SR1348 (1 sandwich)	0	260.00	13.50	8.50	0.00	35.00	520.00	27.00	2.00	2.00	10.00	1.44	170.00	0.00	0.00	(M)	(M)
Banana Bread Slice - ILR1306 (1 ea.)	0	281.14	10.04	2.01	0.00	0.00	220.89	44.18	2.01	25.10	5.02	6.02	8.03	2.01	0.00	(M)	(M)
Cinnamon Burst Bread Slice - ILR1302 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	190.77	44.18	2.01	24.10	6.02	8.03	10.04	2.01	0.00	(M)	(M)
Cocoa Bread - ILR1309 (1 ea.)	0	271.10	8.03	1.00	0.00	5.02	210.85	44.18	2.01	24.10	7.03	6.02	10.04	0.00	0.00	(M)	(M)
Pumpkin Bread Slice - ILR1305 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	220.89	43.17	2.01	24.10	6.02	8.03	10.04	20.08	0.00	(M)	(M)
Apple Frudel Stick - SR1747 (1 pkg.)	0	210.00	6.00	1.00	0.00	0.00	260.00	36.00	2.00	11.00	5.00	1.08	0.00	0.00	0.00	(M)	(M)
Apple Cinnamon Nutrigrain Breakfast Bar - SR1352 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	130.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Buttery Toast - ILR1741 (1 slice)	0	79.05	3.10	0.86	0.00	0.00	140.95	12.00	2.00	1.00	2.00	0.72	40.00	95.24	0.00	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	0.00	115.00	30.00	3.00	9.00	2.00	1.80	200.00	0.00	0.00	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	0.00	100.00	30.00	3.00	9.00	3.00	1.80	200.00	100.00	1.20	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	0.00	100.00	30.00	2.00	9.00	2.00	1.80	200.00	100.00	1.20	(M)	(M)
Lucky Charms - ILR1364 (1 ea.)	0	106.07	0.96	0.00	0.00	0.00	173.57	22.18	1.93	9.64	1.93	4.34	96.43	482.14	5.79	(M)	(M)
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	0.00	160.00	22.00	3.00	6.00	1.00	3.60	200.00	400.00	4.80	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	110.00	1.00	0.00	0.00	0.00	140.00	24.00	1.00	7.00	1.00	5.40	100.00	500.00	4.80	(M)	(M)
Frosted Fudge Pop Tart - ILR1344 (1 pkg.)	0	180.00	3.00	1.00	0.00	0.00	190.00	37.00	38.00	16.00	3.00	1.80	100.00	500.00	0.00	(M)	(M)

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W2/D2 - Apple Frudel/Sausage Biscuit/Ultra Slice Bread :17203 - ServingDate: 01/29/2019																	
Apple Cinnamon Muffin - SR1165 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	40.00	100.00	0.00	(M)	(M)
Banana Muffin - SR1591 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	17.00	3.00	0.72	20.00	100.00	0.00	(M)	(M)
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	20.00	100.00	0.00	(M)	(M)
Double Chocolate Chip Muffin - SR1592 (1 muffin)	0	200.00	6.00	2.00	0.00	40.00	130.00	32.00	2.00	17.00	4.00	1.44	40.00	100.00	0.00	(M)	(M)
Frosted Cinnamon Pop-Tart - SR1463 (1 pkg.)	0	190.00	3.00	1.00	0.00	0.00	200.00	38.00	3.00	16.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Frosted Strawberry Pop-Tart - SR1465 (1 pkg.)	0	180.00	2.50	1.00	0.00	0.00	190.00	38.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Canned Pineapple - ILR1008 (1/2 c.)	0	54.30	0.10	0.01	0.00	0.00	0.91	14.08	1.18	12.90	0.46	0.25	14.48	45.25	8.51	(M)	(M)
Chocolate Skim Milk - ILR1136 (1 Half Pint)	0	110.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Strawberry Skim Milk - ILR1139 (1 Half Pint)	0	120.00	0.00	0.00	0.00	0.00	120.00	22.00	0.00	22.00	8.00	0.00	300.00	500.00	1.20	0.00	0.00
Lowfat 1% White Milk - ILR1137 (1 Half Pint)	0	100.00	2.50	1.50	0.00	15.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
White Skim Milk - ILR1138 (1 Half Pint)	0	80.00	0.00	0.00	0.00	5.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Grape Jelly - ILR1001 (1 tbsp.)	0	34.57	0.00	0.00	0.00	0.00	0.00	8.89	0.00	7.90	0.00	0.00	0.00	0.00	0.00	(M)	(M)

Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W2/D3-Breakfast Pizza/Egg and Cheese Biscuit/Parfait Peachy :17203 - ServingDate: 01/30/2019																	
Egg and Cheese Breakfast Biscuit Sandwich - SR1744 (1 sandwich)	0	285.00	16.00	10.50	0.00	102.50	730.00	28.00	2.00	2.00	9.50	1.08	245.00	150.00	0.00	(M)	(M)
Just Peachy Parfait - ILR1140 (1 ea.)	0	127.00	0.75	0.50	0.00	2.50	54.75	25.80	0.45	19.85	3.50	0.00(M)	100.00 (M)	500.00 (M)	0.00(M)	(M)	(M)
Sausage Breakfast Pizza - SR1167 (1 slice)	0	210.03	7.00	2.00	0.00	15.00	480.08	26.00	2.00	9.00	9.00	1.80	100.02	200.03	0.00	(M)	(M)
Banana Bread Slice - ILR1306 (1 ea.)	0	281.14	10.04	2.01	0.00	0.00	220.89	44.18	2.01	25.10	5.02	6.02	8.03	2.01	0.00	(M)	(M)
Cinnamon Burst Bread Slice - ILR1302 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	190.77	44.18	2.01	24.10	6.02	8.03	10.04	2.01	0.00	(M)	(M)
Cocoa Bread - ILR1309 (1 ea.)	0	271.10	8.03	1.00	0.00	5.02	210.85	44.18	2.01	24.10	7.03	6.02	10.04	0.00	0.00	(M)	(M)
Pumpkin Bread Slice - ILR1305 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	220.89	43.17	2.01	24.10	6.02	8.03	10.04	20.08	0.00	(M)	(M)
Apple Cinnamon Nutrigrain Breakfast Bar - SR1352 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	130.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Buttery Toast - ILR1741 (1 slice)	0	79.05	3.10	0.86	0.00	0.00	140.95	12.00	2.00	1.00	2.00	0.72	40.00	95.24	0.00	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	0.00	115.00	30.00	3.00	9.00	2.00	1.80	200.00	0.00	0.00	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	0.00	100.00	30.00	3.00	9.00	3.00	1.80	200.00	100.00	1.20	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	0.00	100.00	30.00	2.00	9.00	2.00	1.80	200.00	100.00	1.20	(M)	(M)
Lucky Charms - ILR1364 (1 ea.)	0	106.07	0.96	0.00	0.00	0.00	173.57	22.18	1.93	9.64	1.93	4.34	96.43	482.14	5.79	(M)	(M)
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	0.00	160.00	22.00	3.00	6.00	1.00	3.60	200.00	400.00	4.80	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)

Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL
 Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W2/D3-Breakfast Pizza/Egg and Cheese Biscuit/Parfait Peachy :17203 - ServingDate: 01/30/2019																	
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	110.00	1.00	0.00	0.00	0.00	140.00	24.00	1.00	7.00	1.00	5.40	100.00	500.00	4.80	(M)	(M)
Original Graham Crackers - SR1163 (1 pkg.)	0	90.00	2.50	0.00	0.00	0.00	100.00	17.00	1.00	4.00	2.00	0.72	0.00	0.00	0.00	(M)	(M)
Frosted Fudge Pop Tart - ILR1344 (1 pkg.)	0	180.00	3.00	1.00	0.00	0.00	190.00	37.00	38.00	16.00	3.00	1.80	100.00	500.00	0.00	(M)	(M)
Apple Cinnamon Muffin - SR1165 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	40.00	100.00	0.00	(M)	(M)
Banana Muffin - SR1591 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	17.00	3.00	0.72	20.00	100.00	0.00	(M)	(M)
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	20.00	100.00	0.00	(M)	(M)
Double Chocolate Chip Muffin - SR1592 (1 muffin)	0	200.00	6.00	2.00	0.00	40.00	130.00	32.00	2.00	17.00	4.00	1.44	40.00	100.00	0.00	(M)	(M)
Frosted Cinnamon Pop-Tart - SR1463 (1 pkg.)	0	190.00	3.00	1.00	0.00	0.00	200.00	38.00	3.00	16.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Frosted Strawberry Pop-Tart - SR1465 (1 pkg.)	0	180.00	2.50	1.00	0.00	0.00	190.00	38.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Sliced Apples - SR1493 (1/2 c.)	0	43.80	0.00	0.00	0.00	0.00	8.76	10.51	1.75	7.88	0.00	0.00	0.00	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Chocolate Skim Milk - ILR1136 (1 Half Pint)	0	110.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Lowfat 1% White Milk - ILR1137 (1 Half Pint)	0	100.00	2.50	1.50	0.00	15.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
White Skim Milk - ILR1138 (1 Half Pint)	0	80.00	0.00	0.00	0.00	5.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Grape Jelly - ILR1001 (1 tbsp.)	0	34.57	0.00	0.00	0.00	0.00	0.00	8.89	0.00	7.90	0.00	0.00	0.00	0.00	0.00	(M)	(M)

Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W2/D4 - Cinnamon Bun/Chick-n-Biscuit/Pop Tart :17203 - ServingDate: 01/31/2019																	
Chick n Biscuit w/ Gravy - ILR1215 (1 ea.)	0	315.05	14.63	6.52	0.00	12.50	628.93	36.14	3.54	3.00	12.17	6.11	82.94	1.03	0.01	24.40 (M)	0.32(M)
Frosted Cinnamon Pop-Tart - SR1463 (1 pkg.)	0	190.00	3.00	1.00	0.00	0.00	200.00	38.00	3.00	16.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Frosted Strawberry Pop-Tart - SR1465 (1 pkg.)	0	180.00	2.50	1.00	0.00	0.00	190.00	38.00	3.00	15.00	2.00	1.80	100.00	500.00	0.00	(M)	(M)
Super Cinnamon Bun - ILR1012 (1 ea.)	0	230.60	7.02	2.00	0.00	15.04	250.66	37.10	2.00	16.04	5.01	8.02	6.02	0.00	0.00	(M)	(M)
Banana Bread Slice - ILR1306 (1 ea.)	0	281.14	10.04	2.01	0.00	0.00	220.89	44.18	2.01	25.10	5.02	6.02	8.03	2.01	0.00	(M)	(M)
Cinnamon Burst Bread Slice - ILR1302 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	190.77	44.18	2.01	24.10	6.02	8.03	10.04	2.01	0.00	(M)	(M)
Cocoa Bread - ILR1309 (1 ea.)	0	271.10	8.03	1.00	0.00	5.02	210.85	44.18	2.01	24.10	7.03	6.02	10.04	0.00	0.00	(M)	(M)
Pumpkin Bread Slice - ILR1305 (1 ea.)	0	271.10	10.04	2.01	0.00	0.00	220.89	43.17	2.01	24.10	6.02	8.03	10.04	20.08	0.00	(M)	(M)
Apple Cinnamon Nutrigrain Breakfast Bar - SR1352 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	130.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Strawberry Nutrigrain Breakfast Bar - SR1353 (1 Bar)	0	160.00	4.00	0.50	0.00	0.00	150.00	30.00	3.00	14.00	2.00	1.80	200.00	750.00	0.00	(M)	(M)
Buttery Toast - ILR1741 (1 slice)	0	79.05	3.10	0.86	0.00	0.00	140.95	12.00	2.00	1.00	2.00	0.72	40.00	95.24	0.00	(M)	(M)
Cinnamon Toast Crunch Cereal Bar - SR1203 (1 Bar)	0	150.00	3.50	0.00	0.00	0.00	115.00	30.00	3.00	9.00	2.00	1.80	200.00	0.00	0.00	(M)	(M)
Cocoa Puffs Cereal Bar - SR1308 (1 Bar)	0	150.00	3.00	0.00	0.00	0.00	100.00	30.00	3.00	9.00	3.00	1.80	200.00	100.00	1.20	(M)	(M)
Trix Cereal Bar - SR1307 (1 Bar)	0	150.00	3.50	0.50	0.00	0.00	100.00	30.00	2.00	9.00	2.00	1.80	200.00	100.00	1.20	(M)	(M)
Lucky Charms - ILR1364 (1 ea.)	0	106.07	0.96	0.00	0.00	0.00	173.57	22.18	1.93	9.64	1.93	4.34	96.43	482.14	5.79	(M)	(M)
Cinnamon Toast Crunch Cereal reduced sugar - SR1164 (1 bowl)	0	110.00	3.00	0.50	0.00	0.00	160.00	22.00	3.00	6.00	1.00	3.60	200.00	400.00	4.80	(M)	(M)
Cocoa Puffs Cereal - SR1170 (1 bowl)	0	110.00	1.50	0.00	0.00	0.00	120.00	25.00	2.00	8.00	2.00	4.50	100.00	500.00	6.00	(M)	(M)

Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
SIL/MO K12 Winter 19 BRKFST W2/D4 - Cinnamon Bun/Chick-n-Biscuit/Pop Tart :17203 - ServingDate: 01/31/2019																	
Trix Cereal reduced sugar - SR1184 (1 bowl)	0	110.00	1.00	0.00	0.00	0.00	140.00	24.00	1.00	7.00	1.00	5.40	100.00	500.00	4.80	(M)	(M)
Frosted Fudge Pop Tart - ILR1344 (1 pkg.)	0	180.00	3.00	1.00	0.00	0.00	190.00	37.00	38.00	16.00	3.00	1.80	100.00	500.00	0.00	(M)	(M)
Apple Cinnamon Muffin - SR1165 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	40.00	100.00	0.00	(M)	(M)
Banana Muffin - SR1591 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	17.00	3.00	0.72	20.00	100.00	0.00	(M)	(M)
Blueberry Muffin - SR1454 (1 muffin)	0	190.00	6.00	2.00	0.00	40.00	130.00	30.00	2.00	16.00	3.00	1.08	20.00	100.00	0.00	(M)	(M)
Double Chocolate Chip Muffin - SR1592 (1 muffin)	0	200.00	6.00	2.00	0.00	40.00	130.00	32.00	2.00	17.00	4.00	1.44	40.00	100.00	0.00	(M)	(M)
100% Apple Juice - SR1204 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
100% Orange Juice - SR1295 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	0.00	42.00	(M)	(M)
Peaches - ILR1261 (1/2 c.)	0	53.00	0.13	0.00	0.00	0.00	6.00	13.39	1.30	(M)	0.50	0.38	6.00	340.00	3.81	(M)	(M)
Chocolate Skim Milk - ILR1136 (1 Half Pint)	0	110.00	0.00	0.00	0.00	5.00	180.00	20.00	0.00	18.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Strawberry Skim Milk - ILR1139 (1 Half Pint)	0	120.00	0.00	0.00	0.00	0.00	120.00	22.00	0.00	22.00	8.00	0.00	300.00	500.00	1.20	0.00	0.00
Lowfat 1% White Milk - ILR1137 (1 Half Pint)	0	100.00	2.50	1.50	0.00	15.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
White Skim Milk - ILR1138 (1 Half Pint)	0	80.00	0.00	0.00	0.00	5.00	120.00	11.00	0.00	11.00	8.00	1.08	300.00	500.00	1.20	0.00	0.00
Grape Jelly - ILR1001 (1 tbsp.)	0	34.57	0.00	0.00	0.00	0.00	0.00	8.89	0.00	7.90	0.00	0.00	0.00	0.00	0.00	(M)	(M)

Legend
(M) - Missing Nutrient Values

Report Selections
Meal Type: Breakfast
Site Group: The Clubhouse
Menu Line: BRKFST-Café Classics
Serving Group: K-12
Nutrients Option: All

Menu Calendar Nutrient Analysis Report - January, 2019

Site: ALL
Date: 01/01/2019 - 01/31/2019

Please be advised that our menu items may contain allergens or may have come in contact with items containing allergens. In addition, food manufacturers may change their formulation or manner of processing without our knowledge. Sodexo therefore cannot guarantee the accuracy of nutrition information. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion size and other factors. The nutrition analyses provided are approximations only. Sodexo assumes no liability for any adverse reactions that may occur in the school cafeteria. We encourage all food allergic individuals to first inform the school nurse of allergy/intolerance and then work with our staff to plan a menu.