

Total nutrients shown reflect entire meal taken: Breakfast: Featured Entrée, juice or fruit, & Milk. Lunch: Entrée, Full portions of side(s), Milk

Nutrients for milk are averaged (weighted) by popular choice at this grade level (varies also by meal)

Menu is subject to change

| <b>Items Offered Daily<br/>(or rotated from day to day)</b> | <b>Portion</b> | <b>Calories</b> | <b>Protein gm</b> | <b>Carb. gm</b> | <b>Total Fat gm</b> | <b>Fiber gm</b> | <b>Sodium mg</b> |
|---|----------------|-----------------|-------------------|-----------------|---------------------|-----------------|------------------|
| Bagel & Cream Cheese:                                       | Serving        | 289             | 9.14              | 39              | 10.4                | 1.0             | 464              |
| Bagel & Jelly   | each           | 229.4           | 7.1               | 47.8            | 0.5                 | 1.2             | 385              |
| Bagel only  | each           | 190.0           | 7.0               | 38.0            | 0.5                 | 1.0             | 380.0            |
| Cream Cheese (only)   | 1 oz           | 99.0            | 2.1               | 0.8             | 9.9                 | 0.0             | 83.8             |
| Jelly, packet only  | pc             | 39.4            | 0.1               | 9.8             | 0.0                 | 0.2             | 4.5              |
| Bar, Ultimate Breakfast                                     | Each           | 270.0           | 4.0               | 44.0            | 8.0                 | 6.0             | 240.0            |
| Bar, Cereal Breakfast Bar                                   | each           | 280.0           | 4.3               | 42.4            | 10.8                | 2.8             | 244.0            |
| English Muffin, Toasted                                     | Each           | 150.0           | 4.0               | 24.0            | 1.0                 | 1.0             | 210.0            |
| Fruit, Fresh, Seasonal, Ass't                               | Serving        | 54.4            | 0.8               | 13.5            | 0.3                 | 1.8             | 2.3              |
| Jelly, assorted flavor, packet                              | pc             | 39.4            | 0.1               | 9.8             | 0.0                 | 0.2             | 4.5              |
| Juice, Orange, 4 fl-oz                                      | carton         | 54.6            | 1.0               | 12.5            | 0.3                 | 0.2             | 1.2              |
| Milk, 1%  | half-pint      | 102.5           | 8.0               | 11.7            | 2.6                 | 0.0             | 124.4            |
| Milk, Chocolate, 1%   | half-pint      | 170.0           | 9.0               | 29.0            | 2.5                 | 1.3             | 240.0            |
| Milk, Skim  | half-pint      | 85.8            | 8.4               | 11.9            | 0.4                 | 0.0             | 127.4            |
| Milk, Strawberry, 1%  | half-pint      | 170.0           | 9.0               | 28.0            | 2.5                 | 0.0             | 130.0            |
| Muffin, Apple Cinnamon                                      | Each           | 170.0           | 3.0               | 27.0            | 5.0                 | 1.0             | 160.0            |
| Muffin, Banana  | Each           | 120.0           | 2.0               | 26.0            | 0.0                 | 0.0             | 170.0            |
| Muffin, Blueberry   | Each           | 160.0           | 3.0               | 27.0            | 5.0                 | 1.0             | 190.0            |
| Muffin, Corn  | Each           | 200.0           | 5.0               | 35.0            | 6.0                 | 1.0             | 390.0            |
| Yogurt, 4 oz, Assorted Flavors                              | Each           | 92.5            | 3.0               | 19.8            | 0.0                 | 0.0             | 75.0             |
| <b>Misc; Item Details: Yogurt Flavors</b>                   | <b>Portion</b> | <b>Calories</b> | <b>Protein gm</b> | <b>Carb. gm</b> | <b>Total Fat gm</b> | <b>Fiber gm</b> | <b>Sodium mg</b> |
| Yogurt, Strawberry Banana, 4 oz                             | each           | 90.0            | 3.0               | 19.0            | 0.0                 | 0.0             | 75.0             |
| Yogurt, Cherry Vanilla, 4 oz                                | each           | 100.0           | 3.0               | 22.0            | 0.0                 | 0.0             | 75.0             |
| Yogurt, Peach, 4 oz   | each           | 90.0            | 3.0               | 19.0            | 0.0                 | 0.0             | 75.0             |
| Yogurt, Raspberry 4 oz                                      | each           | 90.0            | 3.0               | 19.0            | 0.0                 | 0.0             | 75.0             |
| Yogurt, Strawberry, 4 oz.                                   | each           | 100.0           | 3.0               | 22.0            | 0.0                 | 0.0             | 75.0             |
| Yogurt, Vanilla 4 oz  | each           | 100.0           | 3.0               | 22.0            | 0.0                 | 0.0             | 75.0             |
| <b>Misc. Item Details - Canned Fruits</b>                   | <b>Portion</b> | <b>Calories</b> | <b>Protein gm</b> | <b>Carb. gm</b> | <b>Total Fat gm</b> | <b>Fiber gm</b> | <b>Sodium mg</b> |
| Apple Slices, canned  | half cup       | 68.3            | 0.2               | 17.0            | 0.5                 | 1.7             | 3.1              |
| Applesauce  | 1/2 cup        | 96.9            | 0.2               | 25.4            | 0.2                 | 1.5             | 3.8              |
| Fruit Cocktail  | 1/2 cup        | 63.9            | 0.5               | 16.4            | 0.1                 | 1.8             | 5.6              |
| Mandarin Oranges  | half cup       | 77.0            | 0.6               | 20.4            | 0.1                 | 0.9             | 8.0              |
| Peaches   | 1/2 cup        | 76.6            | 0.7               | 19.6            | 0.2                 | 0.9             | 8.8              |
| Pears   | 1/2 cup        | 61.1            | 0.3               | 16.0            | 0.1                 | 1.6             | 4.9              |
| Pineapple   | 1/2 cup        | 68.7            | 0.6               | 17.8            | 0.1                 | 1.5             | 1.1              |
| Tropical Fruit Mix  | half cup       | 89.2            | 0.0               | 22.3            | 0.0                 | 1.0             | 11.2             |
| <b>Misc. Item Details - Fresh Fruits</b>                    | <b>Portion</b> | <b>Calories</b> | <b>Protein gm</b> | <b>Carb. gm</b> | <b>Total Fat gm</b> | <b>Fiber gm</b> | <b>Sodium mg</b> |
| Apples, Fresh Sliced  | 1/2 cup        | 26.5            | 0.2               | 7.0             | 0.1                 | 0.7             | 0.0              |
| Apples, Fresh Sliced, Individual Bags                       | 2 oz bag       | 28.0            | 0.4               | 7.3             | 0.0                 | 1.2             | 26.0             |
| Apricot Cup, 4.5 oz each                                    | 4.5 oz         | 124.4           | 0.9               | 32.0            | 0.1                 | 2.9             | 5.3              |
| Bananas, Medium   | 1 each         | 108.6           | 1.2               | 27.6            | 0.6                 | 2.8             | 1.2              |
| Cantaloupe Wedge  | 1 wedge        | 23.8            | 0.6               | 5.7             | 0.2                 | 0.5             | 6.1              |
| Cantaloupe, Cubed half cup                                  | half cup       | 19.9            | 0.5               | 4.7             | 0.2                 | 0.5             | 5.1              |
| Grapes  | 1 bunch        | 50.3            | 0.5               | 12.6            | 0.4                 | 0.7             | 1.4              |
| Honeydew Wedge  | 1 wedge        | 28.0            | 0.4               | 7.3             | 0.1                 | 0.5             | 8.0              |
| Honeydew, Cubed, Half Cup                                   | half cup       | 19.1            | 0.3               | 5.2             | 0.1                 | 0.3             | 5.7              |
| Kiwi Fruit  | 1 each         | 46.4            | 0.8               | 11.3            | 0.3                 | 2.6             | 3.8              |
| Oranges, Mandarin, 4 oz individual cups                     | 4 oz cup       | 76.7            | 0.6               | 20.3            | 0.1                 | 0.9             | 7.5              |
| Oranges, Medium   | 1 each         | 61.6            | 1.2               | 15.4            | 0.2                 | 3.1             | 0.0              |
| Peach Cups, 4.4 oz  | 4.4 oz cup     | 120.0           | 0.8               | 30.7            | 0.2                 | 2.3             | 120.3            |
| Pineapple, Cubed, Half Cup                                  | half cup       | 27.2            | 0.3               | 7.2             | 0.1                 | 0.8             | 0.6              |
| Raisins, individual box                                     | 1.33 oz box    | 130.0           | 1.0               | 29.0            | 0.0                 | 2.0             | 10.0             |
| Strawberries, Fresh, medium                                 | 3 medium       | 21.2            | 0.4               | 4.4             | 0.3                 | 1.6             | 0.8              |
| Strawberry Cup, 4.5 oz                                      | 4.5 oz         | 121.6           | 0.7               | 32.9            | 0.2                 | 2.4             | 4.0              |
| Watermelon Wedge  | 1 wedge        | 45.4            | 0.9               | 10.2            | 0.6                 | 0.7             | 2.8              |
| Watermelon, Cubed, half cup                                 | half cup       | 18.1            | 0.4               | 4.1             | 0.2                 | 0.3             | 1.1              |

| Misc. Item Details - Milk  | Portion   | Calories | Protein gm | Carb. gm | Total Fat gm | Fiber gm | Sodium mg |
|--|-----------|----------|------------|----------|--------------|----------|-----------|
| Milk, 1% (Low Fat)   | half pint | 102.5    | 8.0        | 11.7     | 2.6          | 0.0      | 124       |
| Milk, Chocolate, 1% (low Fat)                                    | half pint | 170.0    | 9.0        | 29.0     | 2.5          | 1.3      | 153       |
| Milk, Chocolate: Fat Free<br>(Pending Fall Student Test Markets) | half pint | 130.0    | 8.0        | 24.0     | 0.0          | 0.0      | 220.0     |
| Milk, Skim (Fat Free)  | half pint | 85.8     | 8.4        | 11.9     | 0.4          | 0.0      | 127       |
| Milk, Strawberry, 1% Low Fat                                     | half pint | 170.0    | 9.0        | 28.0     | 2.5          | 0.0      | 130       |

**Breads, Rolls, Bagel, Tortilla Wraps, etc:** Occasionally a site may need to, with permission, substitute one bread or roll for another in sandwiches, etc. Here are conversions (carbohydrate, etc.) for current bread options.

| Breads, Rolls, Bagel, Tortilla Wraps        | Portion         | Calories | Protein gm. | Carb. gm. | Total Fat gm. | Fiber gm. | Sodium mg. |
|---|-----------------|----------|-------------|-----------|---------------|-----------|------------|
| Bagel, 2.3 oz (Sara Lee)                    | each            | 190.0    | 7.0         | 38.0      | 0.5           | 1.0       | 380.0      |
| Bread, Flatbread specialty                  | 1.8 oz each     | 140.0    | 5.0         | 25.0      | 2.5           | 2.0       | 260.0      |
| Bread, Oat-Grain & Nut, OroWeat             | 1 Slice         | 100.0    | 3.0         | 18.0      | 1.5           | 1.0       | 190.0      |
| Bread, Oat-Grain & Nut, OroWeat             | <b>2 Slices</b> | 200.0    | 6.0         | 36.0      | 3.0           | 2.0       | 380.0      |
| Bread, Raisin, 1.59 oz slice                | <b>1 slice</b>  | 130.0    | 3.0         | 25.0      | 2.0           | 1.0       | 125.0      |
| Bread, "Texas" Toast                        | 1 slice         | 100.0    | 3.0         | 19.0      | 1.5           | 1.0       | 180.0      |
| Bread, Wheat Sandwich                       | 1 slice         | 70.0     | 2.0         | 13.0      | 1.0           | 1.1       | 100.0      |
| Bread, Wheat Sandwich                       | 2 Slices        | 140.0    | 4.0         | 26.0      | 2.0           | 2.2       | 200.0      |
| Bread, White Sandwich                       | 1 slice         | 70.0     | 2.0         | 13.0      | 1.0           | 0.6       | 110.0      |
| Bread, White Sandwich                       | <b>2 Slice</b>  | 140.0    | 4.0         | 26.0      | 2.0           | 1.2       | 220.0      |
| Bun, Hamburger with MultiGrain              | each            | 140.0    | 4.0         | 25.0      | 2.0           | 3.0       | 240.0      |
| Bun, Hot Dog                                | each            | 110.0    | 4.0         | 20.0      | 1.5           | 1.0       | 220.0      |
| Bun, Steak /Submarine Roll                  | each            | 170.0    | 5.0         | 33.0      | 2.0           | 1.0       | 360.0      |
| Crackers, Grahams, package                  | 1 pkg           | 60.0     | 1.0         | 10.0      | 1.5           | 0.0       | 65.0       |
| Crackers, Saltines, package                 | 1 pkg           | 25.8     | 0.6         | 4.2       | 0.7           | 0.2       | 63.5       |
| Muffin, English                             | each            | 150.0    | 5.0         | 27.0      | 2.0           | 2.0       | 230.0      |
| Roll, Dinner/Parkerhouse                    | each            | 110.0    | 4.0         | 20.0      | 1.5           | 1.0       | 220.0      |
| Roll, Potato "Petite" Premium (Dinner) roll | each            | 130.0    | 4.0         | 25.0      | 1.5           | 1.0       | 220.0      |
| Roll, Potato Large, Hamburger Bun size      | each            | 200.0    | 7.0         | 39.0      | 2.0           | 2.0       | 330.0      |
| Tortilla, Flour, Medium 8"                  | each            | 166.0    | 4.4         | 28.4      | 3.6           | 1.7       | 244.0      |
| Tortilla, Flour, Large, 12"                 | each            | 356.0    | 9.5         | 58.5      | 8.8           | 3.5       | 725.0      |

**Cycle 3 Breakfast Features: October 26 to November 27**

| <b>Mondays Cycle 3</b>               | Portion  | Calories | Protein gm | Carb. gm | Total Fat gm | Fiber gm | Sodium mg |
|--------------------------------------|----------|----------|------------|----------|--------------|----------|-----------|
| Fruit, Fresh, Seasonal, Ass't        | Serving  | 54.4     | 0.8        | 13.5     | 0.3          | 1.8      | 2.3       |
| Juice, Orange, 4 fl-oz               | carton   | 54.6     | 1.0        | 12.5     | 0.3          | 0.2      | 1.2       |
| Bagel Sandwich: Egg, Ham, & Cheddar  | Each     | 335      | 20.55      | 39.7     | 9.5          | 1.0      | 930       |
| Bagel Sandwich: Egg & Cheddar        | Each     | 360      | 19         | 39.4     | 13.4         | 1.0      | 685       |
| <b>Tuesdays Cycle 3</b>              | Portion  | Calories | Protein gm | Carb. gm | Total Fat gm | Fiber gm | Sodium mg |
| Burrito, Breakfast Egg & Cheese      | Each     | 186.9    | 8.1        | 27.2     | 4.9          | 1.1      | 434.3     |
| Fruit, Fresh, Seasonal, Ass't        | Serving  | 54.4     | 0.8        | 13.5     | 0.3          | 1.8      | 2.3       |
| Juice, Orange, 4 fl-oz               | carton   | 54.6     | 1.0        | 12.5     | 0.3          | 0.2      | 1.2       |
| Ketchup Packet                       | pkt      | 10.0     | 0.0        | 3.0      | 0.0          | 0.0      | 105.0     |
| Potatoes, Hash Browns                | Pattie   | 140.0    | 2.0        | 16.0     | 7.0          | 2.0      | 270.0     |
| Sauce, Salsa Packet                  | pc       | 5.0      | 0.0        | 1.0      | 0.0          | 0.0      | 120.0     |
| <b>Wednesdays Cycle 3</b>            | Portion  | Calories | Protein gm | Carb. gm | Total Fat gm | Fiber gm | Sodium mg |
| Biscuit                              | each     | 230.0    | 5.0        | 31.0     | 9.0          | 1.0      | 770.0     |
| Eggs, Scrambled                      | 1/3 cup  | 116.4    | 7.8        | 2.6      | 7.8          | 0.0      | 323.3     |
| Fruit, Fresh, Seasonal, Ass't        | Serving  | 54.4     | 0.8        | 13.5     | 0.3          | 1.8      | 2.3       |
| Jelly, assorted flavor, packet       | pc       | 39.4     | 0.1        | 9.8      | 0.0          | 0.2      | 4.5       |
| Juice, Orange, 4 fl-oz               | carton   | 54.6     | 1.0        | 12.5     | 0.3          | 0.2      | 1.2       |
| Sausage Breakfast Link, Low Fat Pork | link     | 50.0     | 3.5        | 0.5      | 3.5          | 0.0      | 125.0     |
| <b>Thursdays Cycle 3</b>             | Portion  | Calories | Protein gm | Carb. gm | Total Fat gm | Fiber gm | Sodium mg |
| French Toast (2)                     | 2 slices | 300.0    | 12.0       | 54.0     | 6.0          | 8.0      | 760.0     |
| Fruit, Fresh, Seasonal, Ass't        | Serving  | 54.4     | 0.8        | 13.5     | 0.3          | 1.8      | 2.3       |
| Juice, Orange, 4 fl-oz               | carton   | 54.6     | 1.0        | 12.5     | 0.3          | 0.2      | 1.2       |
| Syrup Packet                         | pc       | 111.4    | 0.0        | 28.6     | 0.1          | 0.0      | 3.8       |
| Yogurt, 4 oz, Assorted Flavors       | Each     | 92.5     | 3.0        | 19.8     | 0.0          | 0.0      | 75.0      |
| <b>Fridays Cycle 3</b>               | Portion  | Calories | Protein gm | Carb. gm | Total Fat gm | Fiber gm | Sodium mg |
| Fruit, Fresh, Seasonal, Ass't        | Serving  | 54.4     | 0.8        | 13.5     | 0.3          | 1.8      | 2.3       |
| Jelly, assorted flavor, packet       | pc       | 39.4     | 0.1        | 9.8      | 0.0          | 0.2      | 4.5       |
| Juice, Orange, 4 fl-oz               | carton   | 54.6     | 1.0        | 12.5     | 0.3          | 0.2      | 1.2       |
| Omelet, Cheese                       | Each     | 110.0    | 8.0        | 1.0      | 8.0          | 0.0      | 210.0     |
| Toast, Oat Nut                       | Slice    | 200.0    | 6.0        | 36.0     | 3.0          | 2.0      | 380.0     |

**Cycle 4 Features: November 30 to December 17**

| <b>Mondays Cycle 4</b>                       | <b>Portion</b> | <b>Calories</b> | <b>Protein gm</b> | <b>Carb. gm</b> | <b>Total Fat gm</b> | <b>Fiber gm</b> | <b>Sodium mg</b> |
|--|----------------|-----------------|-------------------|-----------------|---------------------|-----------------|------------------|
| Fruit, Fresh, Seasonal, Ass't                | Serving        | 54.4            | 0.8               | 13.5            | 0.3                 | 1.8             | 2.3              |
| Juice, Orange, 4 fl-oz                       | carton         | 54.6            | 1.0               | 12.5            | 0.3                 | 0.2             | 1.2              |
| Pancake Sandwich (Egg, Cheddar & Sausage)    | Each           | 361.7           | 17.6              | 26.9            | 19.9                | 0.0             | 676.7            |
| Pancake Sandwich (Egg & Cheddar Cheese)      | Each           | 316.7           | 14.1              | 26.0            | 17.6                | 0.0             | 511.0            |
| <b>Tuesdays Cycle 4</b>                      | <b>Portion</b> | <b>Calories</b> | <b>Protein gm</b> | <b>Carb. gm</b> | <b>Total Fat gm</b> | <b>Fiber gm</b> | <b>Sodium mg</b> |
| Fruit, Fresh, Seasonal, Ass't                | Serving        | 54.4            | 0.8               | 13.5            | 0.3                 | 1.8             | 2.3              |
| Juice, Orange, 4 fl-oz                       | carton         | 54.6            | 1.0               | 12.5            | 0.3                 | 0.2             | 1.2              |
| Syrup Packet                                 | pc             | 111.4           | 0.0               | 28.6            | 0.1                 | 0.0             | 3.8              |
| Waffle, Belgian                              | Each           | 189.5           | 5.2               | 28.4            | 6.9                 | 3.5             | 413.4            |
| Yogurt, 4 oz, Assorted Flavors               | Each           | 92.5            | 3.0               | 19.8            | 0.0                 | 0.0             | 75.0             |
| <b>Wednesdays Cycle 4</b>                    | <b>Portion</b> | <b>Calories</b> | <b>Protein gm</b> | <b>Carb. gm</b> | <b>Total Fat gm</b> | <b>Fiber gm</b> | <b>Sodium mg</b> |
| Cinnamon Roll, Whole Grain (3 small)         | 3 each         | 315.0           | 6.0               | 52.5            | 7.5                 | 4.5             | 435              |
| Fruit, Fresh, Seasonal, Ass't                | Serving        | 54.4            | 0.8               | 13.5            | 0.3                 | 1.8             | 2.3              |
| Juice, Orange, 4 fl-oz                       | carton         | 54.6            | 1.0               | 12.5            | 0.3                 | 0.2             | 1.2              |
| Sausage Breakfast Link, Low Fat Pork         | links          | 100.0           | 7.0               | 1.0             | 7.0                 | 0.0             | 250.0            |
| <b>Thursdays, Cycle 4</b>                    | <b>Portion</b> | <b>Calories</b> | <b>Protein gm</b> | <b>Carb. gm</b> | <b>Total Fat gm</b> | <b>Fiber gm</b> | <b>Sodium mg</b> |
| English Muffin Sandwich Egg, Cheddar & Bacon | Each           | 315.0           | 15.6              | 25.2            | 13.2                | 1.0             | 620.0            |
| English Muffin Sandwich Egg & Cheddar Cheese | Each           | 320.0           | 16.0              | 25.4            | 13.9                | 1.0             | 515.0            |
| Fruit, Fresh, Seasonal, Ass't                | Serving        | 54.4            | 0.8               | 13.5            | 0.3                 | 1.8             | 2.3              |
| Juice, Orange, 4 fl-oz                       | carton         | 54.6            | 1.0               | 12.5            | 0.3                 | 0.2             | 1.2              |
| <b>Fridays Cycle 4</b>                       | <b>Portion</b> | <b>Calories</b> | <b>Protein gm</b> | <b>Carb. gm</b> | <b>Total Fat gm</b> | <b>Fiber gm</b> | <b>Sodium mg</b> |
| Eggs Scrambled With Cheddar                  | 1/3 cup        | 201.2           | 12.9              | 2.3             | 15.2                | 0.0             | 418.0            |
| Fruit, Fresh, Seasonal, Ass't                | Serving        | 54.4            | 0.8               | 13.5            | 0.3                 | 1.8             | 2.3              |
| Juice, Orange, 4 fl-oz                       | carton         | 54.6            | 1.0               | 12.5            | 0.3                 | 0.2             | 1.2              |
| Sauce, Salsa Packet                          | pc             | 5.0             | 0.0               | 1.0             | 0.0                 | 0.0             | 120.0            |
| Tortilla, Flour, Medium                      | Each           | 166.0           | 4.4               | 28.4            | 3.6                 | 1.7             | 244.0            |
| <b>ALPHABETICAL LISTING</b>                  | <b>Portion</b> | <b>Calories</b> | <b>Protein gm</b> | <b>Carb. gm</b> | <b>Total Fat gm</b> | <b>Fiber gm</b> | <b>Sodium mg</b> |
| Apple Slices, canned                         | half cup       | 68.3            | 0.2               | 17.0            | 0.5                 | 1.7             | 3.1              |
| Apples, Fresh Sliced (from bulk packages)    | 1/2 cup        | 26.5            | 0.2               | 7.0             | 0.1                 | 0.7             | 0.0              |
| Apples, Fresh Sliced, Individual Bags        | 2 oz bag       | 28.0            | 0.4               | 7.3             | 0.0                 | 1.2             | 26.0             |
| Applesauce                                   | 1/2 cup        | 96.9            | 0.2               | 25.4            | 0.2                 | 1.5             | 3.8              |
| Apricot Cup, 4.5 oz each                     | 4.5 oz         | 124.4           | 0.9               | 32.0            | 0.1                 | 2.9             | 5.3              |
| Bagel & Cream Cheese:                        | Serving        | 289             | 9.14              | 39              | 10.4                | 1.0             | 464              |
| Bagel & Jelly                                | each           | 229.4           | 7.1               | 47.8            | 0.5                 | 1.2             | 385              |
| Bagel, 2.3 oz (Sara Lee)                     | each           | 190.0           | 7.0               | 38.0            | 0.5                 | 1.0             | 380.0            |
| Bagel Sandwich: Egg, Ham, & Cheddar          | Each           | 335             | 20.55             | 39.7            | 9.5                 | 1.0             | 930              |
| Bagel Sandwich: Egg & Cheddar                | Each           | 360             | 19                | 39.4            | 13.4                | 1.0             | 685              |
| Bananas, Medium                              | 1 each         | 108.6           | 1.2               | 27.6            | 0.6                 | 2.8             | 1.2              |
| Bar, Ultimate Breakfast                      | Each           | 270.0           | 4.0               | 44.0            | 8.0                 | 6.0             | 240.0            |
| Bar, Ultimate Breakfast                      | Each           | 270.0           | 4.0               | 44.0            | 8.0                 | 6.0             | 240.0            |
| Biscuit                                      | each           | 230.0           | 5.0               | 31.0            | 9.0                 | 1.0             | 770.0            |
| Bread, Flatbread specialty                   | each           | 140.0           | 5.0               | 25.0            | 2.5                 | 2.0             | 260.0            |
| Bread, Oat-Grain & Nut, OroWeat              | 1 Slice        | 100.0           | 3.0               | 18.0            | 1.5                 | 1.0             | 190.0            |
| Bread, Oat-Grain & Nut, OroWeat              | 2 Slices       | 200.0           | 6.0               | 36.0            | 3.0                 | 2.0             | 380.0            |
| Bread, "Texas" Toast                         | 1 slice        | 100.0           | 3.0               | 19.0            | 1.5                 | 1.0             | 180.0            |
| Bread, Wheat Sandwich                        | 1 slice        | 70.0            | 2.0               | 13.0            | 1.0                 | 1.1             | 100.0            |
| Bun, Hamburger with MultiGrain               | each           | 140.0           | 4.0               | 25.0            | 2.0                 | 3.0             | 240.0            |
| Bun, Hot Dog                                 | each           | 110.0           | 4.0               | 20.0            | 1.5                 | 1.0             | 220.0            |
| Bun, Steak /Submarine Roll                   | each           | 170.0           | 5.0               | 33.0            | 2.0                 | 1.0             | 360.0            |
| Burrito, Breakfast Egg & Cheese              | Each           | 186.9           | 8.1               | 27.2            | 4.9                 | 1.1             | 434.3            |
| Burrito, Breakfast Steak & Egg               | each           | 395.0           | 22.0              | 35.0            | 17.7                | 2.3             | 785.0            |
| Cantaloupe Wedge                             | 1 wedge        | 23.8            | 0.6               | 5.7             | 0.2                 | 0.5             | 6.1              |
| Cantaloupe, Cubed half cup                   | half cup       | 19.9            | 0.5               | 4.7             | 0.2                 | 0.5             | 5.1              |
| Cheese, Cream                                | 1 oz           | 99.0            | 2.1               | 0.8             | 9.9                 | 0.0             | 83.8             |
| Cheese, String Lite, Mozzarella              | each           | 79.4            | 7.8               | 0.9             | 4.9                 | 0.0             | 149.7            |
| Cinnamon Roll, Whole Grain (3 small)         | 3 each         | 315.0           | 6.0               | 52.5            | 7.5                 | 4.5             | 435              |
| Crackers, Grahams, package                   | 1 pkg          | 60.0            | 1.0               | 10.0            | 1.5                 | 0.0             | 65.0             |

| ALPHABETICAL LISTING                         | Portion   | Calories | Protein gm | Carb. gm | Total Fat gm | Fiber gm | Sodium mg |
|--|-----------|----------|------------|----------|--------------|----------|-----------|
| Crackers, Saltines, package                  | 1 pkg     | 25.8     | 0.6        | 4.2      | 0.7          | 0.2      | 63.5      |
| Eggs Scrambled With Cheddar                  | 1/4 cup   | 150.9    | 9.6        | 1.7      | 11.4         | 0.0      | 313.5     |
| Eggs Scrambled With Cheddar                  | 1/3 cup   | 201.2    | 12.9       | 2.3      | 15.2         | 0.0      | 418.0     |
| Eggs, Scrambled 1/4 cup                      | #16       | 87.3     | 5.8        | 1.9      | 5.8          | 0.0      | 242.5     |
| Eggs, Scrambled 1/3 cup                      | 1/3 cup   | 116.4    | 7.8        | 2.6      | 7.8          | 0.0      | 323.3     |
| English Muffin Sandwich Egg, Cheddar & Bacon | Each      | 315.0    | 15.6       | 25.2     | 13.2         | 1.0      | 620.0     |
| English Muffin Sandwich Egg & Cheddar        | Each      | 320.0    | 16.0       | 25.4     | 13.9         | 1.0      | 515.0     |
| English Muffin, Toasted                      | Each      | 150.0    | 4.0        | 24.0     | 1.0          | 1.0      | 210.0     |
| French Toast (1)                             | Each      | 150.0    | 6.0        | 27.0     | 3.0          | 4.0      | 380.0     |
| French Toast (2)                             | 2 slices  | 300.0    | 12.0       | 54.0     | 6.0          | 8.0      | 760.0     |
| Fruit Cocktail                               | 1/2 cup   | 63.9     | 0.5        | 16.4     | 0.1          | 1.8      | 5.6       |
| Fruit, Fresh, Seasonal, Ass't                | Serving   | 54.4     | 0.8        | 13.5     | 0.3          | 1.8      | 2.3       |
| Grapes                                       | 1 bunch   | 50.3     | 0.5        | 12.6     | 0.4          | 0.7      | 1.4       |
| Honeydew Wedge                               | 1 wedge   | 28.0     | 0.4        | 7.3      | 0.1          | 0.5      | 8.0       |
| Honeydew, Cubed, Half Cup                    | half cup  | 19.1     | 0.3        | 5.2      | 0.1          | 0.3      | 5.7       |
| Jelly, assorted flavor, packet               | pc        | 39.4     | 0.1        | 9.8      | 0.0          | 0.2      | 4.5       |
| Juice, Orange, 4 fl-oz                       | carton    | 54.6     | 1.0        | 12.5     | 0.3          | 0.2      | 1.2       |
| Ketchup Packet (1 each)                      | pkt       | 10.0     | 0.0        | 3.0      | 0.0          | 0.0      | 105.0     |
| Ketchup Packet (2 each)                      | pkt       | 20.0     | 0.0        | 6.0      | 0.0          | 0.0      | 210.0     |
| Kiwi Fruit                                   | 1 each    | 46.4     | 0.8        | 11.3     | 0.3          | 2.6      | 3.8       |
| Mandarin Oranges                             | half cup  | 77.0     | 0.6        | 20.4     | 0.1          | 0.9      | 8.0       |
| Milk, 1% (Low Fat)                           | half-pint | 102.5    | 8.0        | 11.7     | 2.6          | 0.0      | 124.4     |
| Milk, Chocolate, 1%                          | each      | 170.0    | 9.0        | 29.0     | 2.5          | 1.3      | 153       |
| Milk, Chocolate: Fat Free                    | each      | 130.0    | 8.0        | 24.0     | 0.0          | 0.0      | 220.0     |
| Milk, Skim (Fat Free)                        | half-pint | 85.8     | 8.4        | 11.9     | 0.4          | 0.0      | 127.4     |
| Milk, Strawberry, 1%, half Pint              | each      | 170.0    | 9.0        | 28.0     | 2.5          | 0.0      | 130       |
| Muffin, Apple Cinnamon                       | Each      | 170.0    | 3.0        | 27.0     | 5.0          | 1.0      | 160.0     |
| Muffin, Banana                               | Each      | 120.0    | 2.0        | 26.0     | 0.0          | 0.0      | 170.0     |
| Muffin, Blueberry                            | Each      | 160.0    | 3.0        | 27.0     | 5.0          | 1.0      | 190.0     |
| Muffin, Corn                                 | Each      | 200.0    | 5.0        | 35.0     | 6.0          | 1.0      | 390.0     |
| Omelet, Cheese                               | Each      | 110.0    | 8.0        | 1.0      | 8.0          | 0.0      | 210.0     |
| Oranges, Mandarin, 4 oz individual cups      | 4 oz cup  | 76.7     | 0.6        | 20.3     | 0.1          | 0.9      | 7.5       |
| Oranges, Medium                              | 1 each    | 61.6     | 1.2        | 15.4     | 0.2          | 3.1      | 0.0       |
| Pancake Sandwich (Egg, Cheddar & Sausage)    | Each      | 361.7    | 17.6       | 26.9     | 19.9         | 0.0      | 676.7     |
| Pancake Sandwich (Egg & Cheddar Cheese)      | Each      | 316.7    | 14.1       | 26.0     | 17.6         | 0.0      | 511.0     |
| Pancakes (3)                                 | pancakes  | 220.0    | 3.0        | 37.0     | 7.0          | 0.0      | 310.0     |
| Pancakes, Sweet Potato                       | 1 each    | 80.0     | 1.5        | 15.0     | 1.8          | 1.0      | 100.0     |
| Pancakes, Sweet Potato                       | 2 each    | 160.0    | 3.0        | 30.0     | 3.6          | 2.0      | 200.0     |
| Pancakes, Sweet Potato                       | 3 each    | 240.0    | 4.5        | 45.0     | 5.4          | 3.0      | 300.0     |
| Peach Cups, 4.4 oz                           | cup       | 120.0    | 0.8        | 30.7     | 0.2          | 2.3      | 120.3     |
| Peaches                                      | 1/2 cup   | 76.6     | 0.7        | 19.6     | 0.2          | 0.9      | 8.8       |
| Pears  | 1/2 cup   | 61.1     | 0.3        | 16.0     | 0.1          | 1.6      | 4.9       |
| Pineapple                                    | 1/2 cup   | 68.7     | 0.6        | 17.8     | 0.1          | 1.5      | 1.1       |
| Pineapple, Cubed, Half Cup = 2 oz = 5 cubes  | half cup  | 27.2     | 0.3        | 7.2      | 0.1          | 0.8      | 0.6       |
| Potato Pancakes, 6 Each,                     | pancakes  | 240.0    | 2.0        | 26.0     | 14.0         | 3.0      | 680.0     |
| Potatoes, Hash Browns                        | Pattie    | 140.0    | 2.0        | 16.0     | 7.0          | 2.0      | 270.0     |
| Raisins, individual box                      | box       | 130.0    | 1.0        | 29.0     | 0.0          | 2.0      | 10.0      |
| Roll, Dinner/Parkerhouse                     | each      | 110.0    | 4.0        | 20.0     | 1.5          | 1.0      | 220.0     |
| Roll, Potato "Petite" Premium (Dinner) roll  | each      | 130.0    | 4.0        | 25.0     | 1.5          | 1.0      | 220.0     |
| Roll, Potato Large, Hamburger Bun size       | each      | 200.0    | 7.0        | 39.0     | 2.0          | 2.0      | 330.0     |
| Sauce, Salsa Packet                          | pc        | 5.0      | 0.0        | 1.0      | 0.0          | 0.0      | 120.0     |
| Sausage Breakfast Link, Low Fat Pork         | link      | 50.0     | 3.5        | 0.5      | 3.5          | 0.0      | 125.0     |
| Sausage Breakfast Link, Low Fat Pork         | links     | 100.0    | 7.0        | 1.0      | 7.0          | 0.0      | 250.0     |
| Sausage Breakfast Link, Low Fat Pork         | links     | 150.0    | 10.5       | 1.5      | 10.5         | 0.0      | 375.0     |
| Strawberries, Fresh, medium                  | 3 medium  | 21.2     | 0.4        | 4.4      | 0.3          | 1.6      | 0.8       |
| Strawberry Cup, 4.5 oz                       | 4.5 oz    | 121.6    | 0.7        | 32.9     | 0.2          | 2.4      | 4.0       |
| Syrup Packet                                 | pc        | 111.4    | 0.0        | 28.6     | 0.1          | 0.0      | 3.8       |
| Toast, Oat Nut                               | Slice     | 200.0    | 6.0        | 36.0     | 3.0          | 2.0      | 380.0     |
| Toast, Wheat                                 | Slice     | 140.0    | 4.0        | 26.0     | 2.0          | 2.2      | 200.0     |
| Toast, Wheat                                 | Slice     | 140.0    | 4.0        | 26.0     | 2.0          | 2.2      | 200.0     |

| <b>ALPHABETICAL LISTING</b>     | <b>Portion</b> | <b>Calories</b> | <b>Protein gm</b> | <b>Carb. gm</b> | <b>Total Fat gm</b> | <b>Fiber gm</b> | <b>Sodium mg</b> |
|---------------------------------|----------------|-----------------|-------------------|-----------------|---------------------|-----------------|------------------|
| Tortilla, Flour, Large, 12"     | each           | 356.0           | 9.5               | 58.5            | 8.8                 | 3.5             | 725.0            |
| Tropical Fruit Mix              | half cup       | 89.2            | 0.0               | 22.3            | 0.0                 | 1.0             | 11.2             |
| Waffle, Belgian                 | Each           | 189.5           | 5.2               | 28.4            | 6.9                 | 3.5             | 413.4            |
| Watermelon Wedge                | 1 wedge        | 45.4            | 0.9               | 10.2            | 0.6                 | 0.7             | 2.8              |
| Watermelon, Cubed, half cup     | half cup       | 18.1            | 0.4               | 4.1             | 0.2                 | 0.3             | 1.1              |
| Yogurt, 4 oz, Assorted Flavors  | avg            | 92.5            | 3.0               | 19.8            | 0.0                 | 0.0             | 75.0             |
| Yogurt, Cherry Vanilla, 4 oz    | each           | 100.0           | 3.0               | 22.0            | 0.0                 | 0.0             | 75.0             |
| Yogurt, Peach, 4 oz             | each           | 90.0            | 3.0               | 19.0            | 0.0                 | 0.0             | 75.0             |
| Yogurt, Raspberry 4 oz          | each           | 90.0            | 3.0               | 19.0            | 0.0                 | 0.0             | 75.0             |
| Yogurt, Strawberry Banana, 4 oz | each           | 90.0            | 3.0               | 19.0            | 0.0                 | 0.0             | 75.0             |
| Yogurt, Strawberry, 4 oz.       | each           | 100.0           | 3.0               | 22.0            | 0.0                 | 0.0             | 75.0             |
| Yogurt, Vanilla 4 oz            | each           | 100.0           | 3.0               | 22.0            | 0.0                 | 0.0             | 75.0             |