

## 2020-2021 Elementary Breakfast – Nutrient Analysis

	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)
<b>Breakfast Entrees</b>																
BREAD, PANCAKES, MINI, STRAWBERRY, IW -	230.00	6.00	0.00	0.00	0.00	260.00	39.00	2.00	14.00	4.00	1.50	60.00	(M)	(M)	0.00	220.00
BREAD, SLICE, BANANA, IW - LR100297 (1 ea.)	260.00	8.00	1.50	0.00	0.00	240.00	45.00	2.00	24.00	5.00	1.00	159.00	0.00	0.00	0.00	113.00
Breakfast, Oatmeal Bar - LR-1431 (1 ea.)	290.00	9.00	3.00	0.00	20.00	240.00	47.00	3.00	22.00	5.00	1.80	20.00	0.00	0.00	(M)	(M)
Cereal, Cinnamon toast crunch - LR100138 (1	228.79	5.97	1.00	0.00	0.00	328.26	44.76	2.98	16.91	2.98	8.06	198.95	994.74	11.94	(M)	(M)
Cereal, Cocoa Puffs - LR100415 (1 ea.)	210.00	2.50	0.00	0.00	0.00	220.00	47.00	3.00	15.00	3.00	9.00	200.00	1250.00	12.00	(M)	(M)
Cereal, Lucky Charms - LR100121 (1 ea.)	210.00	2.50	0.00	0.00	0.00	350.00	46.00	3.00	20.00	4.00	9.00	150.00	1000.00	12.00	(M)	(M)
Doughnut, Mini Breakfast Bites, Glazed - LR100567	250.00	10.00	4.50	0.00	0.00	190.00	37.00	3.00	13.00	5.00	1.80	150.00	(M)	(M)	0.00	80.00
Dunkin Stick - LR100420 (1 ea.)	300.00	10.00	4.00	0.00	0.00	310.00	48.00	3.00	23.00	5.00	2.00	43.00	0.00	0.00	(M)	(M)
ELE - Sandwich, Egg & Cheese Muffin -	210.00	8.00	3.50	0.00	75.00	390.00	24.00	2.00	1.00	9.00	1.80	150.00	(M)	(M)	(M)	(M)
ELE Sausage Biscuit - LR100419 (1 ea.)	230.00	10.00	4.50	0.00	20.00	560.00	26.00	3.00	3.00	10.00	1.80	100.00	0.00	42.00	(M)	(M)
Pancake Wrap, Turkey, 2.85oz - LR-1343 (1 ea.)	200.00	10.00	2.50	0.00	25.00	310.00	17.00	3.00	4.00	7.00	1.80	20.00	0.00	0.00	(M)	(M)
<b>Milk</b>																
Milk, Chocolate, Shelf - LR-1402 (8 fl. oz.)	140.00	0.00	0.00	0.00	5.00	260.00	27.00	0.00	25.00	8.00	0.00	300.00	499.99	0.00	(M)	(M)
Milk, Chocolate, Fresh - LR-1400 (8 fl. oz.)	145.68	0.00	0.00	0.00	5.20	187.30	28.09	0.00	26.01	9.37	0.00	312.17	520.28	1.25	(M)	(M)
Milk, Soy, Shelf - LR100265 (1 ea.)	130.00	4.50	0.50	0.00	0.00	125.00	14.00	1.00	11.00	8.00	1.44	300.00	500.00	0.00	(M)	(M)
Milk, Strawberry, Shelf - LR-1403 (8 fl. oz.)	130.00	0.00	0.00	0.00	5.00	100.00	25.00	0.00	25.00	8.00	0.00	300.00	499.99	0.00	(M)	(M)
Milk, White, Fresh, Fat-Free - LR-1399 (8 fl. oz.)	90.00	0.00	0.00	0.00	5.00	130.00	13.00	0.00	12.00	9.00	0.00	300.00	499.99	0.00	(M)	(M)
Milk, White, Shelf - LR-1401 (8 fl. oz.)	80.00	0.00	0.00	0.00	5.00	110.00	11.00	0.50	11.00	8.00	0.00	250.00	499.99	1.20	(M)	(M)
Milk, White, Shelf, USDA - LR100059 (8 fl. oz.)	80.00	0.00	0.00	0.00	5.00	110.00	11.00	0.50	11.00	8.00	0.00	250.00	500.00	1.20	(M)	(M)
<b>Juice</b>																
ES-Juice, Apple, 4oz. - LR-1411 (4 oz.)	60.00	0.00	0.00	0.00	0.00	10.00	14.00	0.00	13.00	0.00	0.00	0.00	0.00	60.00	(M)	150.00
ES-Juice, Orange, 4oz. Foil top - LR-1410 (4	50.00	0.00	0.00	0.00	0.00	0.00	13.00	0.00	12.00	0.00	0.00	10.00	0.00	60.00	(M)	240.00
ES-Juice, Orange, 4oz- USDA - LR-1434 (4 oz.)	61.00	0.00	0.00	0.00	0.00	2.00	14.00	0.00	10.00	1.00	0.00	10.00	0.00	60.00	(M)	(M)
<b>Fruit</b>																

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Applesauce Cup, Flavored - LR-1354 (1 ea.)	50.00	0.00	0.00	0.00	0.00	0.00	13.00	1.00	11.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Applesauce Cup, USDA - LR-1412 (1 ea.)	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	12.00	(M)	(M)
ES-Strawberries, frozen 4.5oz. - LR-1423 (1 ea.)	90.00	0.00	0.00	0.00	0.00	0.00	22.00	2.00	18.00	1.00	0.75	14.00	31.00	52.80	(M)	(M)
Fruit, Dried, Cranberries, IW pkg. - LR100315 (1	110.00	0.00	0.00	0.00	0.00	0.00	28.00	3.00	24.00	0.00	(M)	(M)	(M)	(M)	(M)	(M)
Fruit-Grapes 1/2 c. - LR-1384 (1/2 c.)	22.78	0.12	0.04	0.00	0.00	0.68	5.83	0.31	(M)	0.21	0.10	4.76	34.00	1.36	(M)	(M)
Mandarin Orange, Cup - LR100195 (1 ea.)	70.00	0.00	0.00	0.00	0.00	5.00	17.00	1.00	15.00	0.00	0.36	0.00	500.00	27.00	(M)	(M)
Mixed Berry, 4oz. frozen, Cup - LR100398 (1 ea.)	90.00	0.00	0.00	0.00	0.00	0.00	20.00	2.00	16.00	0.00	0.00	0.00	0.00	0.00	(M)	(M)
Mixed Fruit, Cup - LR100196 (1 ea.)	50.00	0.00	0.00	0.00	0.00	15.00	13.00	0.00	12.00	0.00	0.00	0.00	300.00	18.00	(M)	(M)
Peaches, Diced, Cup - LR100193 (1 ea.)	50.00	0.00	0.00	0.00	0.00	15.00	13.00	0.00	12.00	0.00	0.00	0.00	300.00	18.00	(M)	(M)
Pears, Diced, Cup - LR100194 (1 ea.)	50.00	0.00	0.00	0.00	0.00	15.00	13.00	0.00	12.00	0.00	0.00	0.00	300.00	18.00	(M)	(M)
Pineapple, Tidbits, Cup - LR100197 (1 ea.)	60.00	0.00	0.00	0.00	0.00	0.00	15.00	1.00	14.00	1.00	0.36	0.00	0.00	30.00	(M)	(M)
S-Whole, Pear - LR100224 (1 ea.)	85.84	0.18	0.02	(M)	0.00	1.48	22.88	4.59	(M)	0.56	0.25	13.32	34.04	6.22	(M)	(M)
Whole, Apple, ELE - LR-1426 (1 ea.)	55.12	0.18	0.03	0.00	0.00	1.06	14.64	2.54	(M)	0.28	0.13	6.36	57.24	4.88	(M)	(M)
Whole, Kiwi - LR-1383 (1 fruit with)	46.36	0.40	0.02	0.00	0.00	2.28	11.14	2.28	(M)	0.87	0.24	25.84	66.12	70.45	(M)	(M)
Whole, Orange - LR-1375 (1 ea.)	61.57	0.16	0.03	0.00	0.00	0.00	15.39	3.14	(M)	1.23	0.13	52.40	294.75	69.69	(M)	(M)