

2020-2021 Secondary 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)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)
Breakfast Entrees																		
BAGEL, MINI W/ STRAWBERRY CREAM	230.00	6.00	2.00	0.00	10.00	190.00	42.00	2.00	13.00	12.00	6.00	2.00	30.00	0.00	0.00	0.00	140.06	(M)
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	(M)	5.00	1.80	20.00	0.00	0.00	(M)	(M)	(M)
Cereal, Cinnamon toast crunch - LR100138 (1 ea.)	228.79	5.97	1.00	0.00	0.00	328.26	44.76	2.98	16.91	(M)	2.98	8.06	198.95	994.74	11.94	(M)	(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	(M)	3.00	9.00	200.00	1250.00	12.00	(M)	(M)	0.00
Cereal, Lucky Charms - LR100121 (1 ea.)	210.00	2.50	0.00	0.00	0.00	350.00	46.00	3.00	20.00	(M)	4.00	9.00	150.00	1000.00	12.00	(M)	(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	(M)	7.00	1.80	20.00	0.00	0.00	(M)	(M)	(M)
Roll, Cinnamon - LR100192 (1 ea.)	210.00	5.00	1.00	0.00	0.00	250.00	34.00	3.00	9.00	8.00	6.00	2.00	30.00	0.00	0.00	0.00	(M)	(M)
SEC - Chicken and Cheese Biscuit - LR-1277 (1 ea.)	339.22	13.34	4.78	0.00	42.50	910.00	36.72	1.78	6.34	0.00(M)	7.06	2.28	221.59	150.00(M)	1.07(M)	0.00(M)	167.00(M)	(M)
SEC - Bacon, Egg & Cheese Biscuit - LR-1130 (1 ea.)	382.63	18.54	5.97	0.00	113.75	1050.56	45.46	3.53	0.00(M)	0.00(M)	12.60	2.90	173.64	251.25	0.00	(M)	(M)	0.00(M)
SEC - Sausage & Cheese Biscuit - LR-1130 (1 ea.)	397.63	19.29	5.72	0.00	115.00	1078.06	45.46	3.53	1.00(M)	0.00(M)	13.85	2.90	136.14	176.25	0.00	(M)	(M)	0.00(M)
Milk																		
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	(M)	8.00	0.00	300.00	499.99	0.00	(M)	(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	(M)	9.37	0.00	312.17	520.28	1.25	(M)	(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	(M)	8.00	1.44	300.00	500.00	0.00	(M)	(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	(M)	8.00	0.00	300.00	499.99	0.00	(M)	(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	(M)	9.00	0.00	300.00	499.99	0.00	(M)	(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	(M)	8.00	0.00	250.00	499.99	1.20	(M)	(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	(M)	8.00	0.00	250.00	500.00	1.20	(M)	(M)	(M)
Juice																		
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	(M)	0.00	0.00	0.00	0.00	60.00	(M)	150.00	(M)
ES-Juice, Orange, 4oz. Foil top - LR-1410 (4 oz.)	50.00	0.00	0.00	0.00	0.00	0.00	13.00	0.00	12.00	(M)	0.00	0.00	10.00	0.00	60.00	(M)	240.00	(M)
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	(M)	1.00	0.00	10.00	0.00	60.00	(M)	(M)	(M)
Fruit																		
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	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(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	(M)	0.00	0.00	0.00	0.00	12.00	(M)	(M)	(M)
ES-Strawberries, frozen 4.5oz. - LR-1423 (4 1/2 oz.)	90.00	0.00	0.00	0.00	0.00	0.00	22.00	2.00	18.00	(M)	1.00	0.75	14.00	31.00	52.80	(M)	(M)	(M)

2020-2021 Secondary Breakfast – Nutrient Analysis

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	(M)	0.00	(M)	(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)	(M)	0.21	0.10	4.76	34.00	1.36	(M)	(M)	27.64
Mandarin Orange, Cup - LR100195 (1 ea.)	70.00	0.00	0.00	0.00	0.00	5.00	17.00	1.00	15.00	(M)	0.00	0.36	0.00	500.00	27.00	(M)	(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	(M)	0.00	0.00	0.00	0.00	0.00	(M)	(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	(M)	0.00	0.00	0.00	300.00	18.00	(M)	(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	(M)	0.00	0.00	0.00	300.00	18.00	(M)	(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	(M)	0.00	0.00	0.00	300.00	18.00	(M)	(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	(M)	1.00	0.36	0.00	0.00	30.00	(M)	(M)	(M)
SEC- Blueberries - LR100136 (1 ea.)	44.29	0.55	0.00	0.00	0.00	0.00	9.41	2.21	6.64	(M)	0.00	0.00	0.00	0.00	1.99	(M)	41.63	(M)
S-Whole, Apple - LR-1374 (1 ea.)	117.93	0.39	0.07	0.00	0.00	2.27	31.32	5.44	(M)	(M)	0.59	0.27	13.61	122.47	10.43	(M)	(M)	194.05
S-Whole, Kiwi - LR-1438 (1 ea.)	46.36	0.40	0.02	0.00	0.00	2.28	11.14	2.28	(M)	(M)	0.87	0.24	25.84	66.12	70.45	(M)	(M)	63.13
S-Whole, Orange - LR-1436 (1 ea.)	61.57	0.16	0.03	0.00	0.00	0.00	15.39	3.14	(M)	(M)	1.23	0.13	52.40	294.75	69.69	(M)	(M)	113.64
S-Whole, Pear - LR100224 (1 ea.)	85.84	0.18	0.02	(M)	0.00	1.48	22.88	4.59	(M)	(M)	0.56	0.25	13.32	34.04	6.22	(M)	(M)	123.89