

## 2023-2024 Elementary & Boreal Sun Charter School Breakfast - Nutrient Analysis

Menu Item (Serving Size)	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)
<b>Breakfast Entrée</b>																		
BAGEL, MINI W/ STRAWBERRY CREAM CHEESE, IW - LR100323	230.00	6.00	2.00	0.00	10.00	190.00	42.00	2.00	13.00	12.00	6.00	1.60	30.00	0.00	0.00	0.00	140.06	(M)
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	23.00	5.00	1.00	159.00	0.00	0.00	0.00	113.00	(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)
GOODY PULL APART, WG GLAZED CINNAMON, IW -	240.00	11.00	4.50	0.00	0.00	300.00	31.00	2.00	8.00	8.00	4.00	1.00	24.00	0.00	0.00	0.00	83.19	0.00
HOLES, POWDERED DONUT, MINI - LR100973 (1 ea.)	280.00	12.00	4.50	0.00	0.00	230.00	42.00	2.00	21.00	20.00	4.00	1.00	26.00	0.00	0.00	0.00	106.22	0.00
PIZZA, BREAKFAST WG BAGEL, TURKEY SAUSAGE & EGG -	180.00	6.00	3.00	0.00	55.00	380.00	23.00	2.00	6.00	1.00	9.00	1.30	200.00	40.00	0.00	0.00	160.00	0.00
<b>Milk</b>																		
Milk, Chocolate, Fresh - LR-1400 (8 fl. oz.)	135.27	0.00	0.00	0.00	5.20	218.52	24.97	0.00	22.89	22.89	8.32	0.38	312.17	520.28	1.25	5.20	437.22	(M)
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, Soy, Shelf - LR100265 (1 ea.)	130.00	4.50	0.50	0.00	0.00	110.00	13.00	2.00	11.00	10.00	8.00	1.44	300.00	500.00	0.00	25.00	350.15	(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	12.00	9.00	0.00	300.00	499.99	0.00	5.00	439.91	(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)
<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	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	0.00	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)
<b>Fruit</b>																		
APPLESAUCE CUP, BLUE RASPBERRY - LR100979 (1	70.00	0.00	0.00	0.00	0.00	0.00	17.00	1.00	14.00	3.00	0.00	0.00	0.00	0.00	0.00	0.00	86.95	0.00
APPLESAUCE CUP, CINNAMON - 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)

## 2023-2024 Elementary & Boreal Sun Charter School Breakfast - Nutrient Analysis

APPLESAUCE, CHERRY - LR100782 (1 ea.)	60.00	0.00	0.00	0.00	0.00	10.00	15.00	1.00	12.00	0.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00	0.00
FRT, CUP, GEL, CHERRY (100% FRUIT JUICE) - LR100886 (1/2)	90.00	0.00	0.00	0.00	0.00	5.00	22.00	0.00	20.00	0.00	0.00	0.00	0.00	0.00	30.00	0.00	0.00	0.00
FRT, CUP, GEL, MANDARIN ORANGE (100% FRUIT JUICE) -	70.00	0.00	0.00	0.00	0.00	5.00	18.00	0.00	17.00	0.00	0.00	0.00	0.00	0.00	30.00	0.00	0.00	0.00
FRT, CUP, GEL, PEACHES IN STRAWBERRY (100% FRUIT	100.00	0.00	0.00	0.00	0.00	30.00	24.00	1.00	22.00	20.00	0.00	0.00	0.00	0.00	17.00	0.00	0.00	0.00
FRT, CUP, GEL, STRAWBERRY (100% FRUIT JUICE) -	80.00	0.00	0.00	0.00	0.00	10.00	19.00	0.00	18.00	0.00	0.00	0.00	30.00	0.00	0.00	0.00	0.00	0.00
FRT, CUP, PEACH, USDA FROZEN - LR100885 (1 ea.)	90.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	19.00	0.00	1.00	0.00	0.00	0.00	0.00	(M)	(M)	(M)
FRT-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	(M)	1.00	0.75	14.00	31.00	52.80	(M)	(M)	(M)
Fruit, Dried, Cranberries, IW pkg. - LR100315 (1 ea.)	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, Strawberries, whole - LR100666 (1/2 c.)	23.04	0.22	0.01	0.00	0.00	0.72	5.53	1.44	(M)	(M)	0.48	0.30	11.52	8.64	42.34	(M)	(M)	65.48
Fruit-Grapes 1/2 c. - LR-1384 (1/2 c.)	67.00	0.35	0.11	0.00	0.00	2.00	17.15	0.90	(M)	(M)	0.63	0.29	14.00	100.00	4.00	(M)	(M)	81.30
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.)	53.00	0.00	0.00	0.00	0.00	4.50	12.20	3.30	8.50	0.00	0.30	0.00	20.00	0.00	1.20	0.00	94.00	0.00
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
Whole, Apple, ELE - LR-1426 (1 ea.)	55.12	0.18	0.03	0.00	0.00	1.06	14.64	2.54	(M)	(M)	0.28	0.13	6.36	57.24	4.88	(M)	(M)	90.69
Whole, Kiwi - LR-1383 (1 fruit with)	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
Whole, Orange - LR-1375 (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