

Nutrients by Item - Cycle: Secondary Breakfast

Grade Range: 06-12

Week 2 - Day 1 - Breakfast	Portion Size	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	g Fiber	g T-Sugars	g Carb
JUICE, 4OZ ORANGE, 70/CS	1 Carton	56.00	0.00	0.00	0.00	0.24	0.88	0.40	10.40	12.88
JUICE, 4 OZ APPLE, 70/CS	1 Each	52.16	4.54	0.00	0.00	0.00	0.11	0.23	10.91	12.81
Fruit, Apples, Fuji 138CT	1 EA	94.64	1.82	0.05	*	0.31	0.47	4.37	18.91	25.13
Fruit, Banana, 40#	1 EA	105.02	1.18	0.13	*	0.39	1.29	3.07	14.43	26.95
Fruit, Orange, 138 CT	1 EA	64.86	0.00	0.04	*	0.30	0.99	3.38	12.89	16.27
FRUIT, CANNED, APPLESAUCE UNSWEETNED	1 1/2 cup	51.00	2.00	0.00	0.00	0.00	0.00	1.00	11.00	14.00
FRUIT, APPLE SAUCE, GRADE A FANCY 6/#10	1 1/2 cup	90.00	10.00	0.00	0.00	0.00	0.00	2.00	18.00	22.00
FRUIT, CANNED, APPLESAUCE UNSWEETENED CUPS	1 1/2 cup	51.00	2.00	0.00	0.00	0.00	0.00	1.00	11.00	14.00
FRUIT, CANNED, APPLE SLICES UNSWEETENED	1 1/2 cup	50.00	10.00	0.00	0.00	0.00	0.00	2.00	9.00	12.00
FRUIT, PEACHES, IRREGULAR YC LS 6/#10	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	13.00	17.00
FRUIT, FROZEN, PEACHES DICED CUPS	1 EA	80.00	0.00	0.00	0.00	0.00	1.00	1.00	16.00	19.00
FRUIT, CANNED, PEACHES DICED, EXTRA LIGHT SYRUP	1 Cup	120.00	10.00	0.00	0.00	0.00	0.00	2.00	26.00	28.00
FRUIT, CANNED, PEACHES SLICED, EXTRA LIGHT SYRUP	1 Cup	120.00	20.00	0.00	0.00	0.00	0.00	0.00	22.00	28.00
FRUIT, CANNED, PEARS DICED, EXTRA LIGHT SYRUP	1 1/2 cup	60.00	5.00	0.00	0.00	0.00	0.00	2.00	12.00	16.00
FRUIT, PEARS, DICED LIGHT SYRUP 6/#10	1 1/2 cup	80.00	15.00	0.00	0.00	0.00	0.00	1.00	15.00	19.00
FRUIT, FRUIT COCKTAIL, LIGHT SYRUP 6/#10	1 1/2 cup	80.00	10.00	0.00	0.00	0.00	1.00	2.00	13.00	19.00
FRUIT, CANNED, MIXED FRUIT LIGHT SYRUP	1 1/2 cup	60.00	5.00	0.00	0.00	0.00	0.00	1.00	12.00	15.00
FRUIT, PINEAPPLE, TIDBITS NAT JUICE 6/#10	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	14.00	17.00
FRUIT, FROZEN, STRAWBERRIED DICED CUPS	1 EA	90.00	0.00	0.00	0.00	0.00	1.00	2.00	18.00	22.00
MILK, HP SKIM MILK, 50/CS	1 Each	83.30	102.90	0.12	*	0.20	8.26	0.00	12.47	12.15
MILK, HPT 1% LOWFAT 50/CS	1 Each	102.48	107.36	1.54	*	2.37	8.22	0.00	12.69	12.18

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MILK, HPT FF CHOC, 50/CS	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
MILK, HPT FF STRAW, 50/CS	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
Cinnamon Toast	1 Slice	86.31	140.01	0.00	0.00	1.00	3.00	1.06	3.56	16.65
Butter Toast	1 Slice	80.00	140.00	0.00	0.00	1.00	3.00	1.00	2.00	15.00
CONDIMENT, JELLY, POCO PAC GRAPE/APPLE JELLY 200 / 10 GM	1 Each	25.52	0.43	0.00	*	0.00	0.02	0.03	3.22	6.69
Breakfast, Cereal Rice Krispies Bulk Case/4	1 EA	100.00	170.00	0.00	0.00	0.50	2.00	1.00	1.00	23.00
Breakfast, Cereal Raisin Bran WG Case/96	1 Each	110.00	125.00	0.00	0.00	0.50	3.00	4.00	10.00	27.00
CEREAL, GOLDEN GRAHAMS WG BOWL 96 OZ	1 Each	111.38	222.75	0.00	0.00	1.01	1.01	1.01	9.11	24.30
CEREAL, FROSTED FLAKE MG WG R/S BOWL 96 CT	1 Each	100.00	160.00	0.00	0.00	0.00	2.00	3.00	7.00	24.00
CEREAL, FROOT LOOPS WG R/S BOWL 96 CT	1 Each	110.00	170.00	0.50	0.00	1.00	2.00	3.00	8.00	24.00
CEREAL, CNTRY CORN FLAKES, WG BOWL 96 OZ	1 Each	70.00	170.00	0.00	0.00	0.50	1.00	1.00	2.00	16.00
CEREAL, HONEY NUT CHEERIO WG, GLUTEN FREE BOWL (SEC ONLY) 96 OZ	1 Each	110.00	159.97	0.00	0.00	1.52	2.00	2.00	9.00	22.00
YOGURT, 4 OZ TRIX LF STRAWBERRY BANANA BASH, 48/CASE	1 Each	100.00	50.00	0.50	0.00	0.50	3.00	*	13.00	20.00
YOGURT, 4 OZ TRIX LF RASPBERRY RAINBOW, 48/CASE	1 Each	100.00	50.00	0.50	0.00	0.50	3.00	*	14.00	20.00
Egg and Cheese Biscuit	1 Each	190.00	470.00	5.25	0.00	10.50	8.50	1.74	2.00	17.00

Week 2 - Day 2 - Breakfast	Portion Size	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	g Fiber	g T-Sugars	g Carb
JUICE, 4OZ ORANGE, 70/CS	1 Carton	56.00	0.00	0.00	0.00	0.24	0.88	0.40	10.40	12.88
JUICE, 4 OZ APPLE, 70/CS	1 Each	52.16	4.54	0.00	0.00	0.00	0.11	0.23	10.91	12.81
Fruit, Apples, Fuji 138CT	1 EA	94.64	1.82	0.05	*	0.31	0.47	4.37	18.91	25.13
Fruit, Banana, 40#	1 EA	105.02	1.18	0.13	*	0.39	1.29	3.07	14.43	26.95
Fruit, Orange, 138 CT	1 EA	64.86	0.00	0.04	*	0.30	0.99	3.38	12.89	16.27
FRUIT, CANNED, APPLESAUCE UNSWEETNED	1 1/2 cup	51.00	2.00	0.00	0.00	0.00	0.00	1.00	11.00	14.00

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FRUIT, APPLE SAUCE, GRADE A FANCY 6/#10	1 1/2 cup	90.00	10.00	0.00	0.00	0.00	0.00	2.00	18.00	22.00
FRUIT, CANNED, APPLESAUCE UNSWEETENED CUPS	1 1/2 cup	51.00	2.00	0.00	0.00	0.00	0.00	1.00	11.00	14.00
FRUIT, CANNED, APPLE SLICES UNSWEETENED	1 1/2 cup	50.00	10.00	0.00	0.00	0.00	0.00	2.00	9.00	12.00
FRUIT, PEACHES, IRREGULAR YC LS 6/#10	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	13.00	17.00
FRUIT, FROZEN, PEACHES DICED CUPS	1 EA	80.00	0.00	0.00	0.00	0.00	1.00	1.00	16.00	19.00
FRUIT, CANNED, PEACHES DICED, EXTRA LIGHT SYRUP	1 Cup	120.00	10.00	0.00	0.00	0.00	0.00	2.00	26.00	28.00
FRUIT, CANNED, PEACHES SLICED, EXTRA LIGHT SYRUP	1 Cup	120.00	20.00	0.00	0.00	0.00	0.00	0.00	22.00	28.00
FRUIT, CANNED, PEARS DICED, EXTRA LIGHT SYRUP	1 1/2 cup	60.00	5.00	0.00	0.00	0.00	0.00	2.00	12.00	16.00
FRUIT, PEARS, DICED LIGHT SYRUP 6/#10	1 1/2 cup	80.00	15.00	0.00	0.00	0.00	0.00	1.00	15.00	19.00
FRUIT, FRUIT COCKTAIL, LIGHT SYRUP 6/#10	1 1/2 cup	80.00	10.00	0.00	0.00	0.00	1.00	2.00	13.00	19.00
FRUIT, CANNED, MIXED FRUIT LIGHT SYRUP	1 1/2 cup	60.00	5.00	0.00	0.00	0.00	0.00	1.00	12.00	15.00
FRUIT, PINEAPPLE, TIDBITS NAT JUICE 6/#10	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	14.00	17.00
FRUIT, FROZEN, STRAWBERRIED DICED CUPS	1 EA	90.00	0.00	0.00	0.00	0.00	1.00	2.00	18.00	22.00
MILK, HP SKIM MILK, 50/CS	1 Each	83.30	102.90	0.12	*	0.20	8.26	0.00	12.47	12.15
MILK, HPT 1% LOWFAT 50/CS	1 Each	102.48	107.36	1.54	*	2.37	8.22	0.00	12.69	12.18
MILK, HPT FF CHOC, 50/CS	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
MILK, HPT FF STRAW, 50/CS	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
Cinnamon Toast	1 Slice	86.31	140.01	0.00	0.00	1.00	3.00	1.06	3.56	16.65
Butter Toast	1 Slice	80.00	140.00	0.00	0.00	1.00	3.00	1.00	2.00	15.00
CONDIMENT, JELLY, POCO PAC GRAPE/APPLE JELLY 200 / 10 GM	1 Each	25.52	0.43	0.00	*	0.00	0.02	0.03	3.22	6.69
Breakfast, Cereal Rice Krispies Bulk Case/4	1 EA	100.00	170.00	0.00	0.00	0.50	2.00	1.00	1.00	23.00

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Breakfast, Cereal Raisin Bran WG Case/96	1 Each	110.00	125.00	0.00	0.00	0.50	3.00	4.00	10.00	27.00
CEREAL, GOLDEN GRAHAMS WG BOWL 96 OZ	1 Each	111.38	222.75	0.00	0.00	1.01	1.01	1.01	9.11	24.30
CEREAL, FROSTED FLAKE MG WG R/S BOWL 96 CT	1 Each	100.00	160.00	0.00	0.00	0.00	2.00	3.00	7.00	24.00
CEREAL, FROOT LOOPS WG R/S BOWL 96 CT	1 Each	110.00	170.00	0.50	0.00	1.00	2.00	3.00	8.00	24.00
CEREAL, CNTRY CORN FLAKES, WG BOWL 96 OZ	1 Each	70.00	170.00	0.00	0.00	0.50	1.00	1.00	2.00	16.00
CEREAL, HONEY NUT CHEERIO WG, GLUTEN FREE BOWL (SEC ONLY) 96 OZ	1 Each	110.00	159.97	0.00	0.00	1.52	2.00	2.00	9.00	22.00
YOGURT, 4 OZ TRIX LF STRAWBERRY BANANA BASH, 48/CASE	1 Each	100.00	50.00	0.50	0.00	0.50	3.00	*	13.00	20.00
YOGURT, 4 OZ TRIX LF RASPBERRY RAINBOW, 48/CASE	1 Each	100.00	50.00	0.50	0.00	0.50	3.00	*	14.00	20.00
MEAT, BREAKFAST, PIZZA SQUARE TKY SAUS WG 128 CT	1 Each	210.00	480.00	2.00	0.00	7.00	9.00	2.00	9.00	26.00

Week 2 - Day 3 - Breakfast	Portion Size	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	g Fiber	g T-Sugars	g Carb
JUICE, 4OZ ORANGE, 70/CS	1 Carton	56.00	0.00	0.00	0.00	0.24	0.88	0.40	10.40	12.88
JUICE, 4 OZ APPLE, 70/CS	1 Each	52.16	4.54	0.00	0.00	0.00	0.11	0.23	10.91	12.81
Fruit, Apples, Fuji 138CT	1 EA	94.64	1.82	0.05	*	0.31	0.47	4.37	18.91	25.13
Fruit, Banana, 40#	1 EA	105.02	1.18	0.13	*	0.39	1.29	3.07	14.43	26.95
Fruit, Orange, 138 CT	1 EA	64.86	0.00	0.04	*	0.30	0.99	3.38	12.89	16.27
FRUIT, CANNED, APPLESAUCE UNSWEETNED	1 1/2 cup	51.00	2.00	0.00	0.00	0.00	0.00	1.00	11.00	14.00
FRUIT, APPLE SAUCE, GRADE A FANCY 6/#10	1 1/2 cup	90.00	10.00	0.00	0.00	0.00	0.00	2.00	18.00	22.00
FRUIT, CANNED, APPLESAUCE UNSWEETENED CUPS	1 1/2 cup	51.00	2.00	0.00	0.00	0.00	0.00	1.00	11.00	14.00
FRUIT, CANNED, APPLE SLICES UNSWEETENED	1 1/2 cup	50.00	10.00	0.00	0.00	0.00	0.00	2.00	9.00	12.00

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FRUIT, PEACHES, IRREGULAR YC LS 6/#10	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	13.00	17.00
FRUIT, FROZEN, PEACHES DICED CUPS	1 EA	80.00	0.00	0.00	0.00	0.00	1.00	1.00	16.00	19.00
FRUIT, CANNED, PEACHES DICED, EXTRA LIGHT SYRUP	1 Cup	120.00	10.00	0.00	0.00	0.00	0.00	2.00	26.00	28.00
FRUIT, CANNED, PEACHES SLICED, EXTRA LIGHT SYRUP	1 Cup	120.00	20.00	0.00	0.00	0.00	0.00	0.00	22.00	28.00
FRUIT, CANNED, PEARS DICED, EXTRA LIGHT SYRUP	1 1/2 cup	60.00	5.00	0.00	0.00	0.00	0.00	2.00	12.00	16.00
FRUIT, PEARS, DICED LIGHT SYRUP 6/#10	1 1/2 cup	80.00	15.00	0.00	0.00	0.00	0.00	1.00	15.00	19.00
FRUIT, FRUIT COCKTAIL, LIGHT SYRUP 6/#10	1 1/2 cup	80.00	10.00	0.00	0.00	0.00	1.00	2.00	13.00	19.00
FRUIT, CANNED, MIXED FRUIT LIGHT SYRUP	1 1/2 cup	60.00	5.00	0.00	0.00	0.00	0.00	1.00	12.00	15.00
FRUIT, PINEAPPLE, TIDBITS NAT JUICE 6/#10	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	14.00	17.00
FRUIT, FROZEN, STRAWBERRIED DICED CUPS	1 EA	90.00	0.00	0.00	0.00	0.00	1.00	2.00	18.00	22.00
MILK, HP SKIM MILK, 50/CS	1 Each	83.30	102.90	0.12	*	0.20	8.26	0.00	12.47	12.15
MILK, HPT 1% LOWFAT 50/CS	1 Each	102.48	107.36	1.54	*	2.37	8.22	0.00	12.69	12.18
MILK, HPT FF CHOC, 50/CS	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
MILK, HPT FF STRAW, 50/CS	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
Cinnamon Toast	1 Slice	86.31	140.01	0.00	0.00	1.00	3.00	1.06	3.56	16.65
Butter Toast	1 Slice	80.00	140.00	0.00	0.00	1.00	3.00	1.00	2.00	15.00
CONDIMENT, JELLY, POCO PAC GRAPE/APPLE JELLY 200 / 10 GM	1 Each	25.52	0.43	0.00	*	0.00	0.02	0.03	3.22	6.69
Breakfast, Cereal Rice Krispies Bulk Case/4	1 EA	100.00	170.00	0.00	0.00	0.50	2.00	1.00	1.00	23.00
Breakfast, Cereal Raisin Bran WG Case/96	1 Each	110.00	125.00	0.00	0.00	0.50	3.00	4.00	10.00	27.00
CEREAL, GOLDEN GRAHAMS WG BOWL 96 OZ	1 Each	111.38	222.75	0.00	0.00	1.01	1.01	1.01	9.11	24.30
CEREAL, FROSTED FLAKE MG WG R/S BOWL 96 CT	1 Each	100.00	160.00	0.00	0.00	0.00	2.00	3.00	7.00	24.00
CEREAL, FROOT LOOPS WG R/S BOWL 96 CT	1 Each	110.00	170.00	0.50	0.00	1.00	2.00	3.00	8.00	24.00

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CEREAL, CNTRY CORN FLAKES,WG BOWL 96 OZ	1 Each	70.00	170.00	0.00	0.00	0.50	1.00	1.00	2.00	16.00
CEREAL, HONEY NUT CHEERIO WG, GLUTEN FREE BOWL (SEC ONLY) 96 OZ	1 Each	110.00	159.97	0.00	0.00	1.52	2.00	2.00	9.00	22.00
YOGURT, 4 OZ TRIX LF STRAWBERRY BANANA BASH, 48/CASE	1 Each	100.00	50.00	0.50	0.00	0.50	3.00	*	13.00	20.00
YOGURT, 4 OZ TRIX LF RASPBERRY RAINBOW, 48/CASE	1 Each	100.00	50.00	0.50	0.00	0.50	3.00	*	14.00	20.00
MEAT, EGG, SCRAMBLED EGGS MEDIUM 4/5 LB	2 Ounce	90.00	260.00	2.00	0.00	6.00	6.00	0.00	*	2.00
BREAD, BREAKFAST, FRENCH TOAST, STICKS WGR 12/2 LB	2 Each	166.67	200.00	1.00	0.00	6.00	4.67	2.67	5.33	24.67

Week 2 - Day 4 - Breakfast	Portion Size	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	g Fiber	g T-Sugars	g Carb
JUICE, 4OZ ORANGE, 70/CS	1 Carton	56.00	0.00	0.00	0.00	0.24	0.88	0.40	10.40	12.88
JUICE, 4 OZ APPLE, 70/CS	1 Each	52.16	4.54	0.00	0.00	0.00	0.11	0.23	10.91	12.81
Fruit, Apples, Fuji 138CT	1 EA	94.64	1.82	0.05	*	0.31	0.47	4.37	18.91	25.13
Fruit, Banana, 40#	1 EA	105.02	1.18	0.13	*	0.39	1.29	3.07	14.43	26.95
Fruit, Orange, 138 CT	1 EA	64.86	0.00	0.04	*	0.30	0.99	3.38	12.89	16.27
FRUIT, CANNED, APPLESAUCE UNSWEETNED	1 1/2 cup	51.00	2.00	0.00	0.00	0.00	0.00	1.00	11.00	14.00
FRUIT, APPLE SAUCE, GRADE A FANCY 6/#10	1 1/2 cup	90.00	10.00	0.00	0.00	0.00	0.00	2.00	18.00	22.00
FRUIT, CANNED, APPLESAUCE UNSWEETENED CUPS	1 1/2 cup	51.00	2.00	0.00	0.00	0.00	0.00	1.00	11.00	14.00
FRUIT, CANNED, APPLE SLICES UNSWEETENED	1 1/2 cup	50.00	10.00	0.00	0.00	0.00	0.00	2.00	9.00	12.00
FRUIT, PEACHES, IRREGULAR YC LS 6/#10	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	13.00	17.00
FRUIT, FROZEN, PEACHES DICED CUPS	1 EA	80.00	0.00	0.00	0.00	0.00	1.00	1.00	16.00	19.00
FRUIT, CANNED, PEACHES DICED, EXTRA LIGHT SYRUP	1 Cup	120.00	10.00	0.00	0.00	0.00	0.00	2.00	26.00	28.00
FRUIT, CANNED, PEACHES SLICED, EXTRA LIGHT SYRUP	1 Cup	120.00	20.00	0.00	0.00	0.00	0.00	0.00	22.00	28.00

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FRUIT, CANNED, PEARS DICED, EXTRA LIGHT SYRUP	1 1/2 cup	60.00	5.00	0.00	0.00	0.00	0.00	2.00	12.00	16.00
FRUIT, PEARS, DICED LIGHT SYRUP 6/#10	1 1/2 cup	80.00	15.00	0.00	0.00	0.00	0.00	1.00	15.00	19.00
FRUIT, FRUIT COCKTAIL, LIGHT SYRUP 6/#10	1 1/2 cup	80.00	10.00	0.00	0.00	0.00	1.00	2.00	13.00	19.00
FRUIT, CANNED, MIXED FRUIT LIGHT SYRUP	1 1/2 cup	60.00	5.00	0.00	0.00	0.00	0.00	1.00	12.00	15.00
FRUIT, PINEAPPLE, TIDBITS NAT JUICE 6/#10	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	14.00	17.00
FRUIT, FROZEN, STRAWBERRIED DICED CUPS	1 EA	90.00	0.00	0.00	0.00	0.00	1.00	2.00	18.00	22.00
MILK, HP SKIM MILK, 50/CS	1 Each	83.30	102.90	0.12	*	0.20	8.26	0.00	12.47	12.15
MILK, HPT 1% LOWFAT 50/CS	1 Each	102.48	107.36	1.54	*	2.37	8.22	0.00	12.69	12.18
MILK, HPT FF CHOC, 50/CS	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
MILK, HPT FF STRAW, 50/CS	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
Cinnamon Toast	1 Slice	86.31	140.01	0.00	0.00	1.00	3.00	1.06	3.56	16.65
Butter Toast	1 Slice	80.00	140.00	0.00	0.00	1.00	3.00	1.00	2.00	15.00
CONDIMENT, JELLY, POCO PAC GRAPE/APPLE JELLY 200 / 10 GM	1 Each	25.52	0.43	0.00	*	0.00	0.02	0.03	3.22	6.69
Breakfast, Cereal Rice Krispies Bulk Case/4	1 EA	100.00	170.00	0.00	0.00	0.50	2.00	1.00	1.00	23.00
Breakfast, Cereal Raisin Bran WG Case/96	1 Each	110.00	125.00	0.00	0.00	0.50	3.00	4.00	10.00	27.00
CEREAL, GOLDEN GRAHAMS WG BOWL 96 OZ	1 Each	111.38	222.75	0.00	0.00	1.01	1.01	1.01	9.11	24.30
CEREAL, FROSTED FLAKE MG WG R/S BOWL 96 CT	1 Each	100.00	160.00	0.00	0.00	0.00	2.00	3.00	7.00	24.00
CEREAL, FROOT LOOPS WG R/S BOWL 96 CT	1 Each	110.00	170.00	0.50	0.00	1.00	2.00	3.00	8.00	24.00
CEREAL, CNTRY CORN FLAKES, WG BOWL 96 OZ	1 Each	70.00	170.00	0.00	0.00	0.50	1.00	1.00	2.00	16.00
CEREAL, HONEY NUT CHEERIO WG, GLUTEN FREE BOWL (SEC ONLY) 96 OZ	1 Each	110.00	159.97	0.00	0.00	1.52	2.00	2.00	9.00	22.00
YOGURT, 4 OZ TRIX LF STRAWBERRY BANANA BASH, 48/CASE	1 Each	100.00	50.00	0.50	0.00	0.50	3.00	*	13.00	20.00

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Run On:

Nutrients by Item - Cycle: Secondary Breakfast

Grade Range: 06-12

YOGURT, 4 OZ TRIX LF RASPBERRY RAINBOW, 48/CASE	1 Each	100.00	50.00	0.50	0.00	0.50	3.00	*	14.00	20.00
Sausage Donut Sandwich	1 Each	350.00	540.00	8.50	0.00	20.50	11.00	2.81	7.00	31.00
Week 2 - Day 5 - Breakfast	Portion Size	Cals	mg Sodium	g S-Fat	g Tr-Fat**	g T-Fat	g Protn	g Fiber	g T-Sugars	g Carb
JUICE, 4OZ ORANGE, 70/CS	1 Carton	56.00	0.00	0.00	0.00	0.24	0.88	0.40	10.40	12.88
JUICE, 4 OZ APPLE, 70/CS	1 Each	52.16	4.54	0.00	0.00	0.00	0.11	0.23	10.91	12.81
Fruit, Apples, Fuji 138CT	1 EA	94.64	1.82	0.05	*	0.31	0.47	4.37	18.91	25.13
Fruit, Banana, 40#	1 EA	105.02	1.18	0.13	*	0.39	1.29	3.07	14.43	26.95
Fruit, Orange, 138 CT	1 EA	64.86	0.00	0.04	*	0.30	0.99	3.38	12.89	16.27
FRUIT, CANNED, APPLESAUCE UNSWEETNED	1 1/2 cup	51.00	2.00	0.00	0.00	0.00	0.00	1.00	11.00	14.00
FRUIT, APPLE SAUCE, GRADE A FANCY 6/#10	1 1/2 cup	90.00	10.00	0.00	0.00	0.00	0.00	2.00	18.00	22.00
FRUIT, CANNED, APPLESAUCE UNSWEETENED CUPS	1 1/2 cup	51.00	2.00	0.00	0.00	0.00	0.00	1.00	11.00	14.00
FRUIT, CANNED, APPLE SLICES UNSWEETENED	1 1/2 cup	50.00	10.00	0.00	0.00	0.00	0.00	2.00	9.00	12.00
FRUIT, PEACHES, IRREGULAR YC LS 6/#10	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	13.00	17.00
FRUIT, FROZEN, PEACHES DICED CUPS	1 EA	80.00	0.00	0.00	0.00	0.00	1.00	1.00	16.00	19.00
FRUIT, CANNED, PEACHES DICED, EXTRA LIGHT SYRUP	1 Cup	120.00	10.00	0.00	0.00	0.00	0.00	2.00	26.00	28.00
FRUIT, CANNED, PEACHES SLICED, EXTRA LIGHT SYRUP	1 Cup	120.00	20.00	0.00	0.00	0.00	0.00	0.00	22.00	28.00
FRUIT, CANNED, PEARS DICED, EXTRA LIGHT SYRUP	1 1/2 cup	60.00	5.00	0.00	0.00	0.00	0.00	2.00	12.00	16.00
FRUIT, PEARS, DICED LIGHT SYRUP 6/#10	1 1/2 cup	80.00	15.00	0.00	0.00	0.00	0.00	1.00	15.00	19.00
FRUIT, FRUIT COCKTAIL, LIGHT SYRUP 6/#10	1 1/2 cup	80.00	10.00	0.00	0.00	0.00	1.00	2.00	13.00	19.00
FRUIT, CANNED, MIXED FRUIT LIGHT SYRUP	1 1/2 cup	60.00	5.00	0.00	0.00	0.00	0.00	1.00	12.00	15.00
FRUIT, PINEAPPLE, TIDBITS NAT JUICE 6/#10	1 1/2 cup	70.00	10.00	0.00	0.00	0.00	1.00	1.00	14.00	17.00

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Nutrients by Item - Cycle: Secondary Breakfast

Grade Range: 06-12

FRUIT, FROZEN, STRAWBERRIED DICED CUPS	1 EA	90.00	0.00	0.00	0.00	0.00	1.00	2.00	18.00	22.00
MILK, HP SKIM MILK, 50/CS	1 Each	83.30	102.90	0.12	*	0.20	8.26	0.00	12.47	12.15
MILK, HPT 1% LOWFAT 50/CS	1 Each	102.48	107.36	1.54	*	2.37	8.22	0.00	12.69	12.18
MILK, HPT FF CHOC, 50/CS	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
MILK, HPT FF STRAW, 50/CS	1 Each	130.00	200.00	0.00	0.00	0.00	8.00	0.00	22.00	24.00
Cinnamon Toast	1 Slice	86.31	140.01	0.00	0.00	1.00	3.00	1.06	3.56	16.65
Butter Toast	1 Slice	80.00	140.00	0.00	0.00	1.00	3.00	1.00	2.00	15.00
CONDIMENT, JELLY, POCO PAC GRAPE/APPLE JELLY 200 / 10 GM	1 Each	25.52	0.43	0.00	*	0.00	0.02	0.03	3.22	6.69
Breakfast, Cereal Rice Krispies Bulk Case/4	1 EA	100.00	170.00	0.00	0.00	0.50	2.00	1.00	1.00	23.00
Breakfast, Cereal Raisin Bran WG Case/96	1 Each	110.00	125.00	0.00	0.00	0.50	3.00	4.00	10.00	27.00
CEREAL, GOLDEN GRAHAMS WG BOWL 96 OZ	1 Each	111.38	222.75	0.00	0.00	1.01	1.01	1.01	9.11	24.30
CEREAL, FROSTED FLAKE MG WG R/S BOWL 96 CT	1 Each	100.00	160.00	0.00	0.00	0.00	2.00	3.00	7.00	24.00
CEREAL, FROOT LOOPS WG R/S BOWL 96 CT	1 Each	110.00	170.00	0.50	0.00	1.00	2.00	3.00	8.00	24.00
CEREAL, CNTRY CORN FLAKES, WG BOWL 96 OZ	1 Each	70.00	170.00	0.00	0.00	0.50	1.00	1.00	2.00	16.00
CEREAL, HONEY NUT CHEERIO WG, GLUTEN FREE BOWL (SEC ONLY) 96 OZ	1 Each	110.00	159.97	0.00	0.00	1.52	2.00	2.00	9.00	22.00
YOGURT, 4 OZ TRIX LF STRAWBERRY BANANA BASH, 48/CASE	1 Each	100.00	50.00	0.50	0.00	0.50	3.00	*	13.00	20.00
YOGURT, 4 OZ TRIX LF RASPBERRY RAINBOW, 48/CASE	1 Each	100.00	50.00	0.50	0.00	0.50	3.00	*	14.00	20.00
CHEESY EGG STUFFED POTATO SKINS	4 Each	304.44	458.86	4.50	0.00	10.50	12.54	5.32	*	36.16

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