

Menu Calendar Nutrient Analysis Report - January, 2019

Site: High School
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Jan. 19 - BIC 9-12 Week 1 Day 3 Blueberry Muffin :16183 - ServingDate: 01/02/2019								
Apple Jacks Bowlpack - SPR1414 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Blueberry Muffin - SPR1390 (1 ea.)	50	190.00	6.00	2.00	0.00	130.00	30.00	3.00
Cheerios Bowlpack - SPR1384 (1 bowl)	5	100.00	2.00	0.50	0.00	140.00	20.00	3.00
Cinnamon Chex Bowlpack - SPR1125 (1 ea.)	5	120.00	2.50	0.00	0.00	170.00	22.00	1.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	30	120.00	4.00	1.00	0.00	130.00	19.00	2.00
Frosted Mini Wheat Bowlpack - SPR1122 (1 ea.)	5	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Trix Bowlpack, Reduced Sugar - SPR1416 (1 bowl)	5	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	65	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	85	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	15	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Jan. 19 - BIC 9-12 Week 1 Day 4 Chocolate Chip French Toast :16183 - ServingDate: 01/03/2019								
Mozzarella String Cheese - SPR1412 (1 stick.)	75	80.00	6.00	3.50	0.00	150.00	1.00	7.00
Apple Jacks Bowlpack - SPR1414 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Cheerios Bowlpack - SPR1384 (1 bowl)	0	100.00	2.00	0.50	0.00	140.00	20.00	3.00

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SPS Jan. 19 - BIC 9-12 Week 1 Day 4 Chocolate Chip French Toast :16183 - ServingDate: 01/03/2019								
Chocolate Chip French Toast - SPR1422 (1 pkg.)	75	210.00	6.00	1.50	0.00	270.00	35.00	5.00
Cinnamon Chex Bowlpack - SPR1125 (1 ea.)	5	120.00	2.50	0.00	0.00	170.00	22.00	1.00
Frosted Mini Wheat Bowlpack - SPR1122 (1 ea.)	0	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Trix Bowlpack, Reduced Sugar - SPR1416 (1 bowl)	5	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	65	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	75	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	15	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Jan. 19 - BIC 9-12 Week 1 Day 5 Egg, Bacon & Cheese Flatbread :16183 - ServingDate: 01/04/2019								
Egg, Bacon & Cheese Flatbread - SPR1110 (1 ea.)	85	465.63	19.56	5.53	0.00	800.00	53.00	17.53
Apple Jacks Bowlpack - SPR1414 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Cheerios Bowlpack - SPR1384 (1 bowl)	0	100.00	2.00	0.50	0.00	140.00	20.00	3.00
Cinnamon Chex Bowlpack - SPR1125 (1 ea.)	0	120.00	2.50	0.00	0.00	170.00	22.00	1.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	45	120.00	4.00	1.00	0.00	130.00	19.00	2.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Jan. 19 - BIC 9-12 Week 1 Day 5 Egg, Bacon & Cheese Flatbread :16183 - ServingDate: 01/04/2019								
Frosted Mini Wheat Bowlpack - SPR1122 (1 ea.)	0	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Trix Bowlpack, Reduced Sugar - SPR1416 (1 bowl)	0	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	65	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	85	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	15	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Jan. 19 - BIC 9-12 Week 2 Day 1 Chocolate Banana Breakfast Bar :16183 - ServingDate: 01/07/2019								
Banana Chocolate Chunk Bar - SPR1423 (1 Bar)	75	280.00	8.00	3.00	0.00	220.00	48.00	5.00
Cinnamon Toast Crunch Cereal Bar - SPR1407 (1 Bar)	5	150.00	3.50	0.00	0.00	115.00	30.00	2.00
Cocoa Puffs Cereal Bar - SPR1408 (1 Bar)	5	150.00	3.00	0.00	0.00	100.00	30.00	3.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	30	120.00	4.00	1.00	0.00	130.00	19.00	2.00
Fruity Cheerios Cereal Bar - SPR1409 (1 Bar)	5	150.00	3.50	0.50	0.00	85.00	30.00	2.00
Craisins - SPR1044 (1/4 c.)	45	110.00	0.00	0.00	0.00	0.00	28.00	0.00
100% Juice - SPR1042 (4 oz.)	95	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00

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SPS Jan. 19 - BIC 9-12 Week 2 Day 1 Chocolate Banana Breakfast Bar :16183 - ServingDate: 01/07/2019								
Chocolate Milk - SPR1305 (1 Carton)	70	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Jan. 19 - BIC 9-12 Week 2 Day 2 Cinnamon Breakfast Round :16183 - ServingDate: 01/08/2019								
Mozzarella String Cheese - SPR1412 (1 stick.)	65	80.00	6.00	3.50	0.00	150.00	1.00	7.00
Cinnamon Breakfast Round - SPR1336 (1 ea.)	85	270.00	8.00	3.00	0.00	190.00	44.00	5.00
Cinnamon Toast Crunch Cereal Bar - SPR1407 (1 Bar)	5	150.00	3.50	0.00	0.00	115.00	30.00	2.00
Cocoa Puffs Cereal Bar - SPR1408 (1 Bar)	5	150.00	3.00	0.00	0.00	100.00	30.00	3.00
Fruity Cheerios Cereal Bar - SPR1409 (1 Bar)	5	150.00	3.50	0.50	0.00	85.00	30.00	2.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	65	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	85	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	55	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61

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SPS Jan. 19 - BIC 9-12 Week 2 Day 3 Egg, Ham & Cheese Ciabatta :16183 - ServingDate: 01/09/2019								
Egg, Ham & Cheese Ciabatta - SPR1055 (1 sandwich)	90	312.77	15.47	4.99	0.00	708.30	31.34	15.40
Cinnamon Toast Crunch Cereal Bar - SPR1407 (1 Bar)	5	150.00	3.50	0.00	0.00	115.00	30.00	2.00
Cocoa Puffs Cereal Bar - SPR1408 (1 Bar)	3	150.00	3.00	0.00	0.00	100.00	30.00	3.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	20	120.00	4.00	1.00	0.00	130.00	19.00	2.00
Fruity Cheerios Cereal Bar - SPR1409 (1 Bar)	2	150.00	3.50	0.50	0.00	85.00	30.00	2.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	65	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	80	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Jan. 19 - BIC 9-12 Week 2 Day 4 Confetti Pancakes :16183 - ServingDate: 01/10/2019								
Cinnamon Toast Crunch Cereal Bar - SPR1407 (1 Bar)	5	150.00	3.50	0.00	0.00	115.00	30.00	2.00
Cocoa Puffs Cereal Bar - SPR1408 (1 Bar)	10	150.00	3.00	0.00	0.00	100.00	30.00	3.00
Confetti Pancake - SPR1424 (1 pkg.)	75	220.00	7.00	1.00	0.00	300.00	36.00	4.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	45	120.00	4.00	1.00	0.00	130.00	19.00	2.00
Fruity Cheerios Cereal Bar - SPR1409 (1 Bar)	5	150.00	3.50	0.50	0.00	85.00	30.00	2.00

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SPS Jan. 19 - BIC 9-12 Week 2 Day 4 Confetti Pancakes :16183 - ServingDate: 01/10/2019								
Fresh Fruit Variety - SPR1164 (1/2 c.)	65	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	85	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Jan. 19 - BIC 9-12 Week 3 Day 1 Egg, Sausage & Cheese Biscuit :16183 - ServingDate: 01/14/2019								
Egg, Sausage & Cheese Biscuit - SPR1111 (1 ea.)	85	430.63	25.56	12.53	0.00	820.00	29.00	21.53
Apple Jacks Bowlpack - SPR1414 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Cheerios Bowlpack - SPR1384 (1 bowl)	0	100.00	2.00	0.50	0.00	140.00	20.00	3.00
Cinnamon Chex Bowlpack - SPR1125 (1 ea.)	0	120.00	2.50	0.00	0.00	170.00	22.00	1.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	30	120.00	4.00	1.00	0.00	130.00	19.00	2.00
Frosted Mini Wheat Bowlpack - SPR1122 (1 ea.)	0	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Trix Bowlpack, Reduced Sugar - SPR1416 (1 bowl)	5	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Raisin Box - SPR1041 (1/4 c.)	45	108.00	0.00	0.00	0.00	4.00	29.00	1.00
100% Juice - SPR1042 (4 oz.)	85	60.00	0.00	0.00	0.00	5.00	14.00	0.00

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SPS Jan. 19 - BIC 9-12 Week 3 Day 1 Egg, Sausage & Cheese Biscuit :16183 - ServingDate: 01/14/2019								
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Jan. 19 - BIC 9-12 Week 3 Day 2 Blueberry Waffle :16183 - ServingDate: 01/15/2019								
Mozzarella String Cheese - SPR1412 (1 stick.)	65	80.00	6.00	3.50	0.00	150.00	1.00	7.00
Apple Jacks Bowlpack - SPR1414 (1 bowl)	15	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Cheerios Bowlpack - SPR1384 (1 bowl)	0	100.00	2.00	0.50	0.00	140.00	20.00	3.00
Cinnamon Chex Bowlpack - SPR1125 (1 ea.)	0	120.00	2.50	0.00	0.00	170.00	22.00	1.00
Frosted Mini Wheat Bowlpack - SPR1122 (1 ea.)	5	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Trix Bowlpack, Reduced Sugar - SPR1416 (1 bowl)	5	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Blueberry Waffle - SPR1048 (1 pkg.)	75	210.00	6.00	1.00	0.00	170.00	37.00	4.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	65	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	70	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00

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SPS Jan. 19 - BIC 9-12 Week 3 Day 2 Blueberry Waffle :16183 - ServingDate: 01/15/2019								
Nonfat White Milk - SPR1376 (1 Half Pint)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Jan. 19 - BIC 9-12 Week 3 Day 3 Banana Muffin :16183 - ServingDate: 01/16/2019								
Apple Jacks Bowlpack - SPR1414 (1 bowl)	15	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Banana Muffin - SPR1392 (1 ea.)	60	190.00	6.00	2.00	0.00	130.00	30.00	3.00
Cheerios Bowlpack - SPR1384 (1 bowl)	0	100.00	2.00	0.50	0.00	140.00	20.00	3.00
Cinnamon Chex Bowlpack - SPR1125 (1 ea.)	5	120.00	2.50	0.00	0.00	170.00	22.00	1.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	65	120.00	4.00	1.00	0.00	130.00	19.00	2.00
Frosted Mini Wheat Bowlpack - SPR1122 (1 ea.)	15	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Trix Bowlpack, Reduced Sugar - SPR1416 (1 bowl)	5	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	65	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	75	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61

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SPS Jan. 19 - BIC 9-12 Week 3 Day 4 Chocolate Croissant :16183 - ServingDate: 01/17/2019								
Mozzarella String Cheese - SPR1412 (1 stick.)	45	80.00	6.00	3.50	0.00	150.00	1.00	7.00
Apple Jacks Bowlpack - SPR1414 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Cheerios Bowlpack - SPR1384 (1 bowl)	0	100.00	2.00	0.50	0.00	140.00	20.00	3.00
Cinnamon Chex Bowlpack - SPR1125 (1 ea.)	0	120.00	2.50	0.00	0.00	170.00	22.00	1.00
Chocolate Croissant - SPR1289 (1 ea.)	85	230.00	8.00	1.50	0.00	270.00	37.00	6.00
Frosted Mini Wheat Bowlpack - SPR1122 (1 ea.)	0	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Trix Bowlpack, Reduced Sugar - SPR1416 (1 bowl)	5	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	65	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	85	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Jan. 19 - BIC 9-12 Week 3 Day 5 Strawberry Greek Yogurt :16183 - ServingDate: 01/18/2019								
Greek Strawberry Chobani Yogurt - SPR1192 (1 ea.)	75	190.00	0.00	0.00	0.00	75.00	27.00	19.00
Apple Jacks Bowlpack - SPR1414 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00

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SPS Jan. 19 - BIC 9-12 Week 3 Day 5 Strawberry Greek Yogurt :16183 - ServingDate: 01/18/2019								
Cheerios Bowlpack - SPR1384 (1 bowl)	0	100.00	2.00	0.50	0.00	140.00	20.00	3.00
Cinnamon Chex Bowlpack - SPR1125 (1 ea.)	0	120.00	2.50	0.00	0.00	170.00	22.00	1.00
Frosted Mini Wheat Bowlpack - SPR1122 (1 ea.)	0	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Granola - SPR1053 (1 pkg.)	75	112.00	2.40	0.80	0.00	88.00	20.80	2.40
Trix Bowlpack, Reduced Sugar - SPR1416 (1 bowl)	5	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	65	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	85	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Jan. 19 - BIC 9-12 Week 4 Day 2 Cheddar Cheese Omelet, Blueberry Bagel :16183 - ServingDate: 01/22/2019								
Cheese Omelet - SPR1252 (1 ea.)	75	130.00	10.00	3.50	0.00	300.00	1.00	7.00
Blueberry Bagel - SPR1062 (1 ea.)	75	130.00	1.50	0.00	0.00	200.00	26.00	4.00
Cinnamon Toast Crunch Cereal Bar - SPR1407 (1 Bar)	10	150.00	3.50	0.00	0.00	115.00	30.00	2.00
Cocoa Puffs Cereal Bar - SPR1408 (1 Bar)	10	150.00	3.00	0.00	0.00	100.00	30.00	3.00

Menu Calendar Nutrient Analysis Report - January, 2019

Site: High School
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Jan. 19 - BIC 9-12 Week 4 Day 2 Cheddar Cheese Omelet, Blueberry Bagel :16183 - ServingDate: 01/22/2019								
Fruity Cheerios Cereal Bar - SPR1409 (1 Bar)	5	150.00	3.50	0.50	0.00	85.00	30.00	2.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	65	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	95	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	75	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
Jelly - SPR1063 (1 ea.)	35	35.00	0.00	0.00	0.00	5.00	9.00	0.00
Margarine - SPR1064 (1 ea.)	35	30.00	3.20	1.00	0.00	30.00	0.00	0.00
SPS Jan. 19 - BIC 9-12 Week 4 Day 3 Strawberry Pancakes :16183 - ServingDate: 01/23/2019								
Cinnamon Toast Crunch Cereal Bar - SPR1407 (1 Bar)	10	150.00	3.50	0.00	0.00	115.00	30.00	2.00
Cocoa Puffs Cereal Bar - SPR1408 (1 Bar)	10	150.00	3.00	0.00	0.00	100.00	30.00	3.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	45	120.00	4.00	1.00	0.00	130.00	19.00	2.00
Fruity Cheerios Cereal Bar - SPR1409 (1 Bar)	5	150.00	3.50	0.50	0.00	85.00	30.00	2.00
Strawberry Pancakes - SPR1047 (1 pkg.)	70	220.00	6.00	0.50	0.00	130.00	40.00	4.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	65	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	85	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00

Menu Calendar Nutrient Analysis Report - January, 2019

Site: High School
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Jan. 19 - BIC 9-12 Week 4 Day 3 Strawberry Pancakes :16183 - ServingDate: 01/23/2019								
Chocolate Milk - SPR1305 (1 Carton)	65	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Jan. 19 - BIC 9-12 Week 4 Day 4 Cinnamon Bun :16183 - ServingDate: 01/24/2019								
Cinnamon Roll - SPR1187 (1 ea.)	50	230.00	7.00	1.50	0.00	240.00	38.00	4.00
Cinnamon Toast Crunch Cereal Bar - SPR1407 (1 Bar)	10	150.00	3.50	0.00	0.00	115.00	30.00	2.00
Cocoa Puffs Cereal Bar - SPR1408 (1 Bar)	20	150.00	3.00	0.00	0.00	100.00	30.00	3.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	65	120.00	4.00	1.00	0.00	130.00	19.00	2.00
Fruity Cheerios Cereal Bar - SPR1409 (1 Bar)	15	150.00	3.50	0.50	0.00	85.00	30.00	2.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	65	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	85	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	65	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	15	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Jan. 19 - BIC 9-12 Week 4 Day 5 Apple Muffin :16183 - ServingDate: 01/25/2019								
Apple Cinnamon Muffin - SPR1391 (1 ea.)	70	160.00	5.00	0.50	0.00	130.00	26.00	2.00

Menu Calendar Nutrient Analysis Report - January, 2019

Site: High School
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Jan. 19 - BIC 9-12 Week 4 Day 5 Apple Muffin :16183 - ServingDate: 01/25/2019								
Cinnamon Toast Crunch Cereal Bar - SPR1407 (1 Bar)	10	150.00	3.50	0.00	0.00	115.00	30.00	2.00
Cocoa Puffs Cereal Bar - SPR1408 (1 Bar)	10	150.00	3.00	0.00	0.00	100.00	30.00	3.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	65	120.00	4.00	1.00	0.00	130.00	19.00	2.00
Fruity Cheerios Cereal Bar - SPR1409 (1 Bar)	5	150.00	3.50	0.50	0.00	85.00	30.00	2.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	65	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	75	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	50	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Jan. 19 - BIC 9-12 Week 5 Day 1 Bagel-fuls :16183 - ServingDate: 01/28/2019								
Apple Jacks Bowlpack - SPR1414 (1 bowl)	15	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Bagel-ful - SPR1189 (1 ea.)	45	190.00	5.00	3.00	0.00	180.00	29.00	6.00
Cheerios Bowlpack - SPR1384 (1 bowl)	0	100.00	2.00	0.50	0.00	140.00	20.00	3.00
Cinnamon Chex Bowlpack - SPR1125 (1 ea.)	5	120.00	2.50	0.00	0.00	170.00	22.00	1.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	85	120.00	4.00	1.00	0.00	130.00	19.00	2.00
Frosted Mini Wheat Bowlpack - SPR1122 (1 ea.)	15	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Trix Bowlpack, Reduced Sugar - SPR1416 (1 bowl)	15	110.00	1.00	0.00	0.00	140.00	24.00	1.00

Menu Calendar Nutrient Analysis Report - January, 2019

Site: High School
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Jan. 19 - BIC 9-12 Week 5 Day 1 Bagel-fuls :16183 - ServingDate: 01/28/2019								
Raisin Box - SPR1041 (1/4 c.)	45	108.00	0.00	0.00	0.00	4.00	29.00	1.00
100% Juice - SPR1042 (4 oz.)	95	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	60	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	10	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	10	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Jan. 19 - BIC 9-12 Week 5 Day 2 Strawberry Guava Flip :16183 - ServingDate: 01/29/2019								
Apple Jacks Bowlpack - SPR1414 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Cheerios Bowlpack - SPR1384 (1 bowl)	0	100.00	2.00	0.50	0.00	140.00	20.00	3.00
Cinnamon Chex Bowlpack - SPR1125 (1 ea.)	0	120.00	2.50	0.00	0.00	170.00	22.00	1.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	30	120.00	4.00	1.00	0.00	130.00	19.00	2.00
Frosted Mini Wheat Bowlpack - SPR1122 (1 ea.)	0	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Strawberry Guava Flip - SPR1292 (1 ea.)	85	260.00	7.00	1.50	0.00	260.00	45.00	4.00
Trix Bowlpack, Reduced Sugar - SPR1416 (1 bowl)	0	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	75	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	85	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	65	120.00	0.00	0.00	0.00	180.00	20.00	8.00

Menu Calendar Nutrient Analysis Report - January, 2019

Site: High School
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Jan. 19 - BIC 9-12 Week 5 Day 2 Strawberry Guava Flip :16183 - ServingDate: 01/29/2019								
Nonfat White Milk - SPR1376 (1 Half Pint)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	5	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Jan. 19 - BIC 9-12 Week 5 Day 3 88 Acres Bar :16183 - ServingDate: 01/30/2019								
Mozzarella String Cheese - SPR1412 (1 stick.)	90	80.00	6.00	3.50	0.00	150.00	1.00	7.00
88 Acres Dark Chocolate Sea Salt Bar - SPR1314 (1 Bar)	65	200.00	10.00	2.50	0.00	125.00	22.00	6.00
Apple Jacks Bowlpack - SPR1414 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Cheerios Bowlpack - SPR1384 (1 bowl)	0	100.00	2.00	0.50	0.00	140.00	20.00	3.00
Cinnamon Chex Bowlpack - SPR1125 (1 ea.)	5	120.00	2.50	0.00	0.00	170.00	22.00	1.00
Frosted Mini Wheat Bowlpack - SPR1122 (1 ea.)	5	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Trix Bowlpack, Reduced Sugar - SPR1416 (1 bowl)	5	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	65	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	85	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	60	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	15	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	10	118.34	2.69	1.61	0.00	139.86	13.99	8.61

Menu Calendar Nutrient Analysis Report - January, 2019

Site: High School
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Jan. 19 - BIC 9-12 Week 5 Day 4 Banana Pancake :16183 - ServingDate: 01/31/2019								
Mozzarella String Cheese - SPR1412 (1 stick.)	90	80.00	6.00	3.50	0.00	150.00	1.00	7.00
Apple Jacks Bowlpack - SPR1414 (1 bowl)	15	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Banana Pancakes - SPR1293 (1 pouch)	60	200.00	4.00	0.00	0.00	240.00	37.00	5.00
Cheerios Bowlpack - SPR1384 (1 bowl)	0	100.00	2.00	0.50	0.00	140.00	20.00	3.00
Cinnamon Chex Bowlpack - SPR1125 (1 ea.)	15	120.00	2.50	0.00	0.00	170.00	22.00	1.00
Frosted Mini Wheat Bowlpack - SPR1122 (1 ea.)	5	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Trix Bowlpack, Reduced Sugar - SPR1416 (1 bowl)	5	110.00	1.00	0.00	0.00	140.00	24.00	1.00
Fresh Fruit Variety - SPR1164 (1/2 c.)	65	82.44	0.25	0.05	0.00	1.10	21.53	0.81
100% Juice - SPR1042 (4 oz.)	85	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Lactaid Milk - SPR1326 (1 Carton)	5	90.00	0.00	0.00	0.00	125.00	13.00	8.00
Chocolate Milk - SPR1305 (1 Carton)	20	120.00	0.00	0.00	0.00	180.00	20.00	8.00
Nonfat White Milk - SPR1376 (1 Half Pint)	20	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Lowfat White Milk - SPR1375 (1 Half Pint)	40	118.34	2.69	1.61	0.00	139.86	13.99	8.61

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Breakfast
Site Group: CrossRoads Café
Menu Line: BRKFST-Classroom Café
Serving Group: 9-12
Nutrients Option: Expanded

Menu Calendar Nutrient Analysis Report - January, 2019

Site: High School
Date: 01/01/2019 - 01/31/2019

Please be advised that our menu items may contain allergens or may have come in contact with items containing allergens. In addition, food manufacturers may change their formulation or manner of processing without our knowledge. Sodexo therefore cannot guarantee the accuracy of nutrition information. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion size and other factors. The nutrition analyses provided are approximations only. Sodexo assumes no liability for any adverse reactions that may occur in the school cafeteria. We encourage all food allergic individuals to first inform the school nurse of allergy/intolerance and then work with our staff to plan a menu.