

Menu Calendar Nutrient Analysis Report - February, 2019

Site: High School
 Date: 02/01/2019 - 02/28/2019

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 5 Blueberry Muffin :16183 - ServingDate: 02/01/2019								
Apple Cinnamon Cheerios - SPR1413 (1 bowl)	5	110.00	1.50	0.00	0.00	110.00	22.00	2.00
Apple Jacks Bowlpack - SPR1414 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Blueberry Muffin - SPR1390 (1 ea.)	55	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.)	15	120.00	2.50	0.00	0.00	170.00	22.00	1.00
Cinnamon Toast Crunch Bowlpack - SPR1385 (1 bowl)	10	110.00	3.00	0.50	0.00	160.00	22.00	1.00
Cinnamon Goldfish - SPR1040 (1 pkg.)	45	120.00	4.00	1.00	0.00	130.00	19.00	2.00
Frosted Mini Wheat Bowlpack - SPR1122 (1 ea.)	5	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Fruit Loops Bowlpack - SPR1126 (1 ea.)	0	110.00	1.00	0.50	1.00	160.00	24.00	2.00
Golden Grahams Bowlpack - SPR1127 (1 ea.)	5	100.00	1.00	2.00	2.00	220.00	24.00	1.00
Rice Krispies Bowlpack - SPR1123 (1 ea.)	0	100.00	0.50	0.00	0.00	170.00	23.00	2.00
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)	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

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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 Feb. 19 - BIC 9-12 Week 1 Day 1 Cinnabar :17361 - ServingDate: 02/04/2019								
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)	5	100.00	2.00	0.50	0.00	140.00	20.00	3.00
Cinnabar - SPR1288 (1 ea.)	55	280.00	9.00	2.00	0.00	260.00	45.00	5.00
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.)	55	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)	15	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.)	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)	40	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)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Feb. 19 - BIC 9-12 Week 1 Day 2 Apple Strudel :17361 - ServingDate: 02/05/2019								
Apple Jacks Bowlpack - SPR1414 (1 bowl)	0	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Apple Strudel - SPR1386 (1 pkg.)	85	210.00	6.00	1.00	0.00	260.00	36.00	5.00
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.)	0	120.00	2.50	0.00	0.00	170.00	22.00	1.00

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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 Feb. 19 - BIC 9-12 Week 1 Day 2 Apple Strudel :17361 - ServingDate: 02/05/2019								
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.)	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.)	75	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)	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 Feb. 19 - BIC 9-12 Week 1 Day 3 Blueberry Muffin :17361 - ServingDate: 02/06/2019								
Apple Jacks Bowlpack - SPR1414 (1 bowl)	10	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)	10	100.00	2.00	0.50	0.00	140.00	20.00	3.00
Cinnamon Chex Bowlpack - SPR1125 (1 ea.)	10	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.)	10	100.00	0.00	0.00	0.00	0.00	24.00	3.00
Trix Bowlpack, Reduced Sugar - SPR1416 (1 bowl)	10	110.00	1.00	0.00	0.00	140.00	24.00	1.00

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SPS Feb. 19 - BIC 9-12 Week 1 Day 3 Blueberry Muffin :17361 - ServingDate: 02/06/2019								
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)	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 Feb. 19 - BIC 9-12 Week 1 Day 4 Chocolate Chip French Toast :17361 - ServingDate: 02/07/2019								
Mozzarella String Cheese - SPR1412 (1 stick.)	85	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)	5	100.00	2.00	0.50	0.00	140.00	20.00	3.00
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.)	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.)	75	60.00	0.00	0.00	0.00	5.00	14.00	0.00

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SPS Feb. 19 - BIC 9-12 Week 1 Day 4 Chocolate Chip French Toast :17361 - ServingDate: 02/07/2019								
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)	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 Feb. 19 - BIC 9-12 Week 1 Day 5 Egg, Bacon & Cheese Flatbread :17361 - ServingDate: 02/08/2019								
Egg, Bacon & Cheese Flatbread - SPR1110 (1 ea.)	85	305.00	16.00	5.00	0.00	510.00	27.00	12.50
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.)	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.)	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.)	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)	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

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SPS Feb. 19 - BIC 9-12 Week 1 Day 5 Egg, Bacon & Cheese Flatbread :17361 - ServingDate: 02/08/2019								
Lowfat White Milk - SPR1375 (1 Half Pint)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Feb. 19 - BIC 9-12 Week 2 Day 1 Chocolate Banana Breakfast Bar :17361 - ServingDate: 02/11/2019								
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)	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.)	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
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 Feb. 19 - BIC 9-12 Week 2 Day 2 Cinnamon Breakfast Round :17361 - ServingDate: 02/12/2019								
Mozzarella String Cheese - SPR1412 (1 stick.)	85	80.00	6.00	3.50	0.00	150.00	1.00	7.00

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SPS Feb. 19 - BIC 9-12 Week 2 Day 2 Cinnamon Breakfast Round :17361 - ServingDate: 02/12/2019								
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.)	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)	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)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Feb. 19 - BIC 9-12 Week 2 Day 3 Egg, Ham & Cheese Ciabatta :17361 - ServingDate: 02/13/2019								
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.)	75	82.44	0.25	0.05	0.00	1.10	21.53	0.81

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SPS Feb. 19 - BIC 9-12 Week 2 Day 3 Egg, Ham & Cheese Ciabatta :17361 - ServingDate: 02/13/2019								
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)	15	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Feb. 19 - BIC 9-12 Week 2 Day 4 Confetti Pancakes :17361 - ServingDate: 02/14/2019								
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)	10	150.00	3.50	0.50	0.00	85.00	30.00	2.00
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)	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)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61

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SPS Feb. 19 - BIC 9-12 Week 2 Day 5 Strawberry Guava Flip :17361 - ServingDate: 02/15/2019								
Mozzarella String Cheese - SPR1412 (1 stick.)	75	80.00	6.00	3.50	0.00	150.00	1.00	7.00
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
Strawberry Guava Flip - SPR1292 (1 ea.)	85	260.00	7.00	1.50	0.00	260.00	45.00	4.00
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)	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)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Feb. 19 - BIC 9-12 Week 3 Day 1 Assorted Muffins :17361 - ServingDate: 02/25/2019								
Apple Cinnamon Muffin - SPR1391 (1 ea.)	25	160.00	5.00	0.50	0.00	130.00	26.00	2.00
Apple Jacks Bowlpack - SPR1414 (1 bowl)	5	110.00	1.00	0.50	0.00	160.00	24.00	2.00
Banana Muffin - SPR1392 (1 ea.)	25	190.00	6.00	2.00	0.00	130.00	30.00	3.00
Blueberry Muffin - SPR1390 (1 ea.)	25	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

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SPS Feb. 19 - BIC 9-12 Week 3 Day 1 Assorted Muffins :17361 - ServingDate: 02/25/2019								
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.)	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
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
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)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Feb. 19 - BIC 9-12 Week 3 Day 2 Blueberry Waffle :17361 - ServingDate: 02/26/2019								
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

Menu Calendar Nutrient Analysis Report - February, 2019

Site: High School
 Date: 02/01/2019 - 02/28/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Feb. 19 - BIC 9-12 Week 3 Day 2 Blueberry Waffle :17361 - ServingDate: 02/26/2019								
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
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 Feb. 19 - BIC 9-12 Week 3 Day 3 Egg, Sausage & Cheese Biscuit:17361 - ServingDate: 02/27/2019								
Egg, Sausage & Cheese Biscuit - SPR1111 (1 ea.)	60	430.00	25.50	12.50	0.00	820.00	29.00	21.50
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.)	5	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
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

Menu Calendar Nutrient Analysis Report - February, 2019

Site: High School
 Date: 02/01/2019 - 02/28/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Feb. 19 - BIC 9-12 Week 3 Day 3 Egg, Sausage & Cheese Biscuit:17361 - ServingDate: 02/27/2019								
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.)	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)	25	118.34	2.69	1.61	0.00	139.86	13.99	8.61
SPS Feb. 19 - BIC 9-12 Week 3 Day 4 Chocolate Croissant :17361 - ServingDate: 02/28/2019								
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)	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.)	5	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

Menu Calendar Nutrient Analysis Report - February, 2019

Site: High School
 Date: 02/01/2019 - 02/28/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
SPS Feb. 19 - BIC 9-12 Week 3 Day 4 Chocolate Croissant :17361 - ServingDate: 02/28/2019								
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)	25	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

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.