

Nutrient Detail Report

Organization: Garden Grove USD
Session: 2023-24 School Year
Menu: 2023-2024 High School Breakfast Menu
Number Source: Planned
Dates: 09-01-2023 to 09-29-2023

Nutrient Summary

Date(s): 09-01-2023 to 09-29-2023

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	580.864					
Protein (g)	19.673	13.548%				
Total Fat (g)	17.953	27.817%				
Saturated Fat (g)	7.058*	10.936%	< 10%	Fail	0.936	Too much Saturated Fat (10.94 of 10.00)
Trans Fat (g)	0.001*					
Carbohydrates (g)	84.549	58.223%				
Cholesterol (mg)	102.604*					
Sodium (mg)	746.693*		≤ 640	Fail	106.693	Too much Sodium (746.69 of 640.00)
Potassium (mg)	133.009*					
Fiber (g)	4.326*					
Sugars (g)	50.403*					
Iron (g)	2.124*					
Calcium (mg)	373.482*					
Vitamin A (IU)	642.994*					
Vitamin C (mg)	34.144*					
Vitamin D (mcg)	0.679*					

* Indicates missing Nutrient Information.
WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Menu Detail

Date: 09-01-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Breakfast Entree							
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	250	420.000	4.000	52.000	960.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	600	414.335	9.983	25.989	823.340
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	500	471.381	7.961	52.815	1,377.299
Burrito, Breakfast, Egg, Potato & Cheese 2.5M/2.5G	78775	1 serving	250	547.248	12.447	45.263	611.059
Burrito, Breakfast, Sausage, Egg & Cheese 3.75M/2.5G	78746	1 serving	750	579.933	14.650	43.667	957.667
Sandwich, Peanut Butter & Jelly, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	250	320.000	3.500	32.000	320.000
Breakfast Bars, Assorted 2G	78866	1 each	500	285.000	3.000	47.500	230.000
Pan Dulce, Assorted 2G	78803	1 each	250	200.000	1.500	34.000	90.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	500	260.000	4.500	37.500	395.000
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	250	263.705	0.756	50.887	117.013
Berry Banana Yogurt Smoothie w/ Pretzels 1M/1G	1240109	1 serving/12 oz cup + Pretzels	500	364.104	0.625	78.897	253.571
Tropical Yogurt Smoothie w/ Pretzels 1M/1G	1263007	1 serving/12 oz cup + Pretzels	350	306.842	0.605*	63.931	263.184*
Homemade Blueberry Muffin 2G	1317061	1 each	50	348.562	2.630	50.798	266.959
Fruit							
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	0.065	20.974	0.890
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	1000	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup Packet	78806	1 packet	500	10.000	0.000	0.000	25.000
Hot Sauce (Del Sol)	79899	1 packet	250	5.000	0.000	1.000	110.000
Total			5000				
Weighted Daily Average				576.132	6.496*	87.275	712.795*
% of Calories					10.147%	60.594%	

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Menu Detail

Date: 09-05-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Breakfast Entree							
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	250	420.000	4.000	52.000	960.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	1000	414.335	9.983	25.989	823.340
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	500	471.381	7.961	52.815	1,377.299
Burrito, Breakfast, Egg, Potato & Cheese 2.5M/2.5G	78775	1 serving	250	547.248	12.447	45.263	611.059
Burrito, Breakfast, Sausage, Egg & Cheese 3.75M/2.5G	78746	1 serving	750	579.933	14.650	43.667	957.667
Sandwich, Peanut Butter & Jelly, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	250	320.000	3.500	32.000	320.000
Breakfast Bars, Assorted 2G	78866	1 each	500	285.000	3.000	47.500	230.000
Pan Dulce, Assorted 2G	78803	1 each	250	200.000	1.500	34.000	90.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	500	260.000	4.500	37.500	395.000
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	250	263.705	0.756	50.887	117.013
Berry Banana Yogurt Smoothie w/ Pretzels 1M/1G	1240109	1 serving/12 oz cup + Pretzels	300	364.104	0.625	78.897	253.571
Tropical Yogurt Smoothie w/ Pretzels 1M/1G	1263007	1 serving/12 oz cup + Pretzels	150	306.842	0.605*	63.931	263.184*
Homemade Blueberry Muffin 2G	1317061	1 each	50	348.562	2.630	50.798	266.959
Fruit							
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	0.065	20.974	0.890
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	1000	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup Packet	78806	1 packet	500	10.000	0.000	0.000	25.000
Hot Sauce (Del Sol)	79899	1 packet	250	5.000	0.000	1.000	110.000
Total			5000				
Weighted Daily Average				582.441	7.245*	83.641	757.992*
% of Calories					11.196%	57.442%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-06-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Breakfast Entree							
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	250	420.000	4.000	52.000	960.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	1000	414.335	9.983	25.989	823.340
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	500	471.381	7.961	52.815	1,377.299
Burrito, Breakfast, Egg, Potato & Cheese 2.5M/2.5G	78775	1 serving	250	547.248	12.447	45.263	611.059
Burrito, Breakfast, Sausage, Egg & Cheese 3.75M/2.5G	78746	1 serving	750	579.933	14.650	43.667	957.667
Sandwich, Peanut Butter & Jelly, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	250	320.000	3.500	32.000	320.000
Breakfast Bars, Assorted 2G	78866	1 each	500	285.000	3.000	47.500	230.000
Pan Dulce, Assorted 2G	78803	1 each	250	200.000	1.500	34.000	90.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	500	260.000	4.500	37.500	395.000
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	250	263.705	0.756	50.887	117.013
Berry Banana Yogurt Smoothie w/ Pretzels 1M/1G	1240109	1 serving/12 oz cup + Pretzels	300	364.104	0.625	78.897	253.571
Tropical Yogurt Smoothie w/ Pretzels 1M/1G	1263007	1 serving/12 oz cup + Pretzels	150	306.842	0.605*	63.931	263.184*
Homemade Blueberry Muffin 2G	1317061	1 each	50	348.562	2.630	50.798	266.959
Fruit							
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	0.065	20.974	0.890
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	1000	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup Packet	78806	1 packet	500	10.000	0.000	0.000	25.000
Hot Sauce (Del Sol)	79899	1 packet	250	5.000	0.000	1.000	110.000
Total			5000				
Weighted Daily Average				582.441	7.245*	83.641	757.992*
% of Calories					11.196%	57.442%	

Menu Detail

Date: 09-07-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Breakfast Entree							
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	250	420.000	4.000	52.000	960.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	1000	414.335	9.983	25.989	823.340
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	500	471.381	7.961	52.815	1,377.299
Burrito, Breakfast, Egg, Potato & Cheese 2.5M/2.5G	78775	1 serving	250	547.248	12.447	45.263	611.059
Burrito, Breakfast, Sausage, Egg & Cheese 3.75M/2.5G	78746	1 serving	750	579.933	14.650	43.667	957.667
Sandwich, Peanut Butter & Jelly, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	250	320.000	3.500	32.000	320.000
Breakfast Bars, Assorted 2G	78866	1 each	500	285.000	3.000	47.500	230.000
Pan Dulce, Assorted 2G	78803	1 each	250	200.000	1.500	34.000	90.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	500	260.000	4.500	37.500	395.000
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	250	263.705	0.756	50.887	117.013
Berry Banana Yogurt Smoothie w/ Pretzels 1M/1G	1240109	1 serving/12 oz cup + Pretzels	300	364.104	0.625	78.897	253.571
Tropical Yogurt Smoothie w/ Pretzels 1M/1G	1263007	1 serving/12 oz cup + Pretzels	150	306.842	0.605*	63.931	263.184*
Homemade Blueberry Muffin 2G	1317061	1 each	50	348.562	2.630	50.798	266.959
Fruit							
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	0.065	20.974	0.890
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	1000	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup Packet	78806	1 packet	500	10.000	0.000	0.000	25.000
Hot Sauce (Del Sol)	79899	1 packet	250	5.000	0.000	1.000	110.000
Total			5000				
Weighted Daily Average				582.441	7.245*	83.641	757.992*
% of Calories					11.196%	57.442%	

Menu Detail

Date: 09-08-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Breakfast Entree							
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	250	420.000	4.000	52.000	960.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	600	414.335	9.983	25.989	823.340
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	500	471.381	7.961	52.815	1,377.299
Burrito, Breakfast, Egg, Potato & Cheese 2.5M/2.5G	78775	1 serving	250	547.248	12.447	45.263	611.059
Burrito, Breakfast, Sausage, Egg & Cheese 3.75M/2.5G	78746	1 serving	750	579.933	14.650	43.667	957.667
Sandwich, Peanut Butter & Jelly, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	250	320.000	3.500	32.000	320.000
Breakfast Bars, Assorted 2G	78866	1 each	500	285.000	3.000	47.500	230.000
Pan Dulce, Assorted 2G	78803	1 each	250	200.000	1.500	34.000	90.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	500	260.000	4.500	37.500	395.000
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	250	263.705	0.756	50.887	117.013
Berry Banana Yogurt Smoothie w/ Pretzels 1M/1G	1240109	1 serving/12 oz cup + Pretzels	500	364.104	0.625	78.897	253.571
Tropical Yogurt Smoothie w/ Pretzels 1M/1G	1263007	1 serving/12 oz cup + Pretzels	350	306.842	0.605*	63.931	263.184*
Homemade Blueberry Muffin 2G	1317061	1 each	50	348.562	2.630	50.798	266.959
Fruit							
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	0.065	20.974	0.890
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	1000	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup Packet	78806	1 packet	500	10.000	0.000	0.000	25.000
Hot Sauce (Del Sol)	79899	1 packet	250	5.000	0.000	1.000	110.000
Total			5000				

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Date: 09-11-2023

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Date: 09-12-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Ketchup Packet	78806	1 packet	500	10.000	0.000	0.000	25.000
Hot Sauce (Del Sol)	79899	1 packet	250	5.000	0.000	1.000	110.000
Total			5000				
Weighted Daily Average				582.441	7.245*	83.641	757.992*
% of Calories					11.196%	57.442%	

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Menu Detail

Date: 09-13-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Breakfast Entree							
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	250	420.000	4.000	52.000	960.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	1000	414.335	9.983	25.989	823.340
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	500	471.381	7.961	52.815	1,377.299
Burrito, Breakfast, Egg, Potato & Cheese 2.5M/2.5G	78775	1 serving	250	547.248	12.447	45.263	611.059
Burrito, Breakfast, Sausage, Egg & Cheese 3.75M/2.5G	78746	1 serving	750	579.933	14.650	43.667	957.667
Sandwich, Peanut Butter & Jelly, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	250	320.000	3.500	32.000	320.000
Breakfast Bars, Assorted 2G	78866	1 each	500	285.000	3.000	47.500	230.000
Pan Dulce, Assorted 2G	78803	1 each	250	200.000	1.500	34.000	90.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	500	260.000	4.500	37.500	395.000
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Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	0.065	20.974	0.890
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	1000	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup Packet	78806	1 packet	500	10.000	0.000	0.000	25.000
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Total			5000				
Weighted Daily Average				582.441	7.245*	83.641	757.992*
% of Calories					11.196%	57.442%	

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Menu Detail

Date: 09-14-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Breakfast Entree							
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	250	420.000	4.000	52.000	960.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	1000	414.335	9.983	25.989	823.340
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Breakfast Bars, Assorted 2G	78866	1 each	500	285.000	3.000	47.500	230.000
Pan Dulce, Assorted 2G	78803	1 each	250	200.000	1.500	34.000	90.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	500	260.000	4.500	37.500	395.000
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Homemade Blueberry Muffin 2G	1317061	1 each	50	348.562	2.630	50.798	266.959
Fruit							
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	0.065	20.974	0.890
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	1000	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250

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Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	1000	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup Packet	78806	1 packet	500	10.000	0.000	0.000	25.000
Hot Sauce (Del Sol)	79899	1 packet	250	5.000	0.000	1.000	110.000
Total			5000				
Weighted Daily Average				582.441	7.245*	83.641	757.992*
% of Calories					11.196%	57.442%	

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Menu Detail

Date: 09-19-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Breakfast Entree							
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	250	420.000	4.000	52.000	960.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	1000	414.335	9.983	25.989	823.340
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	500	471.381	7.961	52.815	1,377.299
Burrito, Breakfast, Egg, Potato & Cheese 2.5M/2.5G	78775	1 serving	250	547.248	12.447	45.263	611.059
Burrito, Breakfast, Sausage, Egg & Cheese 3.75M/2.5G	78746	1 serving	750	579.933	14.650	43.667	957.667
Sandwich, Peanut Butter & Jelly, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	250	320.000	3.500	32.000	320.000
Breakfast Bars, Assorted 2G	78866	1 each	500	285.000	3.000	47.500	230.000
Pan Dulce, Assorted 2G	78803	1 each	250	200.000	1.500	34.000	90.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	500	260.000	4.500	37.500	395.000
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	250	263.705	0.756	50.887	117.013
Berry Banana Yogurt Smoothie w/ Pretzels 1M/1G	1240109	1 serving/12 oz cup + Pretzels	300	364.104	0.625	78.897	253.571
Tropical Yogurt Smoothie w/ Pretzels 1M/1G	1263007	1 serving/12 oz cup + Pretzels	150	306.842	0.605*	63.931	263.184*
Homemade Blueberry Muffin 2G	1317061	1 each	50	348.562	2.630	50.798	266.959
Fruit							
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	0.065	20.974	0.890
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	1000	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup Packet	78806	1 packet	500	10.000	0.000	0.000	25.000
Hot Sauce (Del Sol)	79899	1 packet	250	5.000	0.000	1.000	110.000
Total			5000				
Weighted Daily Average				582.441	7.245*	83.641	757.992*
% of Calories					11.196%	57.442%	

* Indicates missing Nutrient Information.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Menu Detail

Date: 09-20-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Breakfast Entree							
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	250	420.000	4.000	52.000	960.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	1000	414.335	9.983	25.989	823.340
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	500	471.381	7.961	52.815	1,377.299
Burrito, Breakfast, Egg, Potato & Cheese 2.5M/2.5G	78775	1 serving	250	547.248	12.447	45.263	611.059
Burrito, Breakfast, Sausage, Egg & Cheese 3.75M/2.5G	78746	1 serving	750	579.933	14.650	43.667	957.667
Sandwich, Peanut Butter & Jelly, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	250	320.000	3.500	32.000	320.000
Breakfast Bars, Assorted 2G	78866	1 each	500	285.000	3.000	47.500	230.000
Pan Dulce, Assorted 2G	78803	1 each	250	200.000	1.500	34.000	90.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	500	260.000	4.500	37.500	395.000
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	250	263.705	0.756	50.887	117.013
Berry Banana Yogurt Smoothie w/ Pretzels 1M/1G	1240109	1 serving/12 oz cup + Pretzels	300	364.104	0.625	78.897	253.571

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Tropical Yogurt Smoothie w/ Pretzels 1M/1G	1263007	1 serving/12 oz cup + Pretzels	150	306.842	0.605*	63.931	263.184*
Homemade Blueberry Muffin 2G	1317061	1 each	50	348.562	2.630	50.798	266.959
Fruit							
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	0.065	20.974	0.890
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	1000	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup Packet	78806	1 packet	500	10.000	0.000	0.000	25.000
Hot Sauce (Del Sol)	79899	1 packet	250	5.000	0.000	1.000	110.000
Total			5000				
Weighted Daily Average				582.441	7.245*	83.641	757.992*
% of Calories					11.196%	57.442%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-21-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Breakfast Entree							
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	250	420.000	4.000	52.000	960.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	1000	414.335	9.983	25.989	823.340
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	500	471.381	7.961	52.815	1,377.299
Burrito, Breakfast, Egg, Potato & Cheese 2.5M/2.5G	78775	1 serving	250	547.248	12.447	45.263	611.059
Burrito, Breakfast, Sausage, Egg & Cheese 3.75M/2.5G	78746	1 serving	750	579.933	14.650	43.667	957.667
Sandwich, Peanut Butter & Jelly, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	250	320.000	3.500	32.000	320.000
Breakfast Bars, Assorted 2G	78866	1 each	500	285.000	3.000	47.500	230.000
Pan Dulce, Assorted 2G	78803	1 each	250	200.000	1.500	34.000	90.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	500	260.000	4.500	37.500	395.000
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	250	263.705	0.756	50.887	117.013
Berry Banana Yogurt Smoothie w/ Pretzels 1M/1G	1240109	1 serving/12 oz cup + Pretzels	300	364.104	0.625	78.897	253.571
Tropical Yogurt Smoothie w/ Pretzels 1M/1G	1263007	1 serving/12 oz cup + Pretzels	150	306.842	0.605*	63.931	263.184*
Homemade Blueberry Muffin 2G	1317061	1 each	50	348.562	2.630	50.798	266.959
Fruit							
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	0.065	20.974	0.890
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	1000	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup Packet	78806	1 packet	500	10.000	0.000	0.000	25.000
Hot Sauce (Del Sol)	79899	1 packet	250	5.000	0.000	1.000	110.000
Total			5000				
Weighted Daily Average				582.441	7.245*	83.641	757.992*
% of Calories					11.196%	57.442%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-22-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Breakfast Entree							
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	250	420.000	4.000	52.000	960.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	600	414.335	9.983	25.989	823.340
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	500	471.381	7.961	52.815	1,377.299
Burrito, Breakfast, Egg, Potato & Cheese 2.5M/2.5G	78775	1 serving	250	547.248	12.447	45.263	611.059
Burrito, Breakfast, Sausage, Egg & Cheese 3.75M/2.5G	78746	1 serving	750	579.933	14.650	43.667	957.667
Sandwich, Peanut Butter & Jelly, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	250	320.000	3.500	32.000	320.000
Breakfast Bars, Assorted 2G	78866	1 each	500	285.000	3.000	47.500	230.000
Pan Dulce, Assorted 2G	78803	1 each	250	200.000	1.500	34.000	90.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Pop Tart & String Cheese 1M/1G	78821	1 serving	500	260.000	4.500	37.500	395.000
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	250	263.705	0.756	50.887	117.013
Berry Banana Yogurt Smoothie w/ Pretzels 1M/1G	1240109	1 serving/12 oz cup + Pretzels	500	364.104	0.625	78.897	253.571
Tropical Yogurt Smoothie w/ Pretzels 1M/1G	1263007	1 serving/12 oz cup + Pretzels	350	306.842	0.605*	63.931	263.184*
Homemade Blueberry Muffin 2G	1317061	1 each	50	348.562	2.630	50.798	266.959
Fruit							
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	0.065	20.974	0.890
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	1000	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup Packet	78806	1 packet	500	10.000	0.000	0.000	25.000
Hot Sauce (Del Sol)	79899	1 packet	250	5.000	0.000	1.000	110.000
Total			5000				
Weighted Daily Average				576.132	6.496*	87.275	712.795*
% of Calories					10.147%	60.594%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-25-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Breakfast Entree							
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	250	420.000	4.000	52.000	960.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	1000	414.335	9.983	25.989	823.340
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	500	471.381	7.961	52.815	1,377.299
Burrito, Breakfast, Egg, Potato & Cheese 2.5M/2.5G	78775	1 serving	250	547.248	12.447	45.263	611.059
Burrito, Breakfast, Sausage, Egg & Cheese 3.75M/2.5G	78746	1 serving	750	579.933	14.650	43.667	957.667
Sandwich, Peanut Butter & Jelly, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	250	320.000	3.500	32.000	320.000
Breakfast Bars, Assorted 2G	78866	1 each	500	285.000	3.000	47.500	230.000
Pan Dulce, Assorted 2G	78803	1 each	250	200.000	1.500	34.000	90.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	500	260.000	4.500	37.500	395.000
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	250	263.705	0.756	50.887	117.013
Berry Banana Yogurt Smoothie w/ Pretzels 1M/1G	1240109	1 serving/12 oz cup + Pretzels	300	364.104	0.625	78.897	253.571
Tropical Yogurt Smoothie w/ Pretzels 1M/1G	1263007	1 serving/12 oz cup + Pretzels	150	306.842	0.605*	63.931	263.184*
Homemade Blueberry Muffin 2G	1317061	1 each	50	348.562	2.630	50.798	266.959
Fruit							
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	0.065	20.974	0.890
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	1000	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup Packet	78806	1 packet	500	10.000	0.000	0.000	25.000
Hot Sauce (Del Sol)	79899	1 packet	250	5.000	0.000	1.000	110.000
Total			5000				
Weighted Daily Average				582.441	7.245*	83.641	757.992*
% of Calories					11.196%	57.442%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-26-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Breakfast Entree							
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	250	420.000	4.000	52.000	960.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	1000	414.335	9.983	25.989	823.340
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	500	471.381	7.961	52.815	1,377.299
Burrito, Breakfast, Egg, Potato & Cheese 2.5M/2.5G	78775	1 serving	250	547.248	12.447	45.263	611.059
Burrito, Breakfast, Sausage, Egg & Cheese 3.75M/2.5G	78746	1 serving	750	579.933	14.650	43.667	957.667

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Sandwich, Peanut Butter & Jelly, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	250	320.000	3.500	32.000	320.000
Breakfast Bars, Assorted 2G	78866	1 each	500	285.000	3.000	47.500	230.000
Pan Dulce, Assorted 2G	78803	1 each	250	200.000	1.500	34.000	90.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	500	260.000	4.500	37.500	395.000
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	250	263.705	0.756	50.887	117.013
Berry Banana Yogurt Smoothie w/ Pretzels 1M/1G	1240109	1 serving/12 oz cup + Pretzels	300	364.104	0.625	78.897	253.571
Tropical Yogurt Smoothie w/ Pretzels 1M/1G	1263007	1 serving/12 oz cup + Pretzels	150	306.842	0.605*	63.931	263.184*
Homemade Blueberry Muffin 2G	1317061	1 each	50	348.562	2.630	50.798	266.959
Fruit							
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	0.065	20.974	0.890
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	1000	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup Packet	78806	1 packet	500	10.000	0.000	0.000	25.000
Hot Sauce (Del Sol)	79899	1 packet	250	5.000	0.000	1.000	110.000
Total			5000				
Weighted Daily Average				582.441	7.245*	83.641	757.992*
% of Calories					11.196%	57.442%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-27-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Breakfast Entree							
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	250	420.000	4.000	52.000	960.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	1000	414.335	9.983	25.989	823.340
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	500	471.381	7.961	52.815	1,377.299
Burrito, Breakfast, Egg, Potato & Cheese 2.5M/2.5G	78775	1 serving	250	547.248	12.447	45.263	611.059
Burrito, Breakfast, Sausage, Egg & Cheese 3.75M/2.5G	78746	1 serving	750	579.933	14.650	43.667	957.667
Sandwich, Peanut Butter & Jelly, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	250	320.000	3.500	32.000	320.000
Breakfast Bars, Assorted 2G	78866	1 each	500	285.000	3.000	47.500	230.000
Pan Dulce, Assorted 2G	78803	1 each	250	200.000	1.500	34.000	90.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	500	260.000	4.500	37.500	395.000
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	250	263.705	0.756	50.887	117.013
Berry Banana Yogurt Smoothie w/ Pretzels 1M/1G	1240109	1 serving/12 oz cup + Pretzels	300	364.104	0.625	78.897	253.571
Tropical Yogurt Smoothie w/ Pretzels 1M/1G	1263007	1 serving/12 oz cup + Pretzels	150	306.842	0.605*	63.931	263.184*
Homemade Blueberry Muffin 2G	1317061	1 each	50	348.562	2.630	50.798	266.959
Fruit							
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	0.065	20.974	0.890
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	1000	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup Packet	78806	1 packet	500	10.000	0.000	0.000	25.000
Hot Sauce (Del Sol)	79899	1 packet	250	5.000	0.000	1.000	110.000
Total			5000				
Weighted Daily Average				582.441	7.245*	83.641	757.992*
% of Calories					11.196%	57.442%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-28-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Breakfast Entree							
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	250	420.000	4.000	52.000	960.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	1000	414.335	9.983	25.989	823.340
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	500	471.381	7.961	52.815	1,377.299
Burrito, Breakfast, Egg, Potato & Cheese 2.5M/2.5G	78775	1 serving	250	547.248	12.447	45.263	611.059
Burrito, Breakfast, Sausage, Egg & Cheese 3.75M/2.5G	78746	1 serving	750	579.933	14.650	43.667	957.667
Sandwich, Peanut Butter & Jelly, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	250	320.000	3.500	32.000	320.000
Breakfast Bars, Assorted 2G	78866	1 each	500	285.000	3.000	47.500	230.000
Pan Dulce, Assorted 2G	78803	1 each	250	200.000	1.500	34.000	90.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	500	260.000	4.500	37.500	395.000
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	250	263.705	0.756	50.887	117.013
Berry Banana Yogurt Smoothie w/ Pretzels 1M/1G	1240109	1 serving/12 oz cup + Pretzels	300	364.104	0.625	78.897	253.571
Tropical Yogurt Smoothie w/ Pretzels 1M/1G	1263007	1 serving/12 oz cup + Pretzels	150	306.842	0.605*	63.931	263.184*
Homemade Blueberry Muffin 2G	1317061	1 each	50	348.562	2.630	50.798	266.959
Fruit							
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	0.065	20.974	0.890
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	1000	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup Packet	78806	1 packet	500	10.000	0.000	0.000	25.000
Hot Sauce (Del Sol)	79899	1 packet	250	5.000	0.000	1.000	110.000
Total			5000				
Weighted Daily Average				582.441	7.245*	83.641	757.992*
% of Calories					11.196%	57.442%	

* Indicates missing Nutrient Information.

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Menu Detail

Date: 09-29-2023

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)
Breakfast Entree							
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	250	420.000	4.000	52.000	960.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	600	414.335	9.983	25.989	823.340
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	500	471.381	7.961	52.815	1,377.299
Burrito, Breakfast, Egg, Potato & Cheese 2.5M/2.5G	78775	1 serving	250	547.248	12.447	45.263	611.059
Burrito, Breakfast, Sausage, Egg & Cheese 3.75M/2.5G	78746	1 serving	750	579.933	14.650	43.667	957.667
Sandwich, Peanut Butter & Jelly, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	250	320.000	3.500	32.000	320.000
Breakfast Bars, Assorted 2G	78866	1 each	500	285.000	3.000	47.500	230.000
Pan Dulce, Assorted 2G	78803	1 each	250	200.000	1.500	34.000	90.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	500	260.000	4.500	37.500	395.000
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	250	263.705	0.756	50.887	117.013
Berry Banana Yogurt Smoothie w/ Pretzels 1M/1G	1240109	1 serving/12 oz cup + Pretzels	500	364.104	0.625	78.897	253.571
Tropical Yogurt Smoothie w/ Pretzels 1M/1G	1263007	1 serving/12 oz cup + Pretzels	350	306.842	0.605*	63.931	263.184*
Homemade Blueberry Muffin 2G	1317061	1 each	50	348.562	2.630	50.798	266.959
Fruit							
Fruit, Fresh, Assorted (BKF)	78657	1 each	1000	81.357	0.065	20.974	0.890
Juice, Assorted, 4 oz, Clearbrook Farms	1221539	1 each	5000	60.000	0.000	14.000	3.333
Fruit Cup, Assorted	78625	0.5 cup	1000	84.199	0.000	19.998	0.000
Dried Fruit, Assorted	78632	1 each	1000	112.500	0.000*	28.000	1.250
Milk							
Milk, 1% Low Fat, Clearbrook Farms	1225774	1 each	1000	120.000	1.500	16.000	135.000
Milk, Chocolate, Fat-free, Clearbrook Farms	1221537	8 fl oz	2000	120.000	0.000	23.000	200.000
Misc.							
Ketchup Packet	78806	1 packet	500	10.000	0.000	0.000	25.000
Hot Sauce (Del Sol)	79899	1 packet	250	5.000	0.000	1.000	110.000
Total			5000				
Weighted Daily Average				576.132	6.496*	87.275	712.795*
% of Calories					10.147%	60.594%	

* Indicates missing Nutrient Information.

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