

Simple Average

1/4/2022 to 1/4/2022

		Calories	Chol	Sodium	Fiber	Iron	Calc	Vit A	Vit C	Protein	Carb	Tot Fat	Sat Fat	Trans Fat	Sugars
		cals	mg	mg	gm	mg	mg	IU	mg	gm	gm	gm	gm	gm	gm
10306: Rodriguez															
1/4/2022 - Breakfast - Middle/High Bfast															
Mini Cinni	1 each	240.000	0.000	300.000	2.000	1.440	40.000	N/A	N/A	5.000	40.000	8.000	2.000	N/A	15.000
Bagel & Cream Cheese	1 each	240.000	20.000	395.000	3.000	1.800	100.000	300.000	0.000	11.000	34.000	8.000	4.000	N/A	8.000
Fresh Fruit, Seasonal	1/2 cup	59.212	0.000*	1.162*	3.023	0.204*	20.314*	142.754*	25.352*	0.773	14.903	0.260*	0.019*	0.000*	9.004*
Poptart, Strawberry	1 pack	360.000	0.000	360.000	6.000	3.600	200.000	1000.000	0.000	4.000	75.000	5.000	2.000	0.000	29.000
Juice 4.23oz	1 box	60.000	0.000	8.000	0.000	0.000	14.000	N/A	60.000	0.000	15.000	0.000	0.000	0.000	13.400
Breakfast Pizza	1 Pizza	210.000	15.000	350.000	3.000	1.900	146.000	200.000	0.000	9.000	27.000	7.000	2.000	0.000	5.000
Soymilk, Vanilla	1 half pint	150.000	0.000	70.000	0.000	1.440	300.000	500.000	0.000	8.000	18.000	4.5	1.000	0.000	13.000
Cereal, Cinnamon Toast Crunch	1 each	230.000	0.000	320.000	6.000	8.100	400.000	1000.000	9.000	3.000	44.000	5.000	0.5	0.000	11.000
Cereal, Honey Nut Cheerios	1 each	210.000	0.000	320.000	4.000	5.400	150.000	750.000	9.000	5.000	45.000	2.5	0.5	N/A	19.000
Cereal, Lucky Charms	1 each	210.000	0.000	360.000	4.000	5.6	200.000	750.000	9.000	5.000	46.000	2.5	0.000	0.000	19.000
Tornados, Breakfast	1 each	144.0	30.0	280.0	2.0	1.44	40.0	200.0	1.2	7.0	22.0	7.0	1.5	0.0	1.0
Cereal, Cocoa Puffs	1 each	230.000	0.000	220.000	3.000	5.6	200.000	750.000	9.000	3.000	47.000	2.5	0.000	0.000	15.000
Ham and Cheese Bagel	1 each	306.667	40.000	843.333	3.000	2.030	227.000	274.000	0.000	17.667	58.000	11.500	5.500	0.000*	5.000
Cereal, Cinnamon Chex	1 each	230.000	0.000	340.000	3.000	14.400	100.000	500.000	6.000	3.000	46.000	5.000	0.5	N/A	12.000
Benefit Bar, French Toast	1 each	290.000	20.000	240.000	3.000	1.800	20.000	0.000	0.000	5.000	47.000	9.000	3.000	N/A	22.000
Poptart, Brown Sugar	1 pack	370.000	0.000	390.000	6.000	3.600	200.000	1000.000	0.000	5.000	76.000	6.000	2.000	0.000	31.000
Donuts, Powdered Sugar	1 pack	310.000	20.000	250.000	2.000	1.3	40.000	0.000	0.000	3.000	52.000	11.000	5.000	0.000	29.000
Yogurt Parfait - Bfast	1 each	363.048	2.498	231.786	4.744*	1.125*	122.072	512.592	0.709*	8.590	65.705	7.893	1.510	0.000*	29.314
Fruit, Juice, Milk - K12	1 serving	208.340	5.000	165.545	1.308	0.425	253.270	779.430*	62.507*	9.142	42.526	0.093	0.015	0.000	37.663
Coffee Cake, Cinnamon	1 each	250.000	35.000	250.000	2.000	1.080	58.000	N/A	N/A	4.000	32.000	9.000	1.000	0.000	19.000
Milk, 1% Lowfat	1 HALF PINT	102.48	12.2	107.36	0.000	0.073	305.000	478.24	0.000	8.223	12.176	2.367	1.545	N/A	12.688
Milk, Nonfat	1 HALF PINT	83.3	4.9	102.9	0.000	0.074	298.9	499.8	0.000	8.256	12.152	0.196	0.137	N/A	12.470

Note: 0* = zero value Nutrient data and missing Nutrient data (N/A), Number* = some Nutrient data missing (N/A), N/A = missing Nutrient data

Serving Date	Recipe	Allergens
01/04/2022	R-0002 Mini Cinni	Milk, Wheat
	R-0004 Bagel & Cream Cheese	Wheat, Milk
	R-0027 Poptart, Strawberry	Wheat, Soy Beans
	R-0044 Breakfast Pizza	Milk, Wheat, Soy Beans
	R-0090 Soymilk, Vanilla	Soy Beans
	R-0091 Cereal, Cinnamon Toast Crunch	Wheat, Soy Beans
	R-0094 Tornados, Breakfast	Milk, Eggs, Wheat, Soy Beans
	R-0095 Cereal, Cocoa Puffs	Wheat
	R-0097 Ham and Cheese Bagel	Milk, Soy Beans, Wheat
	R-0110 Benefit Bar, French Toast	Milk, Eggs, Wheat, Soy Beans
	R-0111 Poptart, Brown Sugar	Wheat, Soy Beans
	R-0112 Donuts, Powdered Sugar	Milk, Eggs, Wheat, Soy Beans
	R-0113 Yogurt Parfait - Bfast	Wheat, Soy Beans, Milk
	R-0135 Fruit, Juice, Milk - K12	Milk
	R-0149 Coffee Cake, Cinnamon	Milk, Eggs, Wheat