

Nutritional Information: SBP Breakfast

- Nutritional information is current as of 4/1/19 and will be updated as applicable.
- SBP breakfast meals are offered with: fruit (½ cup for PSN meals; 1 cup for K-12 meals) and fat-free or 1% milk (1 cup/8 fl oz) on the side.
- The fruit and milk are not included within the nutritional information for the meals on this report. This information is provided on a separate fruit/milk report.
- To determine the correct menu item on the report, please refer to the production record (MPR) for that day.

Carbohydrate Information:

If calculating the total grams of carbohydrate per meal, please account for carbohydrates from the fruit and/or milk that may be served with the meal by using the separate report for fruit/milk, see below for an example.

Sample Breakfast Meal

1. Locate the appropriate menu item name on each report. The appropriate meal size and portions should be selected for the student's age/grade group.

Breakfast Nutritional Information – select appropriate meal size for age/grade group

Recipe Description	Portion Size	Cal	Carb g
BRK, SAMPLE BRK ENTREE	1 EACH	220	33

Fruit and Milk Nutritional Information – select appropriate portion sizes for age/grade group

Recipe Description	Portion Size	Calories	Carbs g
FR, ORANGE 1/2 CUP	1 EACH	45	11.28
MILK - 0%, 8 FL OZ, K-12	1 EACH (8 FL OZ)	90	13
MILK - 1%, 8 FL OZ, K-12	1 EACH (8 FL OZ)	110	13

2. Add up the student's menu item selections to calculate the total carbohydrates from the meal:

Breakfast Entrée	33 g
Orange (1/2 cup)	11.28 g
Orange (1/2 cup)	11.28 g
Milk (8 fl oz)	13 g
Total Carbs for Sample Meal = 68.56 g	

This information is provided as a helpful resource only. Students and families should ultimately be responsible for diabetes self-management.

Menu Calendar Nutrient Analysis Report - April, 2019

Date: 04/01/2019 - 04/30/2019

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
04/01/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% Shelf Stable - 9005 (1 ea.)	110.00	13.00	2.50	1.50	10.00	130.00	0.00	12.00	8.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Milk Whole - 9697 (1 ea.)	151.32	11.87	8.05	5.07	34.05	125.00	0.00	11.07	7.85
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Raisins 1/4 Cup - FR25 (1 ea.)	106.05	28.28	0.00	0.00	0.00	3.54	1.77	21.21	0.88
Cereal Cheerios Gluten-Free (SFUSD) - 9559 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free (SFUSD) - 9703 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free (SFUSD) - 9560 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
Welcome Back Breakfast Cereal Chex & Honey Grahams (SFUSD)	210.00	42.00	5.00	0.00	0.00	180.00	3.00	11.00	3.00
Welcome Back-Cereal Chex Cinnamon & Honey Grahams (SFUSD)	330.00	74.00	5.00	0.00	0.00	184.00	5.00	35.00	4.00
4/2/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Milk Whole - 9697 (1 ea.)	151.32	11.87	8.05	5.07	34.05	125.00	0.00	11.07	7.85
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Buttermilk Pancakes - 24300 (1 ea.)	195.00	38.00	2.00	0.00	0.00	205.00	2.00	14.00	4.00
Cereal Cheerios Gluten-Free (SFUSD) - 9559 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free (SFUSD) - 9703 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free (SFUSD) - 9560 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
Cinnamon Crumble - 6244 (1 ea.)	250.00	37.00	9.00	1.00	25.00	190.00	3.00	8.00	5.00
Blueberry Burst Bagel - 5617 (1 ea.)	210.00	32.00	5.00	3.50	15.00	285.00	3.00	5.00	7.00
4/3/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Milk Whole - 9697 (1 ea.)	151.32	11.87	8.05	5.07	34.05	125.00	0.00	11.07	7.85
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Biscuit Sausage & Cheddar (SFUSD) - 10658 (1 ea.)	274.06	27.28	12.38	3.73	42.73	423.72	2.00	3.28	12.77
Cereal Cheerios Gluten-Free (SFUSD) - 9559 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free (SFUSD) - 9703 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free (SFUSD) - 9560 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
Honey Grahams & Yogurt (SFUSD) - 7717 (1 ea.)	170.00	33.00	3.00	0.00	5.00	70.00	2.00	14.00	6.00
Muffin Mini Lemon & String Cheese (SFUSD UB) - 10588 (1 ea.)	220.00	22.00	10.50	4.00	30.00	350.00	1.00	8.00	10.00
4/4/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Milk Whole - 9697 (1 ea.)	151.32	11.87	8.05	5.07	34.05	125.00	0.00	11.07	7.85
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Omelet & Cornbread (SFUSD K-8) - 40561 (1 ea.)	260.00	33.00	11.00	2.50	100.00	300.00	1.00	17.00	7.00
Bagel Mini with Egg and Jam (SFUSD) - 9536 (1 ea.)	265.00	41.00	7.00	1.50	185.00	380.00	3.00	12.00	12.00
Cereal Cheerios Gluten-Free (SFUSD) - 9559 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free (SFUSD) - 9703 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free (SFUSD) - 9560 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
Blueberry Burst Muffin - 4929 (1 ea.)	230.00	39.00	7.00	0.50	25.00	230.00	3.00	14.00	5.00
4/5/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Milk Whole - 9697 (1 ea.)	151.32	11.87	8.05	5.07	34.05	125.00	0.00	11.07	7.85
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Buenos Dias Breakfast Burrito - 31916 (1 ea.)	246.76	28.60	11.06	2.29	121.00	266.14	2.24	1.26	9.86
Cereal Cheerios Gluten-Free (SFUSD) - 9559 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free (SFUSD) - 9703 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Cereal Chex Corn Gluten-Free (SFUSD) - 9560 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
Cereal Chex Corn & Educational Snacks (SFUSD) - 10441 (1 ea.)	220.00	46.00	4.50	0.00	0.00	265.00	3.00	9.00	4.00
Pancake Peach Bowl (UB) - 10725 (1 ea.)	230.00	40.00	5.00	3.00	40.00	360.00	2.00	13.00	5.00
4/8/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Milk Whole - 9697 (1 ea.)	151.32	11.87	8.05	5.07	34.05	125.00	0.00	11.07	7.85
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Mini Cheesy Omelet & French Toast Stick - 7924 (1 ea.)	225.00	28.00	8.50	2.50	87.00	260.00	1.00	14.00	7.00
Dipperdoodle Bar - 3749 (1 ea.)	250.00	40.00	8.00	1.00	25.00	50.00	5.00	11.00	6.00
Cereal Cheerios Gluten-Free (SFUSD) - 9559 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free (SFUSD) - 9703 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free (SFUSD) - 9560 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
Yogurt & Granola - 7707 (1 ea.)	200.00	34.00	4.50	0.50	5.00	90.00	2.00	16.00	7.00
4/9/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Milk Whole - 9697 (1 ea.)	151.32	11.87	8.05	5.07	34.05	125.00	0.00	11.07	7.85
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Rice Bowl with Sausage & Egg (SFUSD K-8) - 41144 (1 ea.)	197.40	26.56	6.50	2.35	62.91	334.53	1.24	0.60(M)	8.28
Cereal Cheerios Gluten-Free (SFUSD) - 9559 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free (SFUSD) - 9703 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free (SFUSD) - 9560 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
French Toast Muffin - 6491 (1 ea.)	240.00	39.00	8.00	1.00	25.00	200.00	3.00	14.00	4.00
Cereal Chex Cinnamon & Educational Snack	230.00	45.00	6.00	0.00	0.00	235.00	3.00	13.00	3.00
4/10/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Milk Whole - 9697 (1 ea.)	151.32	11.87	8.05	5.07	34.05	125.00	0.00	11.07	7.85
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Classic Cheese Omelet - 31207 (1 ea.)	190.00	22.00	7.50	2.00	85.00	301.00	2.00	3.00	8.00
Plain Bagel & Cream Cheese - 3746 (1 ea.)	190.00	27.00	5.50	3.50	15.00	345.00	3.00	3.00	6.00
Cereal Cheerios Gluten-Free (SFUSD) - 9559 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free (SFUSD) - 9703 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free (SFUSD) - 9560 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
Cinnamon Graham Crackers & String Cheese - 5927 (1 ea.)	190.00	19.00	9.50	3.50	15.00	215.00	1.00	6.00	9.00
4/11/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Milk Whole - 9697 (1 ea.)	151.32	11.87	8.05	5.07	34.05	125.00	0.00	11.07	7.85
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
French Toast, Maple Turkey Sausage & Egg Combo - 8374 (1 ea.)	226.67	28.67	8.00	2.17	103.67	335.00	1.00	14.67	9.67
Cereal Cheerios Gluten-Free (SFUSD) - 9559 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free (SFUSD) - 9703 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free (SFUSD) - 9560 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
Yogurt & Educational Snacks (SFUSD) - 10230 (1 ea.)	190.00	36.00	4.00	0.00	5.00	125.00	2.00	16.00	6.00
Cinnamon Crumble - 6243 (1 ea.)	250.00	37.00	9.00	1.00	25.00	190.00	3.00	8.00	5.00
4/12/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Milk Whole - 9697 (1 ea.)	151.32	11.87	8.05	5.07	34.05	125.00	0.00	11.07	7.85
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Egg, Cheese & Chicken Sausage Quesadilla - 7410 (1 ea.)	245.88	27.44	11.10	2.80	73.48	373.08	2.00(M)	0.47(M)	10.80
Blueberry Burst Bagel - 5610 (1 ea.)	210.00	32.00	5.00	3.50	15.00	285.00	3.00	5.00	7.00
Cereal Cheerios Gluten-Free (SFUSD) - 9559 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free (SFUSD) - 9703 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Cereal Chex Corn Gluten-Free (SFUSD) - 9560 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
Zac Omega Strawberry Bar - 4931 (1 ea.)	240.00	40.00	7.00	0.50	0.00	50.00	5.00	14.00	5.00
4/15/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Milk Whole - 9697 (1 ea.)	151.32	11.87	8.05	5.07	34.05	125.00	0.00	11.07	7.85
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Pancake Bowl Strawberry (SFUSD) - 9976 (1 ea.)	230.00	38.00	5.00	3.00	40.00	380.00	2.00	12.00	6.00
Cereal Cheerios Gluten-Free (SFUSD) - 9559 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Multigrain Cheerios & Educational Snacks - 10439 (1 ea.)	220.00	45.00	5.00	0.00	0.00	175.00	5.00	12.00	4.00
Cereal Chex Cinnamon Gluten-Free (SFUSD) - 9703 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free (SFUSD) - 9560 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
Jumpstart Breakfast: Mini Dipperdoodle & String Cheese	220.00	23.00	10.50	4.00	30.00	230.00	3.00	6.00	10.00
4/16/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Milk Whole - 9697 (1 ea.)	151.32	11.87	8.05	5.07	34.05	125.00	0.00	11.07	7.85
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Biscuit Sausage & Cheddar (SFUSD) - 10658 (1 ea.)	274.06	27.28	12.38	3.73	42.73	423.72	2.00	3.28	12.77
Plain Bagel & Cream Cheese - 3746 (1 ea.)	190.00	27.00	5.50	3.50	15.00	345.00	3.00	3.00	6.00
Cereal Cheerios Gluten-Free (SFUSD) - 9559 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free (SFUSD) - 9703 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free (SFUSD) - 9560 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
Honey Grahams & Yogurt (SFUSD) - 7719 (1 ea.)	170.00	33.00	3.00	0.00	5.00	70.00	2.00	14.00	6.00
4/17/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Milk Whole - 9697 (1 ea.)	151.32	11.87	8.05	5.07	34.05	125.00	0.00	11.07	7.85
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
French Toast Sticks - 7768 (1 ea.)	275.00	46.00	7.00	1.00	4.00	265.00	2.00	20.00	6.00
Cereal Cheerios Gluten-Free (SFUSD) - 9559 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free (SFUSD) - 9703 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free (SFUSD) - 9560 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
Muffin Mini Lemon & String Cheese (SFUSD) - 10335 (1 ea.)	220.00	22.00	10.50	4.00	30.00	350.00	1.00	8.00	10.00
Corn Chex & Zac Attack Strawberry Bar - 8232 (1 ea.)	240.00	47.00	4.50	0.00	0.00	235.00	4.00	12.00	5.00
4/18/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Milk Whole - 9697 (1 ea.)	151.32	11.87	8.05	5.07	34.05	125.00	0.00	11.07	7.85
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Burrito Egg Potato Green Chile Cheese (SFUSD K-8)	277.25	30.95	12.50	3.18	125.28	338.25	2.52	0.59	11.82
Blueberry Burst Bagel - 5610 (1 ea.)	210.00	32.00	5.00	3.50	15.00	285.00	3.00	5.00	7.00
Cereal Cheerios Gluten-Free (SFUSD) - 9559 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free (SFUSD) - 9703 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free (SFUSD) - 9560 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
Cinnamon Crumble - 6243 (1 ea.)	250.00	37.00	9.00	1.00	25.00	190.00	3.00	8.00	5.00
4/19/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Milk Whole - 9697 (1 ea.)	151.32	11.87	8.05	5.07	34.05	125.00	0.00	11.07	7.85
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Classic Cheese Omelet - 31207 (1 ea.)	190.00	22.00	7.50	2.00	85.00	301.00	2.00	3.00	8.00
Bar Zee Zees Cinnamon Crisp (SFUSD) - 10750 (1 ea.)	250.00	39.00	9.00	2.50	0.00	80.00	3.00	13.00	4.00
Cereal Cheerios Gluten-Free (SFUSD) - 9559 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free (SFUSD) - 9703 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free (SFUSD) - 9560 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Yogurt & Granola - 7707 (1 ea.)	200.00	34.00	4.50	0.50	5.00	90.00	2.00	16.00	7.00
4/22/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Milk Whole - 9697 (1 ea.)	151.32	11.87	8.05	5.07	34.05	125.00	0.00	11.07	7.85
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Buttermilk Pancakes - 24299 (1 ea.)	195.00	38.00	2.00	0.00	0.00	205.00	2.00	14.00	4.00
Cereal Cheerios & Animal Crackers (SFUSD) - 10521 (1 ea.)	220.00	40.00	6.50	0.50	0.00	255.00	5.00	7.00	5.00
Cereal Cheerios Gluten-Free (SFUSD) - 9559 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free (SFUSD) - 9703 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free (SFUSD) - 9560 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
Dipperdoodle Bar - 4926 (1 ea.)	250.00	40.00	8.00	1.00	25.00	50.00	5.00	11.00	6.00
4/23/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Milk Whole - 9697 (1 ea.)	151.32	11.87	8.05	5.07	34.05	125.00	0.00	11.07	7.85
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Omelet & Cornbread (SFUSD K-8) - 40561 (1 ea.)	260.00	33.00	11.00	2.50	100.00	300.00	1.00	17.00	7.00
Cereal Cheerios Gluten-Free (SFUSD) - 9559 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free (SFUSD) - 9703 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free (SFUSD) - 9560 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
Yogurt & Educational Snacks (SFUSD) - 10230 (1 ea.)	190.00	36.00	4.00	0.00	5.00	125.00	2.00	16.00	6.00
French Toast Muffin - 6487 (1 ea.)	240.00	39.00	8.00	1.00	25.00	200.00	3.00	14.00	4.00
4/24/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Milk Whole - 9697 (1 ea.)	151.32	11.87	8.05	5.07	34.05	125.00	0.00	11.07	7.85
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Rice Bowl with Sausage & Egg (SFUSD K-8) - 41144 (1 ea.)	197.40	26.56	6.50	2.35	62.91	334.53	1.24	0.60(M)	8.28
Cereal Cheerios Gluten-Free (SFUSD) - 9559 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free (SFUSD) - 9703 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free (SFUSD) - 9560 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
Pancake Bowl Strawberry (SFUSD) - 10737 (1 ea.)	230.00	38.00	5.00	3.00	40.00	380.00	2.00	12.00	6.00
Zac Omega Strawberry Bar - 4931 (1 ea.)	240.00	40.00	7.00	0.50	0.00	50.00	5.00	14.00	5.00
4/25/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Milk Whole - 9697 (1 ea.)	151.32	11.87	8.05	5.07	34.05	125.00	0.00	11.07	7.85
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Mini Cheesy Omelet & French Toast Stick - 7924 (1 ea.)	225.00	28.00	8.50	2.50	87.00	260.00	1.00	14.00	7.00
Cereal Cheerios Gluten-Free (SFUSD) - 9559 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Cheerios & Dipperdoodle Bar (SFUSD) - 9193 (1 ea.)	240.00	43.00	6.50	1.00	15.00	170.00	6.00	7.00	6.00
Cereal Chex Cinnamon Gluten-Free (SFUSD) - 9703 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free (SFUSD) - 9560 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
Cinnamon Crumble - 6243 (1 ea.)	250.00	37.00	9.00	1.00	25.00	190.00	3.00	8.00	5.00
4/26/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Milk Whole - 9697 (1 ea.)	151.32	11.87	8.05	5.07	34.05	125.00	0.00	11.07	7.85
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Burrito Egg & Turkey Sausage Smothered (SFUSD) - 10663 (1 ea.)	279.50	33.63	12.10	3.15	51.06	328.89	2.88	2.20	10.94
Blueberry Burst Bagel - 5610 (1 ea.)	210.00	32.00	5.00	3.50	15.00	285.00	3.00	5.00	7.00
Cereal Cheerios Gluten-Free (SFUSD) - 9559 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free (SFUSD) - 9703 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free (SFUSD) - 9560 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
Cinnamon Graham Crackers & String Cheese - 5927 (1 ea.)	190.00	19.00	9.50	3.50	15.00	215.00	1.00	6.00	9.00

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
4/29/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Milk Whole - 9697 (1 ea.)	151.32	11.87	8.05	5.07	34.05	125.00	0.00	11.07	7.85
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Classic Cheese Omelet - 31207 (1 ea.)	190.00	22.00	7.50	2.00	85.00	301.00	2.00	3.00	8.00
Bar Zee Zees Cinnamon Crisp (SFUSD) - 10750 (1 ea.)	250.00	39.00	9.00	2.50	0.00	80.00	3.00	13.00	4.00
Cereal Cheerios Gluten-Free (SFUSD) - 9559 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free (SFUSD) - 9703 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free (SFUSD) - 9560 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
Honey Grahams & Yogurt (SFUSD) - 7719 (1 ea.)	170.00	33.00	3.00	0.00	5.00	70.00	2.00	14.00	6.00
4/30/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
Milk 1% - 9001 (1 ea.)	110.00	13.00	2.50	1.50	0.00	130.00	0.00	13.00	8.00
Milk Whole - 9697 (1 ea.)	151.32	11.87	8.05	5.07	34.05	125.00	0.00	11.07	7.85
Soy Milk - 9004 (1 ea.)	150.00	18.00	5.00	1.00	0.00	180.00	0.00	17.00	9.00
Apple - FR03 (1 ea.)	55.12	14.64	0.18	0.03	0.00	1.06	2.54	11.01	0.28
Pancake Peach Bowl (SFUSD) - 9968 (1 ea.)	230.00	40.00	5.00	3.00	40.00	360.00	2.00	13.00	5.00
Plain Bagel & Cream Cheese - 3746 (1 ea.)	190.00	27.00	5.50	3.50	15.00	345.00	3.00	3.00	6.00
Cereal Cheerios Gluten-Free (SFUSD) - 9559 (1 ea.)	100.00	20.00	2.00	0.50	0.00	140.00	3.00	1.00	3.00
Cereal Chex Cinnamon Gluten-Free (SFUSD) - 9703 (1 ea.)	110.00	23.00	2.00	0.00	0.00	170.00	1.00	7.00	1.00
Cereal Chex Corn Gluten-Free (SFUSD) - 9560 (1 ea.)	100.00	24.00	0.50	0.00	0.00	200.00	1.00	3.00	2.00
Cereal Cheerios & Animal Crackers (SFUSD UB)	220.00	40.00	6.50	0.50	0.00	255.00	5.00	7.00	5.00