

Nutritional Information: SBP Breakfast

- Nutritional information is current as of 2/1/19 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 - February, 2019

Date: 02/01/2019 - 02/28/2019

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
2/1/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
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.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
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
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
Cocoa Critters Cereal Bowl - 8200 (1 ea.)	210.00	44.00	1.50	0.00	0.00	90.00	2.00	11.00	4.00
Banana Muffin - 4495 (1 ea.)	240.00	39.00	8.00	1.00	30.00	260.00	3.00	12.00	5.00
Jumpstart Breakfast: Mini Dipperdoodle & String Cheese	220.00	23.00	10.50	4.00	30.00	230.00	3.00	6.00	10.00
2/4/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
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.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
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
Cocoa Critters Cereal Bowl - 8200 (1 ea.)	210.00	44.00	1.50	0.00	0.00	90.00	2.00	11.00	4.00
Cereal Cheerios & Animal Crackers (SFUSD UB) - 10528 (1 ea.)	220.00	40.00	6.50	0.50	0.00	255.00	5.00	7.00	5.00
2/6/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
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.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Omelet & Cornbread (SFUSD K-5) - 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 Cinnamon Chex & Educational Snacks (SFUSD) - 10440 (1 ea.)	230.00	45.00	6.00	0.00	0.00	235.00	3.00	13.00	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
Cocoa Critters Cereal Bowl - 8200 (1 ea.)	210.00	44.00	1.50	0.00	0.00	90.00	2.00	11.00	4.00
Yogurt & Granola - 7707 (1 ea.)	200.00	34.00	4.50	0.50	5.00	90.00	2.00	16.00	7.00
2/7/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
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.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Burrito Egg Potato Green Chile Cheese (SFUSD K-5) - 38895 (1 ea.)	277.25	30.95	12.50	3.18	125.28	338.25	2.52	0.59	11.82
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

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
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
Cocoa Critters Cereal Bowl - 8200 (1 ea.)	210.00	44.00	1.50	0.00	0.00	90.00	2.00	11.00	4.00
Blueberry Burst Muffin - 4929 (1 ea.)	230.00	39.00	7.00	0.50	25.00	230.00	3.00	14.00	5.00
2/8/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
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.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
English Muffin Chicken Sausage and Cheddar Classic Brekwich	237.60	32.28	6.11	1.72	37.68	335.14	3.00	9.28	13.51
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
Cocoa Critters Cereal Bowl - 8200 (1 ea.)	210.00	44.00	1.50	0.00	0.00	90.00	2.00	11.00	4.00
Cinnamon Crumble - 6244 (1 ea.)	250.00	37.00	9.00	1.00	25.00	190.00	3.00	8.00	5.00
Multigrain Cheerios & Mini Dipperdoodle Bar - 8238 (1 ea.)	240.00	46.00	5.50	0.50	15.00	140.00	6.00	12.00	5.00
2/11/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
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.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Classic Cheese Omelet - 31206 (1 ea.)	190.00	22.00	7.50	2.00	85.00	301.00	2.00	3.00	8.00
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 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
Cocoa Critters Cereal Bowl - 8200 (1 ea.)	210.00	44.00	1.50	0.00	0.00	90.00	2.00	11.00	4.00
Yogurt & Granola - 7707 (1 ea.)	200.00	34.00	4.50	0.50	5.00	90.00	2.00	16.00	7.00
2/12/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
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.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
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
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
Cocoa Critters Cereal Bowl - 8200 (1 ea.)	210.00	44.00	1.50	0.00	0.00	90.00	2.00	11.00	4.00
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
Dipperdoodle Bar - 4926 (1 ea.)	250.00	40.00	8.00	1.00	25.00	50.00	5.00	11.00	6.00
2/13/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
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

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Apple - FR03 (1 ea.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Turkey, Cheddar Cheese & Omelet Gordita - 35637 (1 ea.)	179.07	14.13	8.78	3.02	94.45	365.00	1.00	1.13	9.89
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
Cocoa Critters Cereal Bowl - 8200 (1 ea.)	210.00	44.00	1.50	0.00	0.00	90.00	2.00	11.00	4.00
Cinnamon Crumble - 6243 (1 ea.)	250.00	37.00	9.00	1.00	25.00	190.00	3.00	8.00	5.00
2/14/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
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.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
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
Cocoa Critters Cereal Bowl - 8200 (1 ea.)	210.00	44.00	1.50	0.00	0.00	90.00	2.00	11.00	4.00
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
Banana Muffin - 4928 (1 ea.)	240.00	39.00	8.00	1.00	30.00	260.00	3.00	12.00	5.00
2/15/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
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.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Scramble Ranchero Scoops (SFUSD K-8) - 37236 (1 ea.)	204.66	23.48	8.77	2.86	143.18	379.63	2.12	0.97	9.26
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 Whole Grain Cheerios & Zac Apple Bar (SFUSD) - 9242 (1 ea.)	240.00	43.00	6.00	0.50	0.00	175.00	6.00	10.00	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
Cocoa Critters Cereal Bowl - 8200 (1 ea.)	210.00	44.00	1.50	0.00	0.00	90.00	2.00	11.00	4.00
Bagel Mini with Egg and Jam (UB SFUSD) - 9550 (1 ea.)	265.00	41.00	7.00	1.50	185.00	380.00	3.00	12.00	12.00
2/19/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
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.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
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
Cocoa Critters Cereal Bowl - 8200 (1 ea.)	210.00	44.00	1.50	0.00	0.00	90.00	2.00	11.00	4.00
Cereal Chex Cinnamon & Educational Snack (SFUSD UB) - 10437	230.00	45.00	6.00	0.00	0.00	235.00	3.00	13.00	3.00
2/20/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Milk 1% - 9001 (1 ea.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
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.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Buttermilk Pancakes - 24299 (1 ea.)	195.00	38.00	2.00	0.00	0.00	205.00	2.00	14.00	4.00
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
Cocoa Critters Cereal Bowl - 8200 (1 ea.)	210.00	44.00	1.50	0.00	0.00	90.00	2.00	11.00	4.00
Blueberry Burst Muffin - 4929 (1 ea.)	230.00	39.00	7.00	0.50	25.00	230.00	3.00	14.00	5.00
2/21/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
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.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
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
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
Cocoa Critters Cereal Bowl - 8200 (1 ea.)	210.00	44.00	1.50	0.00	0.00	90.00	2.00	11.00	4.00
Muffin French Toast & String Cheese (SFUSD) - 10062 (1 ea.)	220.00	22.00	10.50	4.00	30.00	310.00	2.00	8.00	9.00
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
2/22/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
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.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Omelet & Cornbread (SFUSD K-5) - 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
Cocoa Critters Cereal Bowl - 8200 (1 ea.)	210.00	44.00	1.50	0.00	0.00	90.00	2.00	11.00	4.00
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
Blueberry Burst Bagel - 5617 (1 ea.)	210.00	32.00	5.00	3.50	15.00	285.00	3.00	5.00	7.00
2/25/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
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.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
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
Zac Omega Strawberry Bar - 3754 (1 ea.)	240.00	40.00	7.00	0.50	0.00	50.00	5.00	14.00	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

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Cocoa Critters Cereal Bowl - 8200 (1 ea.)	210.00	44.00	1.50	0.00	0.00	90.00	2.00	11.00	4.00
Corn Chex & Mini Dipperdoodle Bar - 8233 (1 ea.)	240.00	47.00	5.00	0.50	15.00	230.00	4.00	9.00	5.00
2/26/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
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.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
Classic Cheese Omelet - 31207 (1 ea.)	190.00	22.00	7.50	2.00	85.00	301.00	2.00	3.00	8.00
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
Cocoa Critters Cereal Bowl - 8200 (1 ea.)	210.00	44.00	1.50	0.00	0.00	90.00	2.00	11.00	4.00
Cinnamon Crumble - 6244 (1 ea.)	250.00	37.00	9.00	1.00	25.00	190.00	3.00	8.00	5.00
Plain Bagel & Cream Cheese - 4921 (1 ea.)	190.00	27.00	5.50	3.50	15.00	345.00	3.00	3.00	6.00
2/27/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
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.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
English Muffin Chicken Sausage and Cheddar Classic Brekwich	237.60	32.28	6.11	1.72	37.68	335.14	3.00	9.28	13.51
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
Cocoa Critters Cereal Bowl - 8200 (1 ea.)	210.00	44.00	1.50	0.00	0.00	90.00	2.00	11.00	4.00
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
2/28/2019									
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.)	130.00	13.00	2.50	1.50	0.00	135.00	0.00	13.00	9.00
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.)	31.99	8.50	0.11	0.02	0.00	0.62	1.48	6.39	0.16
French Toast Sticks - 7768 (1 ea.)	275.00	46.00	7.00	1.00	4.00	265.00	2.00	20.00	6.00
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
Cocoa Critters Cereal Bowl - 8200 (1 ea.)	210.00	44.00	1.50	0.00	0.00	90.00	2.00	11.00	4.00
Yogurt & Granola - 7707 (1 ea.)	200.00	34.00	4.50	0.50	5.00	90.00	2.00	16.00	7.00