

## Nutritional Information: SBP Breakfast

- Nutritional information is current as of 1/1/19 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
<b>Total Carbs for Sample Meal = 68.56 g</b>	

*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 - January, 2019

Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
<b>1/7/2019</b>									
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.)	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
Apple Juice (6 oz) - FR15 (1 ea.)	80.00	20.00	0.00	0.00	0.00	15.00	0.00	17.00	0.00
Applesauce Variety - FR55 (1 ea.)	50.00	14.00	0.00	0.00	0.00	15.00	1.00	12.00	0.00
Applesauce - FR95 (1 ea.)	50.00	14.00	0.00	0.00	0.00	15.00	1.00	12.00	0.00
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
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
Welcome Back-Cereal Chex Cinnamon & Honey Grahams (SFUSD) - 8882 (1 ea.)	210.00	42.00	5.00	0.00	0.00	180.00	3.00	11.00	3.00
Welcome Back Breakfast: Cheerios and Educational Crackers (SFUSD) - 8998 (1 ea.)	220.00	42.00	6.00	0.50	0.00	205.00	5.00	7.00	5.00
<b>1/8/2019</b>									
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
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
Blueberry Burst Bagel - 5617 (1 ea.)	210.00	32.00	5.00	3.50	15.00	285.00	3.00	5.00	7.00
Cinnamon Crumble - 6243 (1 ea.)	250.00	37.00	9.00	1.00	25.00	190.00	3.00	8.00	5.00
<b>1/9/2019</b>									
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
Chicken Sausage & Omelet Gordita - 8715 (1 ea.)	236.03	22.28	9.84	2.71	117.60	376.39	1.00	9.28	13.24
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
French Toast Muffin - 6491 (1 ea.)	240.00	39.00	8.00	1.00	25.00	200.00	3.00	14.00	4.00
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
<b>01/10/2019</b>									
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

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
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
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
<b>1/11/2019</b>									
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
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
Cereal Chex Corn & Educational Snacks (SFUSD UB) - 10438 (1 ea.)	220.00	46.00	4.50	0.00	0.00	265.00	3.00	9.00	4.00
<b>1/14/2019</b>									
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
Buttermilk Pancakes - 24299 (1 ea.)	195.00	38.00	2.00	0.00	0.00	205.00	2.00	14.00	4.00
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
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
Cheerios Cereal & Zac Attack Apple Bar - 8259 (1 ea.)	240.00	43.00	6.00	0.50	0.00	175.00	6.00	10.00	6.00
<b>1/15/2019</b>									
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
Cheddar Cheese & Omelet Gordita - 35728 (1 ea.)	206.57	22.00	8.78	3.02	90.08	313.75	1.00	9.00	8.27
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
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
<b>1/16/2019</b>									
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

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
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
<b>1/17/2019</b>									
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 Egg & Cheese Brekwich - 35324 (1 ea.)	186.57	25.00	5.78	2.02	95.08	273.75	3.00	1.00	10.27
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
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
<b>1/18/2019</b>									
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 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
Corn Chex & Zac Attack Strawberry Bar - 8235 (1 ea.)	240.00	47.00	4.50	0.00	0.00	235.00	4.00	12.00	5.00
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
<b>1/22/2019</b>									
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
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
Dipperdoodle Bar - 4926 (1 ea.)	250.00	40.00	8.00	1.00	25.00	50.00	5.00	11.00	6.00
Cereal Chex Cinnamon & Educational Snack (SFUSD UB) - 10437 (1 ea.)	230.00	45.00	6.00	0.00	0.00	235.00	3.00	13.00	3.00
<b>1/23/2019</b>									
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
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 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
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
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
<b>1/24/2019</b>									
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
<b>1/25/2019</b>									
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
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 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
Blueberry Burst Bagel - 5617 (1 ea.)	210.00	32.00	5.00	3.50	15.00	285.00	3.00	5.00	7.00
<b>1/28/2019</b>									
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
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
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
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
<b>1/29/2019</b>									
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
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

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
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
<b>1/30/2019</b>									
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 - 8554 (1 ea.)	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
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
Cereal Multigrain Cheerios & Educational Snacks (SFUSD UB)	220.00	45.00	5.00	0.00	0.00	175.00	5.00	12.00	4.00
<b>1/31/2019</b>									
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
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 - 7705 (1 ea.)	200.00	34.00	4.50	0.50	5.00	90.00	2.00	16.00	7.00
Blueberry Burst Bagel - 5617 (1 ea.)	210.00	32.00	5.00	3.50	15.00	285.00	3.00	5.00	7.00