

Nutritional Information: SBP Breakfast

- Nutritional information is current as of 5/1/19 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 - May, 2019

Date: 05/01/2019 - 05/31/2019

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
5/1/2019									
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.)	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
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
Cereal Chex Corn & Educational Snacks (SFUSD)	220.00	46.00	4.50	0.00	0.00	265.00	3.00	9.00	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
5/2/2019									
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
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
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
5/3/2019									
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
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
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
5/6/2019									
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.)	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 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 - 7705 (1 ea.)	200.00	34.00	4.50	0.50	5.00	90.00	2.00	16.00	7.00
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
5/7/2019									
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.)	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
Blueberry Burst Muffin - 3744 (1 ea.)	230.00	39.00	7.00	0.50	25.00	230.00	3.00	14.00	5.00
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
5/8/2019									
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
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
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
5/9/2019									
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
Cornbread Sausage & Egg Scramble (SFUSD K-8)	276.94	38.73	9.49	1.39	124.02	307.95	1.00	23.91	8.90
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
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
5/10/2019									
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
Burrito Egg & Turkey Sausage Smothered (SFUSD)	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

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
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
5/13/2019									
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.)	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 - 31206 (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
Cereal Multigrain Cheerios & Educational Snacks	220.00	45.00	5.00	0.00	0.00	175.00	5.00	12.00	4.00
5/14/2019									
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.)	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
Blueberry Burst Bagel - 5617 (1 ea.)	210.00	32.00	5.00	3.50	15.00	285.00	3.00	5.00	7.00
French Toast Muffin - 6487 (1 ea.)	240.00	39.00	8.00	1.00	25.00	200.00	3.00	14.00	4.00
5/15/2019									
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
Classic Chicken Sausage & Cheddar Bagel - 8561 (1 ea.)	202.55	26.28	5.61	1.72	37.66	380.06	3.00	2.28	11.50
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 & Mini Dipperdoodle Bar - 8234 (1 ea.)	240.00	47.00	5.00	0.50	15.00	230.00	4.00	9.00	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
Cinnamon Crumble - 6243 (1 ea.)	250.00	37.00	9.00	1.00	25.00	190.00	3.00	8.00	5.00
5/16/2019									
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
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
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

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Yogurt & Educational Snacks (SFUSD) - 10231 (1 ea.)	190.00	36.00	4.00	0.00	5.00	125.00	2.00	16.00	6.00
5/17/2019									
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
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
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
Pancake Bowl Strawberry (SFUSD UB) - 10924 (1 ea.)	230.00	38.00	5.00	3.00	40.00	380.00	2.00	12.00	6.00
5/20/2019									
Milk 0% - 9002 (1 ea.)	90.00	13.00	0.00	0.00	0.00	135.00	0.00	13.00	9.00
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
Cinnamon Chex & Strawberry Zac Attack Bar - 8381 (1 ea.)	250.00	46.00	6.00	0.00	0.00	205.00	4.00	16.00	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
Yogurt & Granola - 7707 (1 ea.)	200.00	34.00	4.50	0.50	5.00	90.00	2.00	16.00	7.00
5/21/2019									
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.)	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
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
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
5/22/2019									
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
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 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 - 3744 (1 ea.)	230.00	39.00	7.00	0.50	25.00	230.00	3.00	14.00	5.00

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
Remy's Cinnamon Grahams & Yogurt - 36391 (1 ea.)	180.00	33.00	3.50	0.00	5.00	75.00	1.00	16.00	6.00
5/23/2019									
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
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
Dipperdoodle Bar - 4926 (1 ea.)	250.00	40.00	8.00	1.00	25.00	50.00	5.00	11.00	6.00
5/24/2019									
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
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 & 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
French Toast Muffin - 6487 (1 ea.)	240.00	39.00	8.00	1.00	25.00	200.00	3.00	14.00	4.00
5/28/2019									
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.)	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
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
Cereal Chex Corn & Educational Snacks (SFUSD UB)	220.00	46.00	4.50	0.00	0.00	265.00	3.00	9.00	4.00
5/29/2019									
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
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
Pancake Bowl Peach (SFUSD UB) - 10925 (1 ea.)	230.00	40.00	5.00	3.00	40.00	360.00	2.00	13.00	5.00

Item Name (Serving Size)	Calories (Kcal)	Carb (g)	Fat (g)	Sfat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugars (g)	Pro (g)
5/30/2019									
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
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
Remy's Cinnamon Grahams & Yogurt - 36388 (1 ea.)	180.00	33.00	3.50	0.00	5.00	75.00	1.00	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
5/31/2019									
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
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
Blueberry Burst Muffin - 4929 (1 ea.)	230.00	39.00	7.00	0.50	25.00	230.00	3.00	14.00	5.00