

Menu Calendar Nutrient Analysis Report - January, 2019

Site: Challenger Middle School
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Breakfast Academy 2:1 Breakfast Pizza, Crescent - ServingDate: 01/09/2019								
Sausage Breakfast Pizza - COR1001 (1 ea.)	0	209.64	6.99	2.00	0.00	479.18	25.95	8.98
Chocolate Filled Crescent - COR1644 (1 ea.)	0	230.00	8.00	1.50	0.00	270.00	37.00	6.00
Golden Grahams Cereal & Cheese Stick - COR1426 (1 ea.)	0	190.00	7.00	3.50	0.00	370.00	25.00	8.00
100% Apple Juice - COR1180 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Orange Wedges - COR1172 (4 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Tater Tots - COR1652 (8 ea.)	0	129.77	5.99	1.00	0.00	309.45	15.97	2.00
Tomato Juice - COR1182 (1 ea.)	0	30.00	0.00	0.00	0.00	470.00	7.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
DYK Breakfast Academy 2:4 Sausage & Cheese Biscuit or Parfait - ServingDate: 01/10/2019								
Golden Grahams Cereal & Cheese Stick - COR1426 (1 ea.)	0	190.00	7.00	3.50	0.00	370.00	25.00	8.00
Strawberry & Granola Granola Yogurt Parfait - COR1649 (1 ea.)	0	333.44	3.46	0.82	0.00	206.80	73.38	6.93
Sausage & Cheese Biscuit - COR1156 (1 sandwich)	0	441.00	30.50	15.50	0.00	1075.00	27.00	14.50
Bananas - COR1174 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - COR1180 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Tater Tots - COR1652 (8 ea.)	0	129.77	5.99	1.00	0.00	309.45	15.97	2.00

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DYK Breakfast Academy 2:4 Sausage & Cheese Biscuit or Parfait - ServingDate: 01/10/2019								
Tomato Juice - COR1182 (1 ea.)	0	30.00	0.00	0.00	0.00	470.00	7.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
DYK Breakfast Academy 2:5 Cinnamon Roll w/Apple Cinnamon Smoothie or Egg, Bacon, Cheese Sandwich - ServingDate: 01/11/2019								
Fruity Cheerios Cereal & Cheese Stick - COR1427 (1 ea.)	0	200.00	7.50	3.50	0.00	300.00	27.00	9.00
Cinnamon Roll Dough - COR1007 (1 ea.)	0	141.70	0.50	0.25	0.00	65.08	31.68	2.50
Bacon, Egg & Cheese Sub - COR1370 (1 sandwich)	0	288.63	15.26	4.34	0.00(M)	664.77	29.51	10.95
Cinnamon Roll Smoothie - SR1396 (1 ea.)	0	161.52	0.84	0.51	0.00	53.92	35.24	3.68
100% Apple Juice - COR1180 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Diced Pears - COR1175 (1/2 c.)	0	65.55	0.00	0.00	0.00	10.92	15.29	0.00
Tater Tots - COR1652 (8 ea.)	0	129.77	5.99	1.00	0.00	309.45	15.97	2.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Breakfast Academy 1:1 Breakfast Pizza, Mini Pancakes - ServingDate: 01/14/2019								
Sausage Breakfast Pizza - COR1001 (1 ea.)	0	209.64	6.99	2.00	0.00	479.18	25.95	8.98
Fruity Cheerios Cereal & Cheese Stick - COR1427 (1 ea.)	0	200.00	7.50	3.50	0.00	300.00	27.00	9.00
Mini Pancakes - COR1011 (1 pkg.)	0	220.00	6.00	0.50	0.00	130.00	39.00	4.00
100% Apple Juice - COR1180 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Orange Wedges - COR1172 (4 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Tater Tots - COR1652 (8 ea.)	0	129.77	5.99	1.00	0.00	309.45	15.97	2.00
Tomato Juice - COR1182 (1 ea.)	0	30.00	0.00	0.00	0.00	470.00	7.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
DYK Breakfast Academy 1:2 Yogurt Parfait or Chicken Biscuit - ServingDate: 01/15/2019								
Chicken Biscuit - COR1663 (1 ea.)	0	354.75	15.93	5.99	0.00	868.08	38.52	14.52
Cinnamon Toast Crunch Cereal & Cheese Stick - COR1425 (1 ea.)	0	190.00	9.00	4.00	0.00	310.00	23.00	8.00
Strawberry & Granola Granola Yogurt Parfait - COR1649 (1 ea.)	0	333.44	3.46	0.82	0.00	206.80	73.38	6.93
100% Apple Juice - COR1180 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Strawberry Craisins - COR1009 (1 pkg.)	0	110.00	0.00	0.00	0.00	0.00	28.00	0.00
Tater Tots - COR1652 (8 ea.)	0	129.77	5.99	1.00	0.00	309.45	15.97	2.00
Tomato Juice - COR1182 (1 ea.)	0	30.00	0.00	0.00	0.00	470.00	7.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Breakfast Academy 1:2 Yogurt Parfait or Chicken Biscuit - ServingDate: 01/15/2019								
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
DYK Breakfast Academy 1:3 French Toast, Egg & Cheese Sandwich - ServingDate: 01/16/2019								
Egg & Cheese Sub - COR1159 (1 sandwich)	0	287.38	15.15	4.29	0.00(M)	659.49	29.51	10.88
Golden Grahams Cereal & Cheese Stick - COR1426 (1 ea.)	0	190.00	7.00	3.50	0.00	370.00	25.00	8.00
French Toast Sticks - SR1910 (3 stick.)	0	190.92	7.34	1.47	0.00	220.29	27.90	4.41
Applesauce - COR1173 (1/2 c.)	0	55.51	0.13	0.01	0.00	2.64	14.89	0.23
100% Apple Juice - COR1180 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Tater Tots - COR1652 (8 ea.)	0	129.77	5.99	1.00	0.00	309.45	15.97	2.00
Tomato Juice - COR1182 (1 ea.)	0	30.00	0.00	0.00	0.00	470.00	7.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	0	117.75	0.00	0.00	0.00	39.25	29.16	0.00
DYK Breakfast Academy 1:4 Cinnamon Rolls, Pancake Wrap - ServingDate: 01/17/2019								
Breakfast on a Stick - COR1167 (1 serving)	0	160.00	6.00	1.50	0.00	310.00	17.00	8.00
Fruity Cheerios Cereal & Cheese Stick - COR1427 (1 ea.)	0	200.00	7.50	3.50	0.00	300.00	27.00	9.00

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DYK Breakfast Academy 1:4 Cinnamon Rolls, Pancake Wrap - ServingDate: 01/17/2019								
Cinnamon Roll Dough - COR1007 (2 ea.)	0	283.40	1.00	0.50	0.00	130.17	63.35	5.00
Bananas - COR1174 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - COR1180 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Tater Tots - COR1652 (8 ea.)	0	129.77	5.99	1.00	0.00	309.45	15.97	2.00
Tomato Juice - COR1182 (1 ea.)	0	30.00	0.00	0.00	0.00	470.00	7.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
DYK Breakfast Academy 1:5 Power Bar w/Smoothie, Egg, Bacon, Cheese Sandwich - ServingDate: 01/18/2019								
Berry Power Bar - COR1626 (1 Bar)	0	193.13	1.06	0.21	0.00(M)	15.66	45.78	2.52
Cinnamon Toast Crunch Cereal & Cheese Stick - COR1425 (1 ea.)	0	190.00	9.00	4.00	0.00	310.00	23.00	8.00
Bacon, Egg & Cheese Sub - COR1370 (1 sandwich)	0	288.63	15.26	4.34	0.00(M)	664.77	29.51	10.95
Rise & Shine Smoothie - COR1676 (1 ea.)	0	154.33	0.81	0.51	0.00	57.68	32.86	4.00
100% Apple Juice - COR1180 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Diced Pears - COR1175 (1/2 c.)	0	65.55	0.00	0.00	0.00	10.92	15.29	0.00
Tater Tots - COR1652 (8 ea.)	0	129.77	5.99	1.00	0.00	309.45	15.97	2.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00

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DYK Breakfast Academy 2:1 Breakfast Pizza, Crescent - ServingDate: 01/22/2019								
Sausage Breakfast Pizza - COR1001 (1 ea.)	0	209.64	6.99	2.00	0.00	479.18	25.95	8.98
Chocolate Filled Crescent - COR1644 (1 ea.)	0	230.00	8.00	1.50	0.00	270.00	37.00	6.00
Golden Grahams Cereal & Cheese Stick - COR1426 (1 ea.)	0	190.00	7.00	3.50	0.00	370.00	25.00	8.00
100% Apple Juice - COR1180 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Orange Wedges - COR1172 (4 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Tater Tots - COR1652 (8 ea.)	0	129.77	5.99	1.00	0.00	309.45	15.97	2.00
Tomato Juice - COR1182 (1 ea.)	0	30.00	0.00	0.00	0.00	470.00	7.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
DYK Breakfast Academy 2:3 French Toast Sticks, Pancake Sausage Wrap - ServingDate: 01/23/2019								
Breakfast on a Stick - COR1167 (1 serving)	0	160.00	6.00	1.50	0.00	310.00	17.00	8.00
Cinnamon Toast Crunch Cereal & Cheese Stick - COR1425 (1 ea.)	0	190.00	9.00	4.00	0.00	310.00	23.00	8.00
French Toast Sticks & Syrup - COR1163 (4 ea.)	0	377.75	10.00	2.00	0.00	339.25	67.16	6.00
Applesauce - COR1173 (1/2 c.)	0	55.51	0.13	0.01	0.00	2.64	14.89	0.23
100% Apple Juice - COR1180 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Tater Tots - COR1652 (8 ea.)	0	129.77	5.99	1.00	0.00	309.45	15.97	2.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Breakfast Academy 2:3 French Toast Sticks, Pancake Sausage Wrap - ServingDate: 01/23/2019								
Tomato Juice - COR1182 (1 ea.)	0	30.00	0.00	0.00	0.00	470.00	7.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
DYK Breakfast Academy 2:4 Sausage & Cheese Biscuit or Parfait - ServingDate: 01/24/2019								
Golden Grahams Cereal & Cheese Stick - COR1426 (1 ea.)	0	190.00	7.00	3.50	0.00	370.00	25.00	8.00
Strawberry & Granola Granola Yogurt Parfait - COR1649 (1 ea.)	0	333.44	3.46	0.82	0.00	206.80	73.38	6.93
Sausage & Cheese Biscuit - COR1156 (1 sandwich)	0	441.00	30.50	15.50	0.00	1075.00	27.00	14.50
Bananas - COR1174 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - COR1180 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Tater Tots - COR1652 (8 ea.)	0	129.77	5.99	1.00	0.00	309.45	15.97	2.00
Tomato Juice - COR1182 (1 ea.)	0	30.00	0.00	0.00	0.00	470.00	7.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Breakfast Academy 2:5 Cinnamon Roll w/Apple Cinnamon Smoothie or Egg, Bacon, Cheese Sandwich - ServingDate: 01/25/2019								
Fruity Cheerios Cereal & Cheese Stick - COR1427 (1 ea.)	0	200.00	7.50	3.50	0.00	300.00	27.00	9.00
Cinnamon Roll Dough - COR1007 (1 ea.)	0	141.70	0.50	0.25	0.00	65.08	31.68	2.50
Bacon, Egg & Cheese Sub - COR1370 (1 sandwich)	0	288.63	15.26	4.34	0.00(M)	664.77	29.51	10.95
Cinnamon Roll Smoothie - SR1396 (1 ea.)	0	161.52	0.84	0.51	0.00	53.92	35.24	3.68
100% Apple Juice - COR1180 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Diced Pears - COR1175 (1/2 c.)	0	65.55	0.00	0.00	0.00	10.92	15.29	0.00
Tater Tots - COR1652 (8 ea.)	0	129.77	5.99	1.00	0.00	309.45	15.97	2.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
DYK Breakfast Academy 1:1 Breakfast Pizza, Mini Pancakes - ServingDate: 01/28/2019								
Sausage Breakfast Pizza - COR1001 (1 ea.)	0	209.64	6.99	2.00	0.00	479.18	25.95	8.98
Fruity Cheerios Cereal & Cheese Stick - COR1427 (1 ea.)	0	200.00	7.50	3.50	0.00	300.00	27.00	9.00
Mini Pancakes - COR1011 (1 pkg.)	0	220.00	6.00	0.50	0.00	130.00	39.00	4.00
100% Apple Juice - COR1180 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Orange Wedges - COR1172 (4 slice or w)	0	45.12	0.12	0.01	0.00	0.00	11.28	0.90

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DYK Breakfast Academy 1:1 Breakfast Pizza, Mini Pancakes - ServingDate: 01/28/2019								
Tater Tots - COR1652 (8 ea.)	0	129.77	5.99	1.00	0.00	309.45	15.97	2.00
Tomato Juice - COR1182 (1 ea.)	0	30.00	0.00	0.00	0.00	470.00	7.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
DYK Breakfast Academy 1:2 Yogurt Parfait or Chicken Biscuit - ServingDate: 01/29/2019								
Chicken Biscuit - COR1663 (1 ea.)	0	354.75	15.93	5.99	0.00	868.08	38.52	14.52
Cinnamon Toast Crunch Cereal & Cheese Stick - COR1425 (1 ea.)	0	190.00	9.00	4.00	0.00	310.00	23.00	8.00
Strawberry & Granola Granola Yogurt Parfait - COR1649 (1 ea.)	0	333.44	3.46	0.82	0.00	206.80	73.38	6.93
100% Apple Juice - COR1180 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Strawberry Craisins - COR1009 (1 pkg.)	0	110.00	0.00	0.00	0.00	0.00	28.00	0.00
Tater Tots - COR1652 (8 ea.)	0	129.77	5.99	1.00	0.00	309.45	15.97	2.00
Tomato Juice - COR1182 (1 ea.)	0	30.00	0.00	0.00	0.00	470.00	7.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
DYK Breakfast Academy 1:3 French Toast, Egg & Cheese Sandwich - ServingDate: 01/30/2019								
Egg & Cheese Sub - COR1159 (1 sandwich)	0	287.38	15.15	4.29	0.00(M)	659.49	29.51	10.88

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DYK Breakfast Academy 1:3 French Toast, Egg & Cheese Sandwich - ServingDate: 01/30/2019								
Golden Grahams Cereal & Cheese Stick - COR1426 (1 ea.)	0	190.00	7.00	3.50	0.00	370.00	25.00	8.00
French Toast Sticks - SR1910 (3 stick.)	0	190.92	7.34	1.47	0.00	220.29	27.90	4.41
Applesauce - COR1173 (1/2 c.)	0	55.51	0.13	0.01	0.00	2.64	14.89	0.23
100% Apple Juice - COR1180 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Tater Tots - COR1652 (8 ea.)	0	129.77	5.99	1.00	0.00	309.45	15.97	2.00
Tomato Juice - COR1182 (1 ea.)	0	30.00	0.00	0.00	0.00	470.00	7.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00
Pancake & Waffle Syrup - SR1158 (2 tbsp.)	0	117.75	0.00	0.00	0.00	39.25	29.16	0.00
DYK Breakfast Academy 1:4 Cinnamon Rolls, Pancake Wrap - ServingDate: 01/31/2019								
Breakfast on a Stick - COR1167 (1 serving)	0	160.00	6.00	1.50	0.00	310.00	17.00	8.00
Fruity Cheerios Cereal & Cheese Stick - COR1427 (1 ea.)	0	200.00	7.50	3.50	0.00	300.00	27.00	9.00
Cinnamon Roll Dough - COR1007 (2 ea.)	0	283.40	1.00	0.50	0.00	130.17	63.35	5.00
Bananas - COR1174 (1 medium (7"))	0	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - COR1180 (4 fl oz cup)	0	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Tater Tots - COR1652 (8 ea.)	0	129.77	5.99	1.00	0.00	309.45	15.97	2.00
Tomato Juice - COR1182 (1 ea.)	0	30.00	0.00	0.00	0.00	470.00	7.00	0.00
Chocolate Skim Milk - COR1153 (1 Half Pint)	0	120.00	0.00	0.00	0.00	180.00	20.00	8.00

Menu Calendar Nutrient Analysis Report - January, 2019

Site: Challenger Middle School
Date: 01/01/2019 - 01/31/2019

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Na (mg)	Carb (g)	Pro (g)
DYK Breakfast Academy 1:4 Cinnamon Rolls, Pancake Wrap - ServingDate: 01/31/2019								
1% White Milk - COR1181 (1 Half Pint)	0	110.00	2.50	1.50	0.00	130.00	13.00	8.00

Legend

(M) - Missing Nutrient Values

Report Selections

Meal Type: Breakfast
Site Group: Did You Know Café
Menu Line: BRKFST-Café Classics
Serving Group: 6-8
Nutrients Option: Expanded

Please be advised that our menu items may contain allergens or may have come in contact with items containing allergens. In addition, food manufacturers may change their formulation or manner of processing without our knowledge. Sodexo therefore cannot guarantee the accuracy of nutrition information. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion size and other factors. The nutrition analyses provided are approximations only. Sodexo assumes no liability for any adverse reactions that may occur in the school cafeteria. We encourage all food allergic individuals to first inform the school nurse of allergy/intolerance and then work with our staff to plan a menu.