

San Lorenzo Valley USD
BCE Breakfast
HHFKA - K-5
007 - BCE Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Apr - 10	Apr - 11	Apr - 12	Apr - 13	Apr - 14	Avg Nutrients Target
Breakfast Burrito w/egg, Yogurt 4oz Trix Cereal Asst. BPK Genera Bagel Lenders WW IW 2 Cracker Graham LF Hon Cream Cheese Light APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	French Toast WG Cinnm Yogurt 4oz Trix Cereal Asst. BPK Genera Bagel Lenders WW IW 2 Cracker Graham LF Hon Cream Cheese Light SYRUP,PANCAKE APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	Muffin Blueberry WG 1.9 Yogurt 4oz Trix Cereal Asst. BPK Genera Bagel Lenders WW IW 2 Cracker Graham LF Hon Cream Cheese Light APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	Pancake Mini Maple WG Yogurt 4oz Trix Cereal Asst. BPK Genera Bagel Lenders WW IW 2 Cream Cheese Light Cracker Graham LF Hon APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	Pancake & Pork Sausage Yogurt 4oz Trix Cereal Asst. BPK Genera Bagel Lenders WW IW 2 Cream Cheese Light Cracker Graham LF Hon APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	Cals... 416 100% Sodium. 438 mg Fiber.. 5.9 g Iron... 3.4 mg Calcium 435.9 mg Vit A 1055 IU Vit C 28.5 mg Sugar 38.1*g 36.6%Cal Prot 16.9g 16.2%Cal Carb 70.7g 67.9%Cal T.Fat 8.9g 19.2%Cal S.Fat 3.4g 7.3%Cal
Apr - 17	Apr - 18	Apr - 19	Apr - 20	Apr - 21	Avg Nutrients Target
Breakfast Burrito w/egg, Yogurt 4oz Trix Cereal Asst. BPK Genera Bagel Lenders WW IW 2 Cracker Graham LF Hon Cream Cheese Light APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	French Toast WG Cinnm Yogurt 4oz Trix Cereal Asst. BPK Genera Bagel Lenders WW IW 2 Cracker Graham LF Hon Cream Cheese Light SYRUP,PANCAKE APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	Muffin Blueberry WG 1.9 Yogurt 4oz Trix Cereal Asst. BPK Genera Bagel Lenders WW IW 2 Cracker Graham LF Hon Cream Cheese Light APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	Pancake Mini Maple WG Yogurt 4oz Trix Cereal Asst. BPK Genera Bagel Lenders WW IW 2 Cream Cheese Light Cracker Graham LF Hon APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	Pancake & Pork Sausage Yogurt 4oz Trix Cereal Asst. BPK Genera Bagel Lenders WW IW 2 Cream Cheese Light Cracker Graham LF Hon APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	Cals... 416 100% Sodium. 438 mg Fiber.. 5.9 g Iron... 3.4 mg Calcium 435.9 mg Vit A 1055 IU Vit C 28.5 mg Sugar 38.1*g 36.6%Cal Prot 16.9g 16.2%Cal Carb 70.7g 67.9%Cal T.Fat 8.9g 19.2%Cal S.Fat 3.4g 7.3%Cal

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

San Lorenzo Valley USD
BCE Breakfast
HHFKA - K-5
007 - BCE Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																										
Apr - 24 Breakfast Burrito w/egg, Yogurt 4oz Trix Cereal Asst. BPK Genera Bagel Lenders WW IW 2 Cracker Graham LF Hon Cream Cheese Light APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	Apr - 25 French Toast WG Cinnm Yogurt 4oz Trix Cereal Asst. BPK Genera Bagel Lenders WW IW 2 Cracker Graham LF Hon Cream Cheese Light SYRUP,PANCAKE APPLES, Fresh 125-138 ORANGES ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	Apr - 26 Muffin Blueberry WG 1.9 Yogurt 4oz Trix Cereal Asst. BPK Genera Bagel Lenders WW IW 2 Cracker Graham LF Hon Cream Cheese Light APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	Apr - 27 Pancake Mini Maple WG Yogurt 4oz Trix Cereal Asst. BPK Genera Bagel Lenders WW IW 2 Cream Cheese Light Cracker Graham LF Hon APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	Apr - 28 Pancake & Pork Sausage Yogurt 4oz Trix Cereal Asst. BPK Genera Bagel Lenders WW IW 2 Cream Cheese Light Cracker Graham LF Hon APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Avg Nutrients</th> <th style="text-align: right;">Target</th> </tr> </thead> <tbody> <tr> <td>Cals...</td> <td style="text-align: right;">416 100%</td> </tr> <tr> <td>Sodium...</td> <td style="text-align: right;">438 mg</td> </tr> <tr> <td>Fiber...</td> <td style="text-align: right;">5.9 g</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">3.4 mg</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">435.9 mg</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">1055 IU</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">28.5 mg</td> </tr> <tr> <td>Sugar</td> <td style="text-align: right;">38.1*g 36.6%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">16.9g 16.2%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">70.7g 67.9%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">8.9g 19.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">3.4g 7.3%Cal</td> </tr> </tbody> </table>	Avg Nutrients	Target	Cals...	416 100%	Sodium...	438 mg	Fiber...	5.9 g	Iron...	3.4 mg	Calcium	435.9 mg	Vit A	1055 IU	Vit C	28.5 mg	Sugar	38.1*g 36.6%Cal	Prot	16.9g 16.2%Cal	Carb	70.7g 67.9%Cal	T.Fat	8.9g 19.2%Cal	S.Fat	3.4g 7.3%Cal
Avg Nutrients	Target																														
Cals...	416 100%																														
Sodium...	438 mg																														
Fiber...	5.9 g																														
Iron...	3.4 mg																														
Calcium	435.9 mg																														
Vit A	1055 IU																														
Vit C	28.5 mg																														
Sugar	38.1*g 36.6%Cal																														
Prot	16.9g 16.2%Cal																														
Carb	70.7g 67.9%Cal																														
T.Fat	8.9g 19.2%Cal																														
S.Fat	3.4g 7.3%Cal																														

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.