

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																						
				Dec - 1 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 border="0"> <tr> <td>Avg Nutrients</td> <td>Target</td> </tr> <tr> <td>Cals...</td> <td>413 100%</td> </tr> <tr> <td>Sodium.</td> <td>482 mg</td> </tr> <tr> <td>Fiber..</td> <td>5.4 g</td> </tr> <tr> <td>Iron...</td> <td>3.1 mg</td> </tr> <tr> <td>Calcium</td> <td>418.5 mg</td> </tr> <tr> <td>Vit A</td> <td>973 IU</td> </tr> <tr> <td>Prot</td> <td>17.7g 17.1%Cal</td> </tr> <tr> <td>Carb</td> <td>68.5g 66.4%Cal</td> </tr> <tr> <td>T.Fat</td> <td>8.9g 19.4%Cal</td> </tr> <tr> <td>S.Fat</td> <td>3.5g 7.6%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	413 100%	Sodium.	482 mg	Fiber..	5.4 g	Iron...	3.1 mg	Calcium	418.5 mg	Vit A	973 IU	Prot	17.7g 17.1%Cal	Carb	68.5g 66.4%Cal	T.Fat	8.9g 19.4%Cal	S.Fat	3.5g 7.6%Cal
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Dec - 4 Breakfast Burrito w/egg, c 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	Dec - 5 FRENCH TOAST STICK 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	Dec - 6 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	Dec - 7 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	Dec - 8 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 border="0"> <tr> <td>Avg Nutrients</td> <td>Target</td> </tr> <tr> <td>Cals...</td> <td>418 100%</td> </tr> <tr> <td>Sodium.</td> <td>420 mg</td> </tr> <tr> <td>Fiber..</td> <td>5.7 g</td> </tr> <tr> <td>Iron...</td> <td>3.1 mg</td> </tr> <tr> <td>Calcium</td> <td>431.2 mg</td> </tr> <tr> <td>Vit A</td> <td>996 IU</td> </tr> <tr> <td>Prot</td> <td>16.5g 15.8%Cal</td> </tr> <tr> <td>Carb</td> <td>71.2g 68.1%Cal</td> </tr> <tr> <td>T.Fat</td> <td>8.9g 19.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td>3.3g 7.1%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	418 100%	Sodium.	420 mg	Fiber..	5.7 g	Iron...	3.1 mg	Calcium	431.2 mg	Vit A	996 IU	Prot	16.5g 15.8%Cal	Carb	71.2g 68.1%Cal	T.Fat	8.9g 19.2%Cal	S.Fat	3.3g 7.1%Cal
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\*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.

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Dec - 11 Breakfast Burrito w/egg, c 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	Dec - 12 FRENCH TOAST STICK 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	Dec - 13 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	Dec - 14 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	Dec - 15 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	Avg Nutrients Target Cals... 418 100% Sodium. 420 mg Fiber.. 5.7 g Iron... 3.1 mg Calcium 431.2 mg Vit A 996 IU Prot 16.5g 15.8%Cal Carb 71.2g 68.1%Cal T.Fat 8.9g 19.2%Cal S.Fat 3.3g 7.1%Cal
Dec - 18 Breakfast Burrito w/egg, c 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	Dec - 19 FRENCH TOAST STICK 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	Dec - 20 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	Dec - 21 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		Avg Nutrients Target Cals... 419 100% Sodium. 404 mg Fiber.. 5.8 g Iron... 3.1 mg Calcium 434.4 mg Vit A 1001 IU Prot 16.2g 15.5%Cal Carb 71.8g 68.5%Cal T.Fat 8.9g 19.2%Cal S.Fat 3.3g 7.0%Cal

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