

San Lorenzo Valley USD
SLV Elm & MS & HS Brkft (k-12)
HHFKA - K-5
001 - SLV Elem & MS & HS Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Apr - 10	Apr - 11	Apr - 12	Apr - 13	Apr - 14	Avg Nutrients Target
Burritos Breakfast Yogurt Triple Berry Parfai WG Glazed Breakfast Bu Bagel WW IW 2oz Muffin, WG Blueberry 3.1 Cereal Asst. BPK Genera Cream Cheese Light Cracker Graham LF Hon Veggie Cup w/dressing APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	Burritos Breakfast Yogurt Triple Berry Parfai WG Glazed Breakfast Bu Bagel WW IW 2oz Muffin, WG Blueberry 3.1 Cereal Asst. BPK Genera Cream Cheese Light Cracker Graham LF Hon Veggie Cup w/dressing APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	Burritos Breakfast Yogurt Triple Berry Parfai WG Glazed Breakfast Bu Bagel WW IW 2oz Muffin, WG Blueberry 3.1 Cereal Asst. BPK Genera Cream Cheese Light Cracker Graham LF Hon Veggie Cup w/dressing APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	Burritos Breakfast Yogurt Triple Berry Parfai WG Glazed Breakfast Bu Bagel WW IW 2oz Muffin, WG Blueberry 3.1 Cereal Asst. BPK Genera Cream Cheese Light Cracker Graham LF Hon Veggie Cup w/dressing APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	Burritos Breakfast Yogurt Triple Berry Parfai WG Glazed Breakfast Bu Bagel WW IW 2oz Muffin, WG Blueberry 3.1 Cereal Asst. BPK Genera Cream Cheese Light Cracker Graham LF Hon Veggie Cup w/dressing APPLES, Fresh 125-138 ORANGES BANANAS Juice Variety Sm Box MILK,1% Lowfat MILK,FF Chocolate	Cals... 470 100% Sodium... 515 mg Fiber... 6.7 g 111% Iron... 3.3 mg 95% Calcium 608.4 mg 213% Vit A 1967 IU 176% Vit C 32.1 mg 214% Sugar 33.4*g 28.4%Cal Prot 19.5g 16.6%Cal Carb 71.4g 60.8%Cal T.Fat 13.5g 25.8%Cal S.Fat 5.3g 10.2%Cal
Apr - 17	Apr - 18	Apr - 19	Apr - 20	Apr - 21	Avg Nutrients Target
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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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HHFKA - K-5
001 - SLV Elem & MS & HS Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Apr - 24	Apr - 25	Apr - 26	Apr - 27	Apr - 28	Avg Nutrients Target
Burritos Breakfast	Burritos Breakfast	Burritos Breakfast	Burritos Breakfast	Burritos Breakfast	Cals... 470 100%
Yogurt Triple Berry Parfait	Yogurt Triple Berry Parfait	Yogurt Triple Berry Parfait	Yogurt Triple Berry Parfait	Yogurt Triple Berry Parfait	Sodium... 515 mg
WG Glazed Breakfast Bu	WG Glazed Breakfast Bu	WG Glazed Breakfast Bu	WG Glazed Breakfast Bu	WG Glazed Breakfast Bu	Fiber... 6.7 g 111%
Bagel WW IW 2oz	Bagel WW IW 2oz	Bagel WW IW 2oz	Bagel WW IW 2oz	Bagel WW IW 2oz	Iron... 3.3 mg 95%
Muffin, WG Blueberry 3.1	Muffin, WG Blueberry 3.1	Muffin, WG Blueberry 3.1	Muffin, WG Blueberry 3.1	Muffin, WG Blueberry 3.1	Calcium 608.4 mg 213%
Cereal Asst. BPK Genera	Cereal Asst. BPK Genera	Cereal Asst. BPK Genera	Cereal Asst. BPK Genera	Cereal Asst. BPK Genera	Vit A 1967 IU 176%
Cream Cheese Light	Cream Cheese Light	Cream Cheese Light	Cream Cheese Light	Cream Cheese Light	Vit C 32.1 mg 214%
Cracker Graham LF Hon	Cracker Graham LF Hon	Cracker Graham LF Hon	Cracker Graham LF Hon	Cracker Graham LF Hon	Sugar 33.4*g 28.4%Cal
Veggie Cup w/dressing	Veggie Cup w/dressing	Veggie Cup w/dressing	Veggie Cup w/dressing	Veggie Cup w/dressing	Prot 19.5g 16.6%Cal
APPLES, Fresh 125-138	APPLES, Fresh 125-138	APPLES, Fresh 125-138	APPLES, Fresh 125-138	APPLES, Fresh 125-138	Carb 71.4g 60.8%Cal
ORANGES	ORANGES	ORANGES	ORANGES	ORANGES	T.Fat 13.5g 25.8%Cal
BANANAS	BANANAS	BANANAS	BANANAS	BANANAS	S.Fat 5.3g 10.2%Cal
Juice Variety Sm Box	Juice Variety Sm Box	Juice Variety Sm Box	Juice Variety Sm Box	Juice Variety Sm Box	
MILK,1% Lowfat	MILK,1% Lowfat	MILK,1% Lowfat	MILK,1% Lowfat	MILK,1% Lowfat	
MILK,FF Chocolate	MILK,FF Chocolate	MILK,FF Chocolate	MILK,FF Chocolate	MILK,FF Chocolate	

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