

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
Jan - 8	Jan - 9	Jan - 10	Jan - 11	Jan - 12	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	Prot 19.5g 16.6%Cal
Cracker Graham LF Hon	Cracker Graham LF Hon	Cracker Graham LF Hon	Cracker Graham LF Hon	Cracker Graham LF Hon	Carb 71.4g 60.8%Cal
Veggie Cup w/dressing	Veggie Cup w/dressing	Veggie Cup w/dressing	Veggie Cup w/dressing	Veggie Cup w/dressing	T.Fat 13.5g 25.8%Cal
APPLES, Fresh 125-138	APPLES, Fresh 125-138	APPLES, Fresh 125-138	APPLES, Fresh 125-138	APPLES, Fresh 125-138	S.Fat 5.3g 10.2%Cal
ORANGES	ORANGES	ORANGES	ORANGES	ORANGES	
BANANAS	BANANAS	BANANAS	BANANAS	BANANAS	
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	

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.