

Recipe Nutrition Summary

for Van Dyke Public Schools
January 7, 2019 through March 29, 2019

Site: Carlson; Menu Designation: Planned; Period: Breakfast

1/7/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Dragon Punch	1 Dragon Punch	55.00	0.00g	0.000%	35.00mg	N/A	14.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Jurassic World Grahams	1 pkg	130.00	1.00g	6.923%	95.00mg	4.00g	21.00g	0.00g		N/A
String Cheese	1 String Cheese	80.00	4.00g	45.000%	210.00mg	6.00g	1.00g	0.00g		N/A

1/8/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Bug Bites	1 Bug Bites	120.00	1.00g	7.500%	115.00mg	3.50g	21.00g	1.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Cinn. toast Cereal bar	1 Cinn. toast Cereal bar	150.00	0.50g	3.000%	115.00mg	3.00g	30.00g	3.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Pineapple Tidbit	4 oz	60.00	0.00g	0.000%	10.00mg	0.00g	15.00g	1.00g		N/A

1/9/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Applesauce	4 oz Assorted Applesauce	79.73	0.00g	0.000%	13.29mg	0.00g	19.49g	1.77g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g

* = Calculations based on incomplete data including amounts marked "N/A"

Recipe Nutrition Summary

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1/9/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
Mini Maple Waffle Bites	1 Mini Maple Waffle Bites	200.00	1.50g	6.750%	220.00mg	5.00g	35.00g	4.00g		N/A

1/10/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
Mini Powdered Donuts	1 Mini Powdered Donuts	280.00	3.00g	9.643%	290.00mg	10.00g	42.00g	2.00g		N/A
V Blend Cherry Star Juice	1 V Blend Cherry Star Juice	55.00	0.00g	0.000%	35.00mg	0.00g	14.00g	N/A		N/A

1/11/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 Apple Juice	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		N/A
Breakfast Wrap w/ egg & Cheese	1 Breakfast Wrap w/ egg & Cheese	180.00	4.00g	20.000%	400.00mg	10.00g	14.00g	2.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A

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1/14/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Roll	1 Apple Roll	210.00	1.00g	4.286%	210.00mg	0.00g	35.00g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Colby Jack Stick	1 Colby Jack Stick	90.00	4.00g	40.000%	200.00mg	6.00g	0.00g	0.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
Orange Juice w/ Pineapple juice	1 Orange Juice w/ Pineapple juice	60.00	0.00g	0.000%	4.00mg	0.00g	15.00g	0.00g		N/A

1/15/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Diced Peaches	4 ounces	80.00	0.00g	0.000%	0.00mg	0.00g	19.00g	1.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
R/S Apple Jacks	1 R/S Apple Jacks	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	3.00g		N/A
Scooby Snack - Cinn	1 Scooby Snack - Cinn	120.00	1.00g	7.500%	115.00mg	3.50g	21.00g	1.00g		N/A

1/16/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Applesauce	4 oz Assorted Applesauce	79.73	0.00g	0.000%	13.29mg	0.00g	19.49g	1.77g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A

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1/16/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Confetti Pancakes	1 Confetti Pancakes	220.00	1.00g	4.091%	N/A	7.00g	36.00g	4.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A

1/17/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
Orange Juice	1 Orange Juice	61.00	0.00g	0.000%	2.00mg	0.00g	14.00g	0.00g		N/A
Pumpkin Swirl Roll	1 Pumpkin Swirl Roll	220.00	1.00g	4.091%	230.00mg	6.00g	38.00g	3.00g		N/A

1/18/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 Apple Juice	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		N/A
Bosco Egg, Cheese, & Turkey Bacon Stick	1 Bosco Egg, Cheese, & Turkey Bacon Stick	170.00	3.00g	15.882%	380.00mg	7.00g	17.00g	2.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A

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Recipe Nutrition Summary

for Van Dyke Public Schools
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1/21/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Bug Bites	1 Bug Bites	120.00	1.00g	7.500%	115.00mg	3.50g	21.00g	1.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Diced Pears	4 oz	90.00	0.00g	0.000%	N/A	0.00g	21.00g	2.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
String Cheese	1 String Cheese	80.00	4.00g	45.000%	210.00mg	6.00g	1.00g	0.00g		N/A

1/22/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chocolate Chip Muffin	1 Chocolate Chip Muffin	140.00	1.00g	6.429%	N/A	3.50g	25.00g	2.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Goldfish Grahams	1 Goldfish Grahams	120.00	1.00g	7.500%	N/A	4.00g	19.00g	1.00g		N/A

1/23/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Applesauce	4 oz Assorted Applesauce	79.73	0.00g	0.000%	13.29mg	0.00g	19.49g	1.77g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

Recipe Nutrition Summary

for Van Dyke Public Schools
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1/23/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
Mini Maple Pancakes	1 Mini Maple Pancakes	210.00	1.00g	4.286%	320.00mg	6.00g	35.00g	4.00g		N/A

1/24/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Blueberry Bar	1 Apple Blueberry Bar	290.00	3.00g	9.310%	200.00mg	9.00g	48.00g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
Orange Juice	1 Orange Juice	61.00	0.00g	0.000%	2.00mg	0.00g	14.00g	0.00g		N/A

1/25/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Applesauce	4 oz Assorted Applesauce	79.73	0.00g	0.000%	13.29mg	0.00g	19.49g	1.77g		N/A
Blueberry Pancake	1 pkg.	210.00	1.00g	4.286%	310.00mg	6.00g	10.00g	4.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

Recipe Nutrition Summary

for Van Dyke Public Schools
January 7, 2019 through March 29, 2019

1/28/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Cheddar Stick	1 Cheddar Stick	110.00	6.00g	49.091%	200.00mg	9.00g	0.00g	0.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Diced Pears	4 oz	90.00	0.00g	0.000%	N/A	0.00g	21.00g	2.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
Scooby Snack - Cinn	1 Scooby Snack - Cinn	120.00	1.00g	7.500%	115.00mg	3.50g	21.00g	1.00g		N/A

1/29/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Applesauce	4 oz Assorted Applesauce	79.73	0.00g	0.000%	13.29mg	0.00g	19.49g	1.77g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
Lucky Charms Cereal	1 Lucky Charms Cereal	110.00	0.00g	0.000%	180.00mg	1.00g	23.00g	2.00g		N/A
R/S Apple Jacks	1 R/S Apple Jacks	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	3.00g		N/A

1/30/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 Apple Juice	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		N/A
Breakfast Wrap w/ egg & Cheese	1 Breakfast Wrap w/ egg & Cheese	180.00	4.00g	20.000%	400.00mg	10.00g	14.00g	2.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

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1/30/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A

1/31/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Mini Muffin	1 Apple Mini Muffin	130.00	0.50g	3.462%	140.00mg	3.50g	22.00g	1.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fruit Juice	1 Fruit Juice	60.00	0.00g	0.000%	10.00mg	0.00g	14.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A

2/1/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 Apple Juice	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		N/A
Breakfast Wrap w/ egg & Cheese	1 Breakfast Wrap w/ egg & Cheese	180.00	4.00g	20.000%	400.00mg	10.00g	14.00g	2.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

Recipe Nutrition Summary

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2/4/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Dragon Punch	1 Dragon Punch	55.00	0.00g	0.000%	35.00mg	N/A	14.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Jurassic World Grahams	1 pkg	130.00	1.00g	6.923%	95.00mg	4.00g	21.00g	0.00g		N/A
String Cheese	1 String Cheese	80.00	4.00g	45.000%	210.00mg	6.00g	1.00g	0.00g		N/A

2/5/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Bug Bites	1 Bug Bites	120.00	1.00g	7.500%	115.00mg	3.50g	21.00g	1.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Cinn. toast Cereal bar	1 Cinn. toast Cereal bar	150.00	0.50g	3.000%	115.00mg	3.00g	30.00g	3.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Pineapple Tidbit	4 oz	60.00	0.00g	0.000%	10.00mg	0.00g	15.00g	1.00g		N/A

2/6/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Applesauce	4 oz Assorted Applesauce	79.73	0.00g	0.000%	13.29mg	0.00g	19.49g	1.77g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

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2/6/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
Mini Maple Waffle Bites	1 Mini Maple Waffle Bites	200.00	1.50g	6.750%	220.00mg	5.00g	35.00g	4.00g		N/A

2/7/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
Mini Powdered Donuts	1 Mini Powdered Donuts	280.00	3.00g	9.643%	290.00mg	10.00g	42.00g	2.00g		N/A
V Blend Cherry Star Juice	1 V Blend Cherry Star Juice	55.00	0.00g	0.000%	35.00mg	0.00g	14.00g	N/A		N/A

2/8/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 Apple Juice	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		N/A
Breakfast Wrap w/ egg & Cheese	1 Breakfast Wrap w/ egg & Cheese	180.00	4.00g	20.000%	400.00mg	10.00g	14.00g	2.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

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2/11/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Roll	1 Apple Roll	210.00	1.00g	4.286%	210.00mg	0.00g	35.00g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Colby Jack Stick	1 Colby Jack Stick	90.00	4.00g	40.000%	200.00mg	6.00g	0.00g	0.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
Orange Juice w/ Pineapple juice	1 Orange Juice w/ Pineapple juice	60.00	0.00g	0.000%	4.00mg	0.00g	15.00g	0.00g		N/A

2/12/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Diced Peaches	4 ounces	80.00	0.00g	0.000%	0.00mg	0.00g	19.00g	1.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
R/S Apple Jacks	1 R/S Apple Jacks	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	3.00g		N/A
Scooby Snack - Cinn	1 Scooby Snack - Cinn	120.00	1.00g	7.500%	115.00mg	3.50g	21.00g	1.00g		N/A

2/13/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Applesauce	4 oz Assorted Applesauce	79.73	0.00g	0.000%	13.29mg	0.00g	19.49g	1.77g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

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2/13/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Confetti Pancakes	1 Confetti Pancakes	220.00	1.00g	4.091%	N/A	7.00g	36.00g	4.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A

2/14/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
Orange Juice	1 Orange Juice	61.00	0.00g	0.000%	2.00mg	0.00g	14.00g	0.00g		N/A
Pumpkin Swirl Roll	1 Pumpkin Swirl Roll	220.00	1.00g	4.091%	230.00mg	6.00g	38.00g	3.00g		N/A

2/15/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 Apple Juice	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		N/A
Bosco Egg, Cheese, & Turkey Bacon Stick	1 Bosco Egg, Cheese, & Turkey Bacon Stick	170.00	3.00g	15.882%	380.00mg	7.00g	17.00g	2.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

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2/18/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Bug Bites	1 Bug Bites	120.00	1.00g	7.500%	115.00mg	3.50g	21.00g	1.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Diced Pears	4 oz	90.00	0.00g	0.000%	N/A	0.00g	21.00g	2.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
String Cheese	1 String Cheese	80.00	4.00g	45.000%	210.00mg	6.00g	1.00g	0.00g		N/A

2/19/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chocolate Chip Muffin	1 Chocolate Chip Muffin	140.00	1.00g	6.429%	N/A	3.50g	25.00g	2.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Goldfish Grahams	1 Goldfish Grahams	120.00	1.00g	7.500%	N/A	4.00g	19.00g	1.00g		N/A

2/20/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Applesauce	4 oz Assorted Applesauce	79.73	0.00g	0.000%	13.29mg	0.00g	19.49g	1.77g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

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2/20/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
Mini Maple Pancakes	1 Mini Maple Pancakes	210.00	1.00g	4.286%	320.00mg	6.00g	35.00g	4.00g		N/A

2/21/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Blueberry Bar	1 Apple Blueberry Bar	290.00	3.00g	9.310%	200.00mg	9.00g	48.00g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
Orange Juice	1 Orange Juice	61.00	0.00g	0.000%	2.00mg	0.00g	14.00g	0.00g		N/A

2/22/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Applesauce	4 oz Assorted Applesauce	79.73	0.00g	0.000%	13.29mg	0.00g	19.49g	1.77g		N/A
Blueberry Pancake	1 pkg.	210.00	1.00g	4.286%	310.00mg	6.00g	10.00g	4.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

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2/25/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Cheddar Stick	1 Cheddar Stick	110.00	6.00g	49.091%	200.00mg	9.00g	0.00g	0.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Diced Pears	4 oz	90.00	0.00g	0.000%	N/A	0.00g	21.00g	2.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
Scooby Snack - Cinn	1 Scooby Snack - Cinn	120.00	1.00g	7.500%	115.00mg	3.50g	21.00g	1.00g		N/A

2/26/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Applesauce	4 oz Assorted Applesauce	79.73	0.00g	0.000%	13.29mg	0.00g	19.49g	1.77g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
Lucky Charms Cereal	1 Lucky Charms Cereal	110.00	0.00g	0.000%	180.00mg	1.00g	23.00g	2.00g		N/A
R/S Apple Jacks	1 R/S Apple Jacks	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	3.00g		N/A

2/27/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 Apple Juice	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		N/A
Breakfast Wrap w/ egg & Cheese	1 Breakfast Wrap w/ egg & Cheese	180.00	4.00g	20.000%	400.00mg	10.00g	14.00g	2.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

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2/27/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A

2/28/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Mini Muffin	1 Apple Mini Muffin	130.00	0.50g	3.462%	140.00mg	3.50g	22.00g	1.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fruit Juice	1 Fruit Juice	60.00	0.00g	0.000%	10.00mg	0.00g	14.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A

3/1/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 Apple Juice	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		N/A
Breakfast Wrap w/ egg & Cheese	1 Breakfast Wrap w/ egg & Cheese	180.00	4.00g	20.000%	400.00mg	10.00g	14.00g	2.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

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3/4/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Dragon Punch	1 Dragon Punch	55.00	0.00g	0.000%	35.00mg	N/A	14.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Jurassic World Grahams	1 pkg	130.00	1.00g	6.923%	95.00mg	4.00g	21.00g	0.00g		N/A
String Cheese	1 String Cheese	80.00	4.00g	45.000%	210.00mg	6.00g	1.00g	0.00g		N/A

3/5/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Bug Bites	1 Bug Bites	120.00	1.00g	7.500%	115.00mg	3.50g	21.00g	1.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Cinn. toast Cereal bar	1 Cinn. toast Cereal bar	150.00	0.50g	3.000%	115.00mg	3.00g	30.00g	3.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Pineapple Tidbit	4 oz	60.00	0.00g	0.000%	10.00mg	0.00g	15.00g	1.00g		N/A

3/6/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Applesauce	4 oz Assorted Applesauce	79.73	0.00g	0.000%	13.29mg	0.00g	19.49g	1.77g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A

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3/6/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
Mini Maple Waffle Bites	1 Mini Maple Waffle Bites	200.00	1.50g	6.750%	220.00mg	5.00g	35.00g	4.00g		N/A

3/7/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
Mini Powdered Donuts	1 Mini Powdered Donuts	280.00	3.00g	9.643%	290.00mg	10.00g	42.00g	2.00g		N/A
V Blend Cherry Star Juice	1 V Blend Cherry Star Juice	55.00	0.00g	0.000%	35.00mg	0.00g	14.00g	N/A		N/A

3/8/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 Apple Juice	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		N/A
Breakfast Wrap w/ egg & Cheese	1 Breakfast Wrap w/ egg & Cheese	180.00	4.00g	20.000%	400.00mg	10.00g	14.00g	2.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

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3/11/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Roll	1 Apple Roll	210.00	1.00g	4.286%	210.00mg	0.00g	35.00g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Colby Jack Stick	1 Colby Jack Stick	90.00	4.00g	40.000%	200.00mg	6.00g	0.00g	0.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
Orange Juice w/ Pineapple juice	1 Orange Juice w/ Pineapple juice	60.00	0.00g	0.000%	4.00mg	0.00g	15.00g	0.00g		N/A

3/12/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Diced Peaches	4 ounces	80.00	0.00g	0.000%	0.00mg	0.00g	19.00g	1.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
R/S Apple Jacks	1 R/S Apple Jacks	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	3.00g		N/A
Scooby Snack - Cinn	1 Scooby Snack - Cinn	120.00	1.00g	7.500%	115.00mg	3.50g	21.00g	1.00g		N/A

3/13/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Applesauce	4 oz Assorted Applesauce	79.73	0.00g	0.000%	13.29mg	0.00g	19.49g	1.77g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

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3/13/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Confetti Pancakes	1 Confetti Pancakes	220.00	1.00g	4.091%	N/A	7.00g	36.00g	4.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A

3/14/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
Orange Juice	1 Orange Juice	61.00	0.00g	0.000%	2.00mg	0.00g	14.00g	0.00g		N/A
Pumpkin Swirl Roll	1 Pumpkin Swirl Roll	220.00	1.00g	4.091%	230.00mg	6.00g	38.00g	3.00g		N/A

3/15/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 Apple Juice	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		N/A
Bosco Egg, Cheese, & Turkey Bacon Stick	1 Bosco Egg, Cheese, & Turkey Bacon Stick	170.00	3.00g	15.882%	380.00mg	7.00g	17.00g	2.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

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3/18/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Bug Bites	1 Bug Bites	120.00	1.00g	7.500%	115.00mg	3.50g	21.00g	1.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Diced Pears	4 oz	90.00	0.00g	0.000%	N/A	0.00g	21.00g	2.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
String Cheese	1 String Cheese	80.00	4.00g	45.000%	210.00mg	6.00g	1.00g	0.00g		N/A

3/19/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chocolate Chip Muffin	1 Chocolate Chip Muffin	140.00	1.00g	6.429%	N/A	3.50g	25.00g	2.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Goldfish Grahams	1 Goldfish Grahams	120.00	1.00g	7.500%	N/A	4.00g	19.00g	1.00g		N/A

3/20/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Applesauce	4 oz Assorted Applesauce	79.73	0.00g	0.000%	13.29mg	0.00g	19.49g	1.77g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

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3/20/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
Mini Maple Pancakes	1 Mini Maple Pancakes	210.00	1.00g	4.286%	320.00mg	6.00g	35.00g	4.00g		N/A

3/21/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Blueberry Bar	1 Apple Blueberry Bar	290.00	3.00g	9.310%	200.00mg	9.00g	48.00g	3.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
Orange Juice	1 Orange Juice	61.00	0.00g	0.000%	2.00mg	0.00g	14.00g	0.00g		N/A

3/22/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Applesauce	4 oz Assorted Applesauce	79.73	0.00g	0.000%	13.29mg	0.00g	19.49g	1.77g		N/A
Blueberry Pancake	1 pkg.	210.00	1.00g	4.286%	310.00mg	6.00g	10.00g	4.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

Recipe Nutrition Summary

for Van Dyke Public Schools
January 7, 2019 through March 29, 2019

3/25/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Cheddar Stick	1 Cheddar Stick	110.00	6.00g	49.091%	200.00mg	9.00g	0.00g	0.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Diced Pears	4 oz	90.00	0.00g	0.000%	N/A	0.00g	21.00g	2.00g		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
Scooby Snack - Cinn	1 Scooby Snack - Cinn	120.00	1.00g	7.500%	115.00mg	3.50g	21.00g	1.00g		N/A

3/26/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Assorted Applesauce	4 oz Assorted Applesauce	79.73	0.00g	0.000%	13.29mg	0.00g	19.49g	1.77g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
Lucky Charms Cereal	1 Lucky Charms Cereal	110.00	0.00g	0.000%	180.00mg	1.00g	23.00g	2.00g		N/A
R/S Apple Jacks	1 R/S Apple Jacks	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	3.00g		N/A

3/27/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 Apple Juice	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		N/A
Breakfast Wrap w/ egg & Cheese	1 Breakfast Wrap w/ egg & Cheese	180.00	4.00g	20.000%	400.00mg	10.00g	14.00g	2.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"

Recipe Nutrition Summary

for Van Dyke Public Schools
January 7, 2019 through March 29, 2019

3/27/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A

3/28/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Mini Muffin	1 Apple Mini Muffin	130.00	0.50g	3.462%	140.00mg	3.50g	22.00g	1.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Fruit Juice	1 Fruit Juice	60.00	0.00g	0.000%	10.00mg	0.00g	14.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A

3/29/2019 Carlson - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Apple Juice	1 Apple Juice	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		N/A
Breakfast Wrap w/ egg & Cheese	1 Breakfast Wrap w/ egg & Cheese	180.00	4.00g	20.000%	400.00mg	10.00g	14.00g	2.00g		N/A
Chocolate Milk Fat Free	8 ounces	120.00	0.00g	0.000%	180.00mg	N/A	20.00g	N/A		N/A
Fat Free White	8 oz	95.25	1.44g	13.564%	99.79mg	2.20g	11.32g	0.00g		7.64g
FF Strawberry Milk	8 oz	130.00	0.00g	0.000%	125.00mg	0.00g	23.00g	0.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A

* = Calculations based on incomplete data including amounts marked "N/A"