

Recipe Nutrition Summary

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

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

1/7/2019 OWOFF - 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>
Jurassic World Grahams	1 pkg	130.00	1.00g	6.923%	95.00mg	4.00g	21.00g	0.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Peaches	4 oz	50.81	0.00g	0.000%	5.08mg	0.00g	12.19g	N/A		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 OWOFF - 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>
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
Diced Pears	4 oz	90.00	0.00g	0.000%	N/A	0.00g	21.00g	2.00g		N/A
Honey Grahams	1 package	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g

1/9/2019 OWOFF - 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>
Cinn. Toast Cereal	1 Cinn. Toast Cereal	110.00	0.50g	4.091%	160.00mg	3.00g	22.00g	3.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Pineapple Tidbits	half cup	70.00	0.00g	0.000%	0.00mg	0.00g	18.00g	N/A		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

1/10/2019 OWOF - 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>
Applesauce cup	1 Applesauce cup	90.00	0.00g	0.000%	15.00mg	0.00g	22.00g	2.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
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

1/14/2019 OWOF - 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
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Mixed Fruit	4 oz	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	1.00g		N/A

1/15/2019 OWOF - 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>
Diced Pears	4 oz	90.00	0.00g	0.000%	N/A	0.00g	21.00g	2.00g		N/A
Maple Mini Pancakes	1 Maple Mini Pancakes	210.00	1.00g	4.286%	320.00mg	6.00g	35.00g	4.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g

1/16/2019 OWOF - 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 Jacks	1 Apple Jacks	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	N/A		N/A
Assorted Applesauce	4 oz Assorted Applesauce	79.73	0.00g	0.000%	13.29mg	0.00g	19.49g	1.77g		N/A

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

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1/16/2019 OWO - 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>
Honey Grahams	1 package	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		N/A
MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g

1/17/2019 OWO - 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>
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
MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Peaches	4 oz	50.81	0.00g	0.000%	5.08mg	0.00g	12.19g	N/A		N/A

1/21/2019 OWO - 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
Diced Pears	4 oz	90.00	0.00g	0.000%	N/A	0.00g	21.00g	2.00g		N/A
MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
String Cheese	1 String Cheese	80.00	4.00g	45.000%	210.00mg	6.00g	1.00g	0.00g		N/A

1/22/2019 OWO - 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
MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g

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1/22/2019 OWO - 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>
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

1/23/2019 OWO - 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>
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Pineapple Tidbits	4 oz	70.00	0.00g	0.000%	0.00mg	0.00g	16.00g	1.00g		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

1/24/2019 OWO - 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>
Blueberry Pancake	1 pkg.	210.00	1.00g	4.286%	310.00mg	6.00g	10.00g	4.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Mixed Fruit	4 oz	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	1.00g		N/A

1/28/2019 OWO - 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>
Canned Diced Pears	4 oz	58.00	0.00g	0.000%	2.00mg	0.12g	15.02g	2.00g		N/A
Cheddar Stick	1 Cheddar Stick	110.00	6.00g	49.091%	200.00mg	9.00g	0.00g	0.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Scooby Snack - Cinn	1 Scooby Snack - Cinn	120.00	1.00g	7.500%	115.00mg	3.50g	21.00g	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

1/29/2019 OWO - 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
Confetti Pancakes	1 Confetti Pancakes	220.00	1.00g	4.091%	N/A	7.00g	36.00g	4.00g		N/A
MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g

1/30/2019 OWO - 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>
Diced Peaches	4 oz	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	1.00g		N/A
Honey Grahams	1 package	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		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
MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g

1/31/2019 OWO - 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>
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
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Peaches	4 oz	50.81	0.00g	0.000%	5.08mg	0.00g	12.19g	N/A		N/A

2/4/2019 OWO - 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>
Jurassic World Grahams	1 pkg	130.00	1.00g	6.923%	95.00mg	4.00g	21.00g	0.00g		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

2/4/2019 OWOF - 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>
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Peaches	4 oz	50.81	0.00g	0.000%	5.08mg	0.00g	12.19g	N/A		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 OWOF - 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>
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
Diced Pears	4 oz	90.00	0.00g	0.000%	N/A	0.00g	21.00g	2.00g		N/A
Honey Grahams	1 package	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g

2/6/2019 OWOF - 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>
Cinn. Toast Cereal	1 Cinn. Toast Cereal	110.00	0.50g	4.091%	160.00mg	3.00g	22.00g	3.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Pineapple Tidbits	half cup	70.00	0.00g	0.000%	0.00mg	0.00g	18.00g	N/A		N/A

2/7/2019 OWOF - 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>
Applesauce cup	1 Applesauce cup	90.00	0.00g	0.000%	15.00mg	0.00g	22.00g	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

2/7/2019 OWO - 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>
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
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

2/11/2019 OWO - 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
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Mixed Fruit	4 oz	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	1.00g		N/A

2/12/2019 OWO - 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>
Diced Pears	4 oz	90.00	0.00g	0.000%	N/A	0.00g	21.00g	2.00g		N/A
Maple Mini Pancakes	1 Maple Mini Pancakes	210.00	1.00g	4.286%	320.00mg	6.00g	35.00g	4.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g

2/13/2019 OWO - 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 Jacks	1 Apple Jacks	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	N/A		N/A
Assorted Applesauce	4 oz Assorted Applesauce	79.73	0.00g	0.000%	13.29mg	0.00g	19.49g	1.77g		N/A

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

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2/13/2019 OWO - 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>
Honey Grahams	1 package	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		N/A
MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT F)	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g

2/14/2019 OWO - 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>
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
MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT F)	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Peaches	4 oz	50.81	0.00g	0.000%	5.08mg	0.00g	12.19g	N/A		N/A

2/18/2019 OWO - 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
Diced Pears	4 oz	90.00	0.00g	0.000%	N/A	0.00g	21.00g	2.00g		N/A
MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT F)	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
String Cheese	1 String Cheese	80.00	4.00g	45.000%	210.00mg	6.00g	1.00g	0.00g		N/A

2/19/2019 OWO - 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
MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT F)	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g

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

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2/19/2019 OWO - 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>
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

2/20/2019 OWO - 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>
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Pineapple Tidbits	4 oz	70.00	0.00g	0.000%	0.00mg	0.00g	16.00g	1.00g		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

2/21/2019 OWO - 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>
Blueberry Pancake	1 pkg.	210.00	1.00g	4.286%	310.00mg	6.00g	10.00g	4.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Mixed Fruit	4 oz	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	1.00g		N/A

2/25/2019 OWO - 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>
Canned Diced Pears	4 oz	58.00	0.00g	0.000%	2.00mg	0.12g	15.02g	2.00g		N/A
Cheddar Stick	1 Cheddar Stick	110.00	6.00g	49.091%	200.00mg	9.00g	0.00g	0.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Scooby Snack - Cinn	1 Scooby Snack - Cinn	120.00	1.00g	7.500%	115.00mg	3.50g	21.00g	1.00g		N/A

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

Recipe Nutrition Summary

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2/26/2019 OWO - 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
Confetti Pancakes	1 Confetti Pancakes	220.00	1.00g	4.091%	N/A	7.00g	36.00g	4.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g

2/27/2019 OWO - 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>
Diced Peaches	4 oz	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	1.00g		N/A
Honey Grahams	1 package	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		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
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g

2/28/2019 OWO - 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>
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
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Peaches	4 oz	50.81	0.00g	0.000%	5.08mg	0.00g	12.19g	N/A		N/A

3/4/2019 OWO - 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>
Jurassic World Grahams	1 pkg	130.00	1.00g	6.923%	95.00mg	4.00g	21.00g	0.00g		N/A

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

Recipe Nutrition Summary

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3/4/2019 OWOF - 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>
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Peaches	4 oz	50.81	0.00g	0.000%	5.08mg	0.00g	12.19g	N/A		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 OWOF - 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>
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
Diced Pears	4 oz	90.00	0.00g	0.000%	N/A	0.00g	21.00g	2.00g		N/A
Honey Grahams	1 package	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g

3/6/2019 OWOF - 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>
Cinn. Toast Cereal	1 Cinn. Toast Cereal	110.00	0.50g	4.091%	160.00mg	3.00g	22.00g	3.00g		N/A
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Pineapple Tidbits	half cup	70.00	0.00g	0.000%	0.00mg	0.00g	18.00g	N/A		N/A

3/7/2019 OWOF - 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>
Applesauce cup	1 Applesauce cup	90.00	0.00g	0.000%	15.00mg	0.00g	22.00g	2.00g		N/A

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

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3/7/2019 OWOF - 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>
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
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

3/11/2019 OWOF - 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
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Mixed Fruit	4 oz	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	1.00g		N/A

3/12/2019 OWOF - 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>
Diced Pears	4 oz	90.00	0.00g	0.000%	N/A	0.00g	21.00g	2.00g		N/A
Maple Mini Pancakes	1 Maple Mini Pancakes	210.00	1.00g	4.286%	320.00mg	6.00g	35.00g	4.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g

3/13/2019 OWOF - 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 Jacks	1 Apple Jacks	110.00	0.50g	4.091%	160.00mg	1.00g	24.00g	N/A		N/A
Assorted Applesauce	4 oz Assorted Applesauce	79.73	0.00g	0.000%	13.29mg	0.00g	19.49g	1.77g		N/A

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

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3/13/2019 OWO - 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>
Honey Grahams	1 package	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		N/A
MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT F)	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g

3/14/2019 OWO - 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>
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
MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT F)	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Peaches	4 oz	50.81	0.00g	0.000%	5.08mg	0.00g	12.19g	N/A		N/A

3/18/2019 OWO - 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
Diced Pears	4 oz	90.00	0.00g	0.000%	N/A	0.00g	21.00g	2.00g		N/A
MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT F)	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
String Cheese	1 String Cheese	80.00	4.00g	45.000%	210.00mg	6.00g	1.00g	0.00g		N/A

3/19/2019 OWO - 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
MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT F)	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g

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

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3/19/2019 OWO - 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>
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

3/20/2019 OWO - 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>
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Pineapple Tidbits	4 oz	70.00	0.00g	0.000%	0.00mg	0.00g	16.00g	1.00g		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

3/21/2019 OWO - 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>
Blueberry Pancake	1 pkg.	210.00	1.00g	4.286%	310.00mg	6.00g	10.00g	4.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Mixed Fruit	4 oz	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	1.00g		N/A

3/25/2019 OWO - 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>
Canned Diced Pears	4 oz	58.00	0.00g	0.000%	2.00mg	0.12g	15.02g	2.00g		N/A
Cheddar Stick	1 Cheddar Stick	110.00	6.00g	49.091%	200.00mg	9.00g	0.00g	0.00g		N/A
MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK,NONFAT,FLUID,WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Scooby Snack - Cinn	1 Scooby Snack - Cinn	120.00	1.00g	7.500%	115.00mg	3.50g	21.00g	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

3/26/2019 OWOF - 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
Confetti Pancakes	1 Confetti Pancakes	220.00	1.00g	4.091%	N/A	7.00g	36.00g	4.00g		N/A
MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g

3/27/2019 OWOF - 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>
Diced Peaches	4 oz	60.00	0.00g	0.000%	5.00mg	0.00g	14.00g	1.00g		N/A
Honey Grahams	1 package	60.00	0.00g	0.000%	5.00mg	0.00g	15.00g	0.00g		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
MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g

3/28/2019 OWOF - 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>
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
Graham Cracker	1 Graham Cracker	90.00	0.00g	0.000%	100.00mg	2.50g	16.00g	1.00g		N/A
MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT FREE OR SKIM)	1 MILK, NONFAT, FLUID, WO/ ADDED VIT A & VIT D (FAT F	77.11	0.12g	1.350%	95.25mg	0.18g	11.25g	0.00g		7.64g
Peaches	4 oz	50.81	0.00g	0.000%	5.08mg	0.00g	12.19g	N/A		N/A

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