

**Menu Calendar Nutrient Analysis Report**  
**High School Carb Count 2018-2019**

Item Name	Carb (g)
<b>High School Breakfast Menu Week 1 Day 1</b>	
Lactaid Milk - TR1448 (1 c.)	13.00
1% White Milk - TR1130 (1 ea.)	12.00
Nonfat Chocolate Milk - TR1131 (1 ea.)	24.00
Nonfat White Milk - TR1132 (1 ea.)	13.00
Chocolate Soy Milk - TR1133 (1 ea.)	19.00
Vanilla Soy Milk - TR1134 (1 ea.)	20.00
Nonfat Strawberry Milk - TR1135 (1 ea.)	22.00
Assorted Cupped Fruit - TR1451 (1/2 c.)	16.47
Assorted Dried Fruit - TR1453 (1 ea.)	25.75
Fresh Fruit Variety - TR1449 (1 ea.)	15.94
Apple Juice - TR1120 (1 ea.)	14.00
Orange Juice - TR1148 (4 fl. oz.)	13.41
Light Cream Cheese - TR1079 (1 ea.)	13.00
Breakfast Smoothies - TR1880 (1 ea.)	69.99
Assorted Cereal - TR1450 (1 ea.)	26.89
Assorted Cereal Bars - TR1881 (1 ea.)	29.83
Cinnamon Mini Bagels - TR1014 (1 ea.)	41.00
Strawberry Mini Bagels - TR1015 (1 ea.)	41.00
Blueberry Bagel - TR1016 (1 ea.)	41.00
Cinnamon Raisin Bagel - TR1018 (1 ea.)	41.00
WG Bagel - TR1020 (1 ea.)	29.00
Cinnamon Bagel-fuls - TR1021 (1 ea.)	32.00
Original Bagel-fuls - TR1022 (1 ea.)	29.00
Banana Bread - TR1023 (1 ea.)	44.00
Blueberry Bread - TR1027 (1 ea.)	43.00
Breakfast Bites - TR1030 (1 ea.)	41.00
Cinnamon Roll, Homemade, KB Dough - TR1711 (1 ea.)	53.86
Cinnamon Roll - TR1061 (1 ea.)	43.00
Mini Cinnis - TR1062 (1 ea.)	40.00
Cinnamon Bun Crunchmania - TR1882 (1 ea.)	37.00
French Toast Crunchmania - TR1069 (1 ea.)	37.00
Cinnamon French Toast Slices - TR1102 (1 ea.)	28.00
Apple Frudel - TR1105 (1 ea.)	36.00
Cherry Frudel - TR1106 (1 ea.)	37.00
Apple Cinnamon Muffins - TR1137 (1 ea.)	42.00
Banana Muffin - TR1138 (1 ea.)	43.00
Blueberry Muffin - TR1139 (1 ea.)	41.00
Orange Muffin - TR1140 (1 ea.)	55.00
Apple Cinnamon Nutri-Grain Bar - TR1144 (1 ea.)	30.00
Blueberry Nutri-Grain Bar - TR1145 (1 ea.)	30.00
Strawberry Nutri-Grain Bar - TR1146 (1 ea.)	30.00
Peaches & Yogurt Parfait, Breakfast - TR1816 (1 ea.)	54.89
Cinnamon Pop Tart - TR1189 (1 ea.)	75.00
Fudge Pop Tart - TR1190 (1 ea.)	76.00
Strawberry Pop Tart - TR1191 (1 ea.)	75.00

## Menu Calendar Nutrient Analysis Report

### High School Carb Count 2018-2019

Strawberries & Yogurt Parfait, Breakfast - TR1817 (1 ea.)	57.93
Cherry Vanilla Yogurt - TR1247 (1 ea.)	19.00
Strawberry Banana Yogurt - TR1251 (1 ea.)	19.00
Elf Graham Cracker - TR1071 (1 ea.)	21.00
Graham Cracker - TR1073 (1 ea.)	17.00
<b>High School Breakfast Menu Week 1 Day 2</b>	
Lactaid Milk - TR1448 (1 c.)	13.00
1% White Milk - TR1130 (1 ea.)	12.00
Nonfat Chocolate Milk - TR1131 (1 ea.)	24.00
Nonfat White Milk - TR1132 (1 ea.)	13.00
Chocolate Soy Milk - TR1133 (1 ea.)	19.00
Vanilla Soy Milk - TR1134 (1 ea.)	20.00
Nonfat Strawberry Milk - TR1135 (1 ea.)	22.00
Assorted Cupped Fruit - TR1451 (1/2 c.)	16.47
Assorted Dried Fruit - TR1453 (1 ea.)	25.75
Fresh Fruit Variety - TR1449 (1 ea.)	15.94
Apple Juice - TR1120 (1 ea.)	14.00
Orange Juice - TR1148 (4 fl. oz.)	13.41
Light Cream Cheese - TR1079 (1 ea.)	13.00
Breakfast Smoothies - TR1880 (1 ea.)	69.99
Assorted Cereal - TR1450 (1 ea.)	26.89
Assorted Cereal Bars - TR1881 (1 ea.)	29.83
Cinnamon Mini Bagels - TR1014 (1 ea.)	41.00
Strawberry Mini Bagels - TR1015 (1 ea.)	41.00
Blueberry Bagel - TR1016 (1 ea.)	41.00
Cinnamon Raisin Bagel - TR1018 (1 ea.)	41.00
WG Bagel - TR1020 (1 ea.)	29.00
Cinnamon Bagel-fuls - TR1021 (1 ea.)	32.00
Original Bagel-fuls - TR1022 (1 ea.)	29.00
Banana Bread - TR1023 (1 ea.)	44.00
Blueberry Bread - TR1027 (1 ea.)	43.00
Breakfast Bites - TR1030 (1 ea.)	41.00
Cinnamon Roll, Homemade, KB Dough - TR1711 (1 ea.)	53.86
Cinnamon Roll - TR1061 (1 ea.)	43.00
Mini Cinnis - TR1062 (1 ea.)	40.00
Cinnamon Bun Crunchmania - TR1882 (1 ea.)	37.00
French Toast Crunchmania - TR1069 (1 ea.)	37.00
Apple Frudel - TR1105 (1 ea.)	36.00
Cherry Frudel - TR1106 (1 ea.)	37.00
Apple Cinnamon Muffins - TR1137 (1 ea.)	42.00
Banana Muffin - TR1138 (1 ea.)	43.00
Blueberry Muffin - TR1139 (1 ea.)	41.00
Orange Muffin - TR1140 (1 ea.)	55.00
Apple Cinnamon Nutri-Grain Bar - TR1144 (1 ea.)	30.00
Blueberry Nutri-Grain Bar - TR1145 (1 ea.)	30.00
Strawberry Nutri-Grain Bar - TR1146 (1 ea.)	30.00
Peaches & Yogurt Parfait, Breakfast - TR1816 (1 ea.)	54.89

## Menu Calendar Nutrient Analysis Report

### High School Carb Count 2018-2019

Pizza, Cheese, Bagel, Nardone, IW, Breakfast - TR1177 (1 ea.)	30.00
Turkey Sausage Breakfast Pizza - TR1183 (1 ea.)	22.00
Turkey Sausage Pizza Bagel - TR1184 (1 ea.)	20.00
Sausage Pizza Bagel - TR1185 (1 ea.)	30.00
Cinnamon Pop Tart - TR1189 (1 ea.)	75.00
Fudge Pop Tart - TR1190 (1 ea.)	76.00
Strawberry Pop Tart - TR1191 (1 ea.)	75.00
Strawberries & Yogurt Parfait, Breakfast - TR1817 (1 ea.)	57.93
Cherry Vanilla Yogurt - TR1247 (1 ea.)	19.00
Strawberry Banana Yogurt - TR1251 (1 ea.)	19.00
Elf Graham Cracker - TR1071 (1 ea.)	21.00
Graham Cracker - TR1073 (1 ea.)	17.00
<b>High School Breakfast Menu Week 1 Day 3</b>	
Lactaid Milk - TR1448 (1 c.)	13.00
1% White Milk - TR1130 (1 ea.)	12.00
Nonfat Chocolate Milk - TR1131 (1 ea.)	24.00
Nonfat White Milk - TR1132 (1 ea.)	13.00
Chocolate Soy Milk - TR1133 (1 ea.)	19.00
Vanilla Soy Milk - TR1134 (1 ea.)	20.00
Nonfat Strawberry Milk - TR1135 (1 ea.)	22.00
Assorted Cupped Fruit - TR1451 (1/2 c.)	16.47
Assorted Dried Fruit - TR1453 (1 ea.)	25.75
Fresh Fruit Variety - TR1449 (1 ea.)	15.94
Apple Juice - TR1120 (1 ea.)	14.00
Orange Juice - TR1148 (4 fl. oz.)	13.41
Light Cream Cheese - TR1079 (1 ea.)	13.00
Ketchup - TR1122 (1 ea.)	3.00
Breakfast Smoothies - TR1880 (1 ea.)	69.99
Assorted Cereal - TR1450 (1 ea.)	26.89
Assorted Cereal Bars - TR1881 (1 ea.)	29.83
Cinnamon Mini Bagels - TR1014 (1 ea.)	41.00
Strawberry Mini Bagels - TR1015 (1 ea.)	41.00
Blueberry Bagel - TR1016 (1 ea.)	41.00
Cinnamon Raisin Bagel - TR1018 (1 ea.)	41.00
WG Bagel - TR1020 (1 ea.)	29.00
Cinnamon Bagel-fuls - TR1021 (1 ea.)	32.00
Original Bagel-fuls - TR1022 (1 ea.)	29.00
Banana Bread - TR1023 (1 ea.)	44.00
Blueberry Bread - TR1027 (1 ea.)	43.00
Breakfast Bites - TR1030 (1 ea.)	41.00
Cinnamon Roll, Homemade, KB Dough - TR1711 (1 ea.)	53.86
Cinnamon Roll - TR1061 (1 ea.)	43.00
Mini Cinnis - TR1062 (1 ea.)	40.00
Cinnamon Bun Crunchmania - TR1882 (1 ea.)	37.00
French Toast Crunchmania - TR1069 (1 ea.)	37.00
Egg Ham & Cheese Bowl - TR1617 (1 bowl)	2.47
Egg, Cheese & Potato Bowl 9-12 - TR1335 (3 1/2 oz.)	24.59

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### High School Carb Count 2018-2019

Apple Frudel - TR1105 (1 ea.)	36.00
Cherry Frudel - TR1106 (1 ea.)	37.00
Apple Cinnamon Muffins - TR1137 (1 ea.)	42.00
Banana Muffin - TR1138 (1 ea.)	43.00
Blueberry Muffin - TR1139 (1 ea.)	41.00
Orange Muffin - TR1140 (1 ea.)	55.00
Apple Cinnamon Nutri-Grain Bar - TR1144 (1 ea.)	30.00
Blueberry Nutri-Grain Bar - TR1145 (1 ea.)	30.00
Strawberry Nutri-Grain Bar - TR1146 (1 ea.)	30.00
Peaches & Yogurt Parfait, Breakfast - TR1816 (1 ea.)	54.89
Cinnamon Pop Tart - TR1189 (1 ea.)	75.00
Fudge Pop Tart - TR1190 (1 ea.)	76.00
Strawberry Pop Tart - TR1191 (1 ea.)	75.00
Strawberries & Yogurt Parfait, Breakfast - TR1817 (1 ea.)	57.93
Cherry Vanilla Yogurt - TR1247 (1 ea.)	19.00
Strawberry Banana Yogurt - TR1251 (1 ea.)	19.00
Elf Graham Cracker - TR1071 (1 ea.)	21.00
Graham Cracker - TR1073 (1 ea.)	17.00
<b>High School Breakfast Menu Week 1 Day 4</b>	
Lactaid Milk - TR1448 (1 c.)	13.00
1% White Milk - TR1130 (1 ea.)	12.00
Nonfat Chocolate Milk - TR1131 (1 ea.)	24.00
Nonfat White Milk - TR1132 (1 ea.)	13.00
Chocolate Soy Milk - TR1133 (1 ea.)	19.00
Vanilla Soy Milk - TR1134 (1 ea.)	20.00
Nonfat Strawberry Milk - TR1135 (1 ea.)	22.00
Assorted Cupped Fruit - TR1451 (1/2 c.)	16.47
Assorted Dried Fruit - TR1453 (1 ea.)	25.75
Fresh Fruit Variety - TR1449 (1 ea.)	15.94
Apple Juice - TR1120 (1 ea.)	14.00
Orange Juice - TR1148 (4 fl. oz.)	13.41
Light Cream Cheese - TR1079 (1 ea.)	13.00
Breakfast Smoothies - TR1880 (1 ea.)	69.99
Assorted Cereal - TR1450 (1 ea.)	26.89
Assorted Cereal Bars - TR1881 (1 ea.)	29.83
Cinnamon Mini Bagels - TR1014 (1 ea.)	41.00
Strawberry Mini Bagels - TR1015 (1 ea.)	41.00
Blueberry Bagel - TR1016 (1 ea.)	41.00
Cinnamon Raisin Bagel - TR1018 (1 ea.)	41.00
WG Bagel - TR1020 (1 ea.)	29.00
Cinnamon Bagel-fuls - TR1021 (1 ea.)	32.00
Original Bagel-fuls - TR1022 (1 ea.)	29.00
Banana Bread - TR1023 (1 ea.)	44.00
Blueberry Bread - TR1027 (1 ea.)	43.00
Breakfast Bites - TR1030 (1 ea.)	41.00
Breakfast Chicken Patty - TR1529 (1 ea.)	25.00
Cinnamon Roll, Homemade, KB Dough - TR1711 (1 ea.)	53.86

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### High School Carb Count 2018-2019

Cinnamon Roll - TR1061 (1 ea.)	43.00
Mini Cinnis - TR1062 (1 ea.)	40.00
Cinnamon Bun Crunchmania - TR1882 (1 ea.)	37.00
French Toast Crunchmania - TR1069 (1 ea.)	37.00
Apple Frudel - TR1105 (1 ea.)	36.00
Cherry Frudel - TR1106 (1 ea.)	37.00
Apple Cinnamon Muffins - TR1137 (1 ea.)	42.00
Banana Muffin - TR1138 (1 ea.)	43.00
Blueberry Muffin - TR1139 (1 ea.)	41.00
Orange Muffin - TR1140 (1 ea.)	55.00
Apple Cinnamon Nutri-Grain Bar - TR1144 (1 ea.)	30.00
Blueberry Nutri-Grain Bar - TR1145 (1 ea.)	30.00
Strawberry Nutri-Grain Bar - TR1146 (1 ea.)	30.00
Peaches & Yogurt Parfait, Breakfast - TR1816 (1 ea.)	54.89
Cinnamon Pop Tart - TR1189 (1 ea.)	75.00
Fudge Pop Tart - TR1190 (1 ea.)	76.00
Strawberry Pop Tart - TR1191 (1 ea.)	75.00
Strawberries & Yogurt Parfait, Breakfast - TR1817 (1 ea.)	57.93
Cherry Vanilla Yogurt - TR1247 (1 ea.)	19.00
Strawberry Banana Yogurt - TR1251 (1 ea.)	19.00
Elf Graham Cracker - TR1071 (1 ea.)	21.00
Graham Cracker - TR1073 (1 ea.)	17.00
<b>High School Breakfast Menu Week 1 Day 5</b>	
Lactaid Milk - TR1448 (1 c.)	13.00
1% White Milk - TR1130 (1 ea.)	12.00
Nonfat Chocolate Milk - TR1131 (1 ea.)	24.00
Nonfat White Milk - TR1132 (1 ea.)	13.00
Chocolate Soy Milk - TR1133 (1 ea.)	19.00
Vanilla Soy Milk - TR1134 (1 ea.)	20.00
Nonfat Strawberry Milk - TR1135 (1 ea.)	22.00
Assorted Cupped Fruit - TR1451 (1/2 c.)	16.47
Assorted Dried Fruit - TR1453 (1 ea.)	25.75
Fresh Fruit Variety - TR1449 (1 ea.)	15.94
Apple Juice - TR1120 (1 ea.)	14.00
Orange Juice - TR1148 (4 fl. oz.)	13.41
Light Cream Cheese - TR1079 (1 ea.)	13.00
Ketchup - TR1122 (1 ea.)	3.00
Assorted Breakfast Sandwiches - TR1618 (1 ea.)	27.65
Breakfast Smoothies - TR1880 (1 ea.)	69.99
Assorted Cereal - TR1450 (1 ea.)	26.89
Assorted Cereal Bars - TR1881 (1 ea.)	29.83
Cinnamon Mini Bagels - TR1014 (1 ea.)	41.00
Strawberry Mini Bagels - TR1015 (1 ea.)	41.00
Blueberry Bagel - TR1016 (1 ea.)	41.00
Cinnamon Raisin Bagel - TR1018 (1 ea.)	41.00
WG Bagel - TR1020 (1 ea.)	29.00
Cinnamon Bagel-fuls - TR1021 (1 ea.)	32.00

## Menu Calendar Nutrient Analysis Report

### High School Carb Count 2018-2019

Original Bagel-fuls - TR1022 (1 ea.)	29.00
Banana Bread - TR1023 (1 ea.)	44.00
Blueberry Bread - TR1027 (1 ea.)	43.00
Breakfast Bites - TR1030 (1 ea.)	41.00
Cinnamon Roll, Homemade, KB Dough - TR1711 (1 ea.)	53.86
Cinnamon Roll - TR1061 (1 ea.)	43.00
Mini Cinnis - TR1062 (1 ea.)	40.00
Cinnamon Bun Crunchmania - TR1882 (1 ea.)	37.00
French Toast Crunchmania - TR1069 (1 ea.)	37.00
Apple Frudel - TR1105 (1 ea.)	36.00
Cherry Frudel - TR1106 (1 ea.)	37.00
Ham Egg & Cheese on English Muffin - TR1434 (1 ea.)	26.25
Apple Cinnamon Muffins - TR1137 (1 ea.)	42.00
Banana Muffin - TR1138 (1 ea.)	43.00
Blueberry Muffin - TR1139 (1 ea.)	41.00
Orange Muffin - TR1140 (1 ea.)	55.00
Apple Cinnamon Nutri-Grain Bar - TR1144 (1 ea.)	30.00
Blueberry Nutri-Grain Bar - TR1145 (1 ea.)	30.00
Strawberry Nutri-Grain Bar - TR1146 (1 ea.)	30.00
Peaches & Yogurt Parfait, Breakfast - TR1816 (1 ea.)	54.89
Cinnamon Pop Tart - TR1189 (1 ea.)	75.00
Fudge Pop Tart - TR1190 (1 ea.)	76.00
Strawberry Pop Tart - TR1191 (1 ea.)	75.00
Strawberries & Yogurt Parfait, Breakfast - TR1817 (1 ea.)	57.93
Cherry Vanilla Yogurt - TR1247 (1 ea.)	19.00
Strawberry Banana Yogurt - TR1251 (1 ea.)	19.00
Elf Graham Cracker - TR1071 (1 ea.)	21.00
Graham Cracker - TR1073 (1 ea.)	17.00
<b>High School Breakfast Menu Week 2 Day 1</b>	
Lactaid Milk - TR1448 (1 c.)	13.00
1% White Milk - TR1130 (1 ea.)	12.00
Nonfat Chocolate Milk - TR1131 (1 ea.)	24.00
Nonfat White Milk - TR1132 (1 ea.)	13.00
Chocolate Soy Milk - TR1133 (1 ea.)	19.00
Vanilla Soy Milk - TR1134 (1 ea.)	20.00
Nonfat Strawberry Milk - TR1135 (1 ea.)	22.00
Assorted Cupped Fruit - TR1451 (1/2 c.)	16.47
Assorted Dried Fruit - TR1453 (1 ea.)	25.75
Fresh Fruit Variety - TR1449 (1 ea.)	15.94
Apple Juice - TR1120 (1 ea.)	14.00
Orange Juice - TR1148 (4 fl. oz.)	13.41
Light Cream Cheese - TR1079 (1 ea.)	13.00
Breakfast Smoothies - TR1880 (1 ea.)	69.99
Assorted Cereal - TR1450 (1 ea.)	26.89
Assorted Cereal Bars - TR1881 (1 ea.)	29.83
Cinnamon Mini Bagels - TR1014 (1 ea.)	41.00
Strawberry Mini Bagels - TR1015 (1 ea.)	41.00

## Menu Calendar Nutrient Analysis Report

### High School Carb Count 2018-2019

Blueberry Bagel - TR1016 (1 ea.)	41.00
Cinnamon Raisin Bagel - TR1018 (1 ea.)	41.00
WG Bagel - TR1020 (1 ea.)	29.00
Cinnamon Bagel-fuls - TR1021 (1 ea.)	32.00
Original Bagel-fuls - TR1022 (1 ea.)	29.00
Banana Bread - TR1023 (1 ea.)	44.00
Blueberry Bread - TR1027 (1 ea.)	43.00
Breakfast Bites - TR1030 (1 ea.)	41.00
Cinnamon Roll, Homemade, KB Dough - TR1711 (1 ea.)	53.86
Cinnamon Roll - TR1061 (1 ea.)	43.00
Mini Cinnis - TR1062 (1 ea.)	40.00
Cinnamon Bun Crunchmania - TR1882 (1 ea.)	37.00
French Toast Crunchmania - TR1069 (1 ea.)	37.00
Apple Frudel - TR1105 (1 ea.)	36.00
Cherry Frudel - TR1106 (1 ea.)	37.00
Apple Cinnamon Muffins - TR1137 (1 ea.)	42.00
Banana Muffin - TR1138 (1 ea.)	43.00
Blueberry Muffin - TR1139 (1 ea.)	41.00
Orange Muffin - TR1140 (1 ea.)	55.00
Apple Cinnamon Nutri-Grain Bar - TR1144 (1 ea.)	30.00
Blueberry Nutri-Grain Bar - TR1145 (1 ea.)	30.00
Strawberry Nutri-Grain Bar - TR1146 (1 ea.)	30.00
Blueberry Pancake - TR1151 (1 ea.)	35.00
Maple Eggo Pancakes - TR1152 (1 ea.)	35.00
Peaches & Yogurt Parfait, Breakfast - TR1816 (1 ea.)	54.89
Cinnamon Pop Tart - TR1189 (1 ea.)	75.00
Fudge Pop Tart - TR1190 (1 ea.)	76.00
Strawberry Pop Tart - TR1191 (1 ea.)	75.00
Strawberries & Yogurt Parfait, Breakfast - TR1817 (1 ea.)	57.93
Waffle, Blueberry, Pillsbury - TR1572 (1 ea.)	37.00
Waffle, Maple, Pillsbury - TR1573 (1 ea.)	38.00
Cherry Vanilla Yogurt - TR1247 (1 ea.)	19.00
Strawberry Banana Yogurt - TR1251 (1 ea.)	19.00
Elf Graham Cracker - TR1071 (1 ea.)	21.00
Graham Cracker - TR1073 (1 ea.)	17.00
<b>High School Breakfast Menu Week 2 Day 2</b>	
Lactaid Milk - TR1448 (1 c.)	13.00
1% White Milk - TR1130 (1 ea.)	12.00
Nonfat Chocolate Milk - TR1131 (1 ea.)	24.00
Nonfat White Milk - TR1132 (1 ea.)	13.00
Chocolate Soy Milk - TR1133 (1 ea.)	19.00
Vanilla Soy Milk - TR1134 (1 ea.)	20.00
Nonfat Strawberry Milk - TR1135 (1 ea.)	22.00
Assorted Cupped Fruit - TR1451 (1/2 c.)	16.47
Assorted Dried Fruit - TR1453 (1 ea.)	25.75
Fresh Fruit Variety - TR1449 (1 ea.)	15.94
Apple Juice - TR1120 (1 ea.)	14.00

## Menu Calendar Nutrient Analysis Report

### High School Carb Count 2018-2019

Orange Juice - TR1148 (4 fl. oz.)	13.41
Light Cream Cheese - TR1079 (1 ea.)	13.00
Breakfast Smoothies - TR1880 (1 ea.)	69.99
Assorted Cereal - TR1450 (1 ea.)	26.89
Assorted Cereal Bars - TR1881 (1 ea.)	29.83
Cinnamon Mini Bagels - TR1014 (1 ea.)	41.00
Strawberry Mini Bagels - TR1015 (1 ea.)	41.00
Blueberry Bagel - TR1016 (1 ea.)	41.00
Cinnamon Raisin Bagel - TR1018 (1 ea.)	41.00
WG Bagel - TR1020 (1 ea.)	29.00
Cinnamon Bagel-fuls - TR1021 (1 ea.)	32.00
Original Bagel-fuls - TR1022 (1 ea.)	29.00
Banana Bread - TR1023 (1 ea.)	44.00
Blueberry Bread - TR1027 (1 ea.)	43.00
Breakfast Bites - TR1030 (1 ea.)	41.00
Cinnamon Roll, Homemade, KB Dough - TR1711 (1 ea.)	53.86
Cinnamon Roll - TR1061 (1 ea.)	43.00
Mini Cinnis - TR1062 (1 ea.)	40.00
Cinnamon Bun Crunchmania - TR1882 (1 ea.)	37.00
French Toast Crunchmania - TR1069 (1 ea.)	37.00
Apple Frudel - TR1105 (1 ea.)	36.00
Cherry Frudel - TR1106 (1 ea.)	37.00
Ham Egg & Cheese on Croissant - TR1615 (1 ea.)	24.25
Ham Egg & Cheese on English Muffin - TR1434 (1 ea.)	26.25
Ham Egg & Cheese on Pretzel Roll - TR1616 (1 ea.)	31.25
Apple Cinnamon Muffins - TR1137 (1 ea.)	42.00
Banana Muffin - TR1138 (1 ea.)	43.00
Blueberry Muffin - TR1139 (1 ea.)	41.00
Orange Muffin - TR1140 (1 ea.)	55.00
Apple Cinnamon Nutri-Grain Bar - TR1144 (1 ea.)	30.00
Blueberry Nutri-Grain Bar - TR1145 (1 ea.)	30.00
Strawberry Nutri-Grain Bar - TR1146 (1 ea.)	30.00
Peaches & Yogurt Parfait, Breakfast - TR1816 (1 ea.)	54.89
Cinnamon Pop Tart - TR1189 (1 ea.)	75.00
Fudge Pop Tart - TR1190 (1 ea.)	76.00
Strawberry Pop Tart - TR1191 (1 ea.)	75.00
Strawberries & Yogurt Parfait, Breakfast - TR1817 (1 ea.)	57.93
Cherry Vanilla Yogurt - TR1247 (1 ea.)	19.00
Strawberry Banana Yogurt - TR1251 (1 ea.)	19.00
Elf Graham Cracker - TR1071 (1 ea.)	21.00
Graham Cracker - TR1073 (1 ea.)	17.00
<b>High School Breakfast Menu Week 2 Day 3</b>	
Lactaid Milk - TR1448 (1 c.)	13.00
1% White Milk - TR1130 (1 ea.)	12.00
Nonfat Chocolate Milk - TR1131 (1 ea.)	24.00
Nonfat White Milk - TR1132 (1 ea.)	13.00
Chocolate Soy Milk - TR1133 (1 ea.)	19.00



**Menu Calendar Nutrient Analysis Report**  
**High School Carb Count 2018-2019**

Vanilla Soy Milk - TR1134 (1 ea.)	20.00
Nonfat Strawberry Milk - TR1135 (1 ea.)	22.00
Assorted Cupped Fruit - TR1451 (1/2 c.)	16.47
Assorted Dried Fruit - TR1453 (1 ea.)	25.75
Fresh Fruit Variety - TR1449 (1 ea.)	15.94
Apple Juice - TR1120 (1 ea.)	14.00
Orange Juice - TR1148 (4 fl. oz.)	13.41
Light Cream Cheese - TR1079 (1 ea.)	13.00
Breakfast Smoothies - TR1880 (1 ea.)	69.99
Assorted Cereal - TR1450 (1 ea.)	26.89
Assorted Cereal Bars - TR1881 (1 ea.)	29.83
Cinnamon Mini Bagels - TR1014 (1 ea.)	41.00
Strawberry Mini Bagels - TR1015 (1 ea.)	41.00
Blueberry Bagel - TR1016 (1 ea.)	41.00
Cinnamon Raisin Bagel - TR1018 (1 ea.)	41.00
WG Bagel - TR1020 (1 ea.)	29.00
Cinnamon Bagel-fuls - TR1021 (1 ea.)	32.00
Original Bagel-fuls - TR1022 (1 ea.)	29.00
Banana Bread - TR1023 (1 ea.)	44.00
Blueberry Bread - TR1027 (1 ea.)	43.00
Breakfast Bites - TR1030 (1 ea.)	41.00
Cinnamon Roll, Homemade, KB Dough - TR1711 (1 ea.)	53.86
Cinnamon Roll - TR1061 (1 ea.)	43.00
Mini Cinnis - TR1062 (1 ea.)	40.00
Cinnamon Bun Crunchmania - TR1882 (1 ea.)	37.00
French Toast Crunchmania - TR1069 (1 ea.)	37.00
Apple Frudel - TR1105 (1 ea.)	36.00
Cherry Frudel - TR1106 (1 ea.)	37.00
Apple Cinnamon Muffins - TR1137 (1 ea.)	42.00
Banana Muffin - TR1138 (1 ea.)	43.00
Blueberry Muffin - TR1139 (1 ea.)	41.00
Orange Muffin - TR1140 (1 ea.)	55.00
Apple Cinnamon Nutri-Grain Bar - TR1144 (1 ea.)	30.00
Blueberry Nutri-Grain Bar - TR1145 (1 ea.)	30.00
Strawberry Nutri-Grain Bar - TR1146 (1 ea.)	30.00
Peaches & Yogurt Parfait, Breakfast - TR1816 (1 ea.)	54.89
Pizza, Cheese, Bagel, Nardone, IW, Breakfast - TR1177 (1 ea.)	30.00
Turkey Sausage Pizza Bagel - TR1184 (1 ea.)	20.00
Sausage Pizza Bagel - TR1185 (1 ea.)	30.00
Cinnamon Pop Tart - TR1189 (1 ea.)	75.00
Fudge Pop Tart - TR1190 (1 ea.)	76.00
Strawberry Pop Tart - TR1191 (1 ea.)	75.00
Strawberries & Yogurt Parfait, Breakfast - TR1817 (1 ea.)	57.93
Cherry Vanilla Yogurt - TR1247 (1 ea.)	19.00
Strawberry Banana Yogurt - TR1251 (1 ea.)	19.00
Elf Graham Cracker - TR1071 (1 ea.)	21.00
Graham Cracker - TR1073 (1 ea.)	17.00

**Menu Calendar Nutrient Analysis Report**  
**High School Carb Count 2018-2019**

<b>High School Breakfast Menu Week 2 Day 4</b>	
Lactaid Milk - TR1448 (1 c.)	13.00
1% White Milk - TR1130 (1 ea.)	12.00
Nonfat Chocolate Milk - TR1131 (1 ea.)	24.00
Nonfat White Milk - TR1132 (1 ea.)	13.00
Chocolate Soy Milk - TR1133 (1 ea.)	19.00
Vanilla Soy Milk - TR1134 (1 ea.)	20.00
Nonfat Strawberry Milk - TR1135 (1 ea.)	22.00
Assorted Cupped Fruit - TR1451 (1/2 c.)	16.47
Assorted Dried Fruit - TR1453 (1 ea.)	25.75
Fresh Fruit Variety - TR1449 (1 ea.)	15.94
Apple Juice - TR1120 (1 ea.)	14.00
Orange Juice - TR1148 (4 fl. oz.)	13.41
Light Cream Cheese - TR1079 (1 ea.)	13.00
Breakfast Smoothies - TR1880 (1 ea.)	69.99
Assorted Cereal - TR1450 (1 ea.)	26.89
Assorted Cereal Bars - TR1881 (1 ea.)	29.83
Cinnamon Mini Bagels - TR1014 (1 ea.)	41.00
Strawberry Mini Bagels - TR1015 (1 ea.)	41.00
Blueberry Bagel - TR1016 (1 ea.)	41.00
Cinnamon Raisin Bagel - TR1018 (1 ea.)	41.00
WG Bagel - TR1020 (1 ea.)	29.00
Cinnamon Bagel-fuls - TR1021 (1 ea.)	32.00
Original Bagel-fuls - TR1022 (1 ea.)	29.00
Banana Bread - TR1023 (1 ea.)	44.00
Blueberry Bread - TR1027 (1 ea.)	43.00
Breakfast Bites - TR1030 (1 ea.)	41.00
Breakfast Burrito - TR1034 (1 ea.)	26.00
Breakfast Burrito - TR1035 (1 ea.)	26.00
Cinnamon Roll, Homemade, KB Dough - TR1711 (1 ea.)	53.86
Cinnamon Roll - TR1061 (1 ea.)	43.00
Mini Cinnis - TR1062 (1 ea.)	40.00
Cinnamon Bun Crunchmania - TR1882 (1 ea.)	37.00
French Toast Crunchmania - TR1069 (1 ea.)	37.00
Apple Frudel - TR1105 (1 ea.)	36.00
Cherry Frudel - TR1106 (1 ea.)	37.00
Apple Cinnamon Muffins - TR1137 (1 ea.)	42.00
Banana Muffin - TR1138 (1 ea.)	43.00
Blueberry Muffin - TR1139 (1 ea.)	41.00
Orange Muffin - TR1140 (1 ea.)	55.00
Apple Cinnamon Nutri-Grain Bar - TR1144 (1 ea.)	30.00
Blueberry Nutri-Grain Bar - TR1145 (1 ea.)	30.00
Strawberry Nutri-Grain Bar - TR1146 (1 ea.)	30.00
Peaches & Yogurt Parfait, Breakfast - TR1816 (1 ea.)	54.89
Cinnamon Pop Tart - TR1189 (1 ea.)	75.00
Fudge Pop Tart - TR1190 (1 ea.)	76.00
Strawberry Pop Tart - TR1191 (1 ea.)	75.00

## Menu Calendar Nutrient Analysis Report

### High School Carb Count 2018-2019

Strawberries & Yogurt Parfait, Breakfast - TR1817 (1 ea.)	57.93
Cherry Vanilla Yogurt - TR1247 (1 ea.)	19.00
Strawberry Banana Yogurt - TR1251 (1 ea.)	19.00
Elf Graham Cracker - TR1071 (1 ea.)	21.00
Graham Cracker - TR1073 (1 ea.)	17.00
<b>High School Breakfast Menu Week 2 Day 5</b>	
Lactaid Milk - TR1448 (1 c.)	13.00
1% White Milk - TR1130 (1 ea.)	12.00
Nonfat Chocolate Milk - TR1131 (1 ea.)	24.00
Nonfat White Milk - TR1132 (1 ea.)	13.00
Chocolate Soy Milk - TR1133 (1 ea.)	19.00
Vanilla Soy Milk - TR1134 (1 ea.)	20.00
Nonfat Strawberry Milk - TR1135 (1 ea.)	22.00
Assorted Cupped Fruit - TR1451 (1/2 c.)	16.47
Assorted Dried Fruit - TR1453 (1 ea.)	25.75
Fresh Fruit Variety - TR1449 (1 ea.)	15.94
Apple Juice - TR1120 (1 ea.)	14.00
Orange Juice - TR1148 (4 fl. oz.)	13.41
Light Cream Cheese - TR1079 (1 ea.)	13.00
Breakfast Smoothies - TR1880 (1 ea.)	69.99
Assorted Cereal - TR1450 (1 ea.)	26.89
Assorted Cereal Bars - TR1881 (1 ea.)	29.83
Cinnamon Mini Bagels - TR1014 (1 ea.)	41.00
Strawberry Mini Bagels - TR1015 (1 ea.)	41.00
Blueberry Bagel - TR1016 (1 ea.)	41.00
Cinnamon Raisin Bagel - TR1018 (1 ea.)	41.00
WG Bagel - TR1020 (1 ea.)	29.00
Cinnamon Bagel-fuls - TR1021 (1 ea.)	32.00
Original Bagel-fuls - TR1022 (1 ea.)	29.00
Banana Bread - TR1023 (1 ea.)	44.00
Blueberry Bread - TR1027 (1 ea.)	43.00
Breakfast Bites - TR1030 (1 ea.)	41.00
Cinnamon Roll, Homemade, KB Dough - TR1711 (1 ea.)	53.86
Cinnamon Roll - TR1061 (1 ea.)	43.00
Mini Cinnis - TR1062 (1 ea.)	40.00
Cinnamon Bun Crunchmania - TR1882 (1 ea.)	37.00
French Toast Crunchmania - TR1069 (1 ea.)	37.00
Apple Frudel - TR1105 (1 ea.)	36.00
Cherry Frudel - TR1106 (1 ea.)	37.00
Apple Cinnamon Muffins - TR1137 (1 ea.)	42.00
Banana Muffin - TR1138 (1 ea.)	43.00
Blueberry Muffin - TR1139 (1 ea.)	41.00
Orange Muffin - TR1140 (1 ea.)	55.00
Apple Cinnamon Nutri-Grain Bar - TR1144 (1 ea.)	30.00
Blueberry Nutri-Grain Bar - TR1145 (1 ea.)	30.00
Strawberry Nutri-Grain Bar - TR1146 (1 ea.)	30.00
Peaches & Yogurt Parfait, Breakfast - TR1816 (1 ea.)	54.89

**Menu Calendar Nutrient Analysis Report**  
**High School Carb Count 2018-2019**

Apple Cinnamon Pigglesstick - TR1168 (1 ea.)	18.00
Blueberry Pigglesstick - TR1169 (1 ea.)	18.00
Pigglessticks - TR1170 (1 ea.)	22.00
Pigglesstick - TR1171 (1 ea.)	18.00
Cinnamon Pop Tart - TR1189 (1 ea.)	75.00
Fudge Pop Tart - TR1190 (1 ea.)	76.00
Strawberry Pop Tart - TR1191 (1 ea.)	75.00
Strawberries & Yogurt Parfait, Breakfast - TR1817 (1 ea.)	57.93
Cherry Vanilla Yogurt - TR1247 (1 ea.)	19.00
Strawberry Banana Yogurt - TR1251 (1 ea.)	19.00
Elf Graham Cracker - TR1071 (1 ea.)	21.00
Graham Cracker - TR1073 (1 ea.)	17.00