

Menu Calendar Nutrient Analysis Report
 John G. Leach Breakfast Carb Count 2018-2019

Item Name	Carb (g)
John G Leach School Breakfast Menu Day 1	
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
Assorted Applesauce - TR1452 (1/2 c.)	14.00
Assorted Cupped Fruit - TR1451 (1/2 c.)	16.47
Fresh Banana - TR1024 (1 small (6")	23.07
Apple Juice - TR1120 (1 ea.)	14.00
Orange Juice - TR1148 (4 fl. oz.)	13.41
Assorted Cereal - TR1450 (1 ea.)	26.89
Hot Oatmeal - TR1437 (1 c.)	10.13
Blueberry Pancake - TR1151 (1 ea.)	35.00
Maple Eggo Pancakes - TR1152 (1 ea.)	35.00
Cherry Yogurt - TR1248 (1 ea.)	20.00
Raspberry Yogurt - TR1250 (1 ea.)	20.00
Strawberry Banana Yogurt - TR1251 (1 ea.)	19.00
Graham Cracker - TR1073 (1 ea.)	17.00
John G Leach School Breakfast Menu Day 2	
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
Assorted Applesauce - TR1452 (1/2 c.)	14.00
Assorted Cupped Fruit - TR1451 (1/2 c.)	16.47
Fresh Banana - TR1024 (1 small (6")	23.07
Apple Juice - TR1120 (1 ea.)	14.00
Orange Juice - TR1148 (4 fl. oz.)	13.41
Assorted Cereal - TR1450 (1 ea.)	26.89
Breakfast Bites - TR1030 (1 ea.)	41.00
Hot Oatmeal - TR1437 (1 c.)	10.13
Cherry Yogurt - TR1248 (1 ea.)	20.00
Raspberry Yogurt - TR1250 (1 ea.)	20.00
Strawberry Banana Yogurt - TR1251 (1 ea.)	19.00
Graham Cracker - TR1073 (1 ea.)	17.00
John G Leach School Breakfast Menu Day 3	
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

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Assorted Applesauce - TR1452 (1/2 c.)	14.00
Assorted Cupped Fruit - TR1451 (1/2 c.)	16.47
Fresh Banana - TR1024 (1 small (6")	23.07
Apple Juice - TR1120 (1 ea.)	14.00
Orange Juice - TR1148 (4 fl. oz.)	13.41
Assorted Cereal - TR1450 (1 ea.)	26.89
Hot Oatmeal - TR1437 (1 c.)	10.13
Cinnamon Mini Eggo Waffles - TR1244 (1 ea.)	35.00
Maple Mini Eggo Waffles - TR1245 (1 ea.)	35.00
Cherry Yogurt - TR1248 (1 ea.)	20.00
Raspberry Yogurt - TR1250 (1 ea.)	20.00
Strawberry Banana Yogurt - TR1251 (1 ea.)	19.00
Graham Cracker - TR1073 (1 ea.)	17.00
John G Leach School Breakfast Menu Day 4	
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
Assorted Applesauce - TR1452 (1/2 c.)	14.00
Assorted Cupped Fruit - TR1451 (1/2 c.)	16.47
Fresh Banana - TR1024 (1 small (6")	23.07
Apple Juice - TR1120 (1 ea.)	14.00
Orange Juice - TR1148 (4 fl. oz.)	13.41
Assorted Cereal - TR1450 (1 ea.)	26.89
Banana Bread - TR1023 (1 ea.)	44.00
Hot Oatmeal - TR1437 (1 c.)	10.13
Cherry Yogurt - TR1248 (1 ea.)	20.00
Raspberry Yogurt - TR1250 (1 ea.)	20.00
Strawberry Banana Yogurt - TR1251 (1 ea.)	19.00
Graham Cracker - TR1073 (1 ea.)	17.00
John G Leach School Breakfast Menu Day 5	
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
Assorted Applesauce - TR1452 (1/2 c.)	14.00
Assorted Cupped Fruit - TR1451 (1/2 c.)	16.47
Fresh Banana - TR1024 (1 small (6")	23.07
Apple Juice - TR1120 (1 ea.)	14.00
Orange Juice - TR1148 (4 fl. oz.)	13.41
Assorted Cereal - TR1450 (1 ea.)	26.89
Mini Eggo French Toast - TR1103 (1 ea.)	37.00
Hot Oatmeal - TR1437 (1 c.)	10.13

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Cherry Yogurt - TR1248 (1 ea.)	20.00
Raspberry Yogurt - TR1250 (1 ea.)	20.00
Strawberry Banana Yogurt - TR1251 (1 ea.)	19.00
Graham Cracker - TR1073 (1 ea.)	17.00