

Updated 11/16/2016	Grades K-5			Grades 6-8			Grades 9-12		
	Calories	Carbs	Protein	Calories	Carbs	Protein	Calories	Carbs	Protein
BREAKFAST ENTRÉE									
Blueberry Delight	365	79.8	8.57	Same	Same	Same	Same	Same	Same
Bosco, Apple Stick (RH P3678, 7" WG)	170	36	5	Same	Same	Same	Same	Same	Same
Breakfast Banana Split	288	48.9	5.99	Same	Same	Same	Same	Same	Same
Breakfast Burrito (ham,egg,chse,9" tortilla)	261	29.09	14.6	Same	Same	Same	Same	Same	Same
Breakfast Fruit Crisp (4x6 cut)	389	56.48	5.06	Same	Same	Same	Same	Same	Same
Breakfast Pizza (RH 55110 - 1 slice)	230	23	10	Same	Same	Same	Same	Same	Same
Breakfast Pizza, Homemade	200	18.16	12.32	Same	Same	Same	Same	Same	Same
Breakfast Stacker (2 cakes/1 saus/1oz syrup)	342	54.5	10.33	Same	Same	Same	Same	Same	Same
Breakfast Stacker (2 USDA cakes/1 saus/1oz syrup)	362	53.9	10.4	Same	Same	Same	Same	Same	Same
Breakfast Taco Boat	196	14.79	8.93	Same	Same	Same	Same	Same	Same
Breakfast Wrap	361	30.78	22.18	Same	Same	Same	Same	Same	Same
Cheese Omelet (Michael's Omelet)	206	3	12.54	Same	Same	Same	Same	Same	Same
Cheese Omelet (WI Commodity-C811)	110	1	8	Same	Same	Same	Same	Same	Same
Cheese Stick (RH 72508 - 1 each)	80	0	7	Same	Same	Same	Same	Same	Same
Cheesy Cristo Bake	320	37.68	19.45	Same	Same	Same	Same	Same	Same
Cheesy Ham Melt	212	13.5	13.6	Same	Same	Same	Same	Same	Same
Chicken Breakfast Biscuit	388	48.42	6.65	Same	Same	Same	Same	Same	Same
Cinnamon Breakfast Round, UBR (RH H8164)	250	45	5	Same	Same	Same	Same	Same	Same
Cinnamon Bkfst Round-Granola (RH G7436)	270	43	5	Same	Same	Same	Same	Same	Same
Cinnamon Roll Dipper -Large (icing cup 28.58 carb)	341	61.58	5.13	Same	Same	Same	Same	Same	Same
Cinnamon Roll Dipper-Petite (icing cup 28.58 carb)	351	60.58	4.12	Same	Same	Same	Same	Same	Same
Cinni Mini (1 pkg)	240	40	5	Same	Same	Same	Same	Same	Same
Coffee Cake, Scrumptious (1/24 cut)	290	53.26	4.07	Same	Same	Same	Same	Same	Same
Dipper Sticks (2 ea), Honey Yogurt Dip	230	40.42	4.56	Same	Same	Same	Same	Same	Same
Egg, Hard Boiled (RH25460 1 ea)	80	1	6	Same	Same	Same	Same	Same	Same
Egg & Cheese Breakfast Sandwich (biscuit BC388)	455	30.55	15.75	Same	Same	Same	Same	Same	Same
Egg & Cheese Breakfast Sandwich (bagel 108766)	385	33.55	19.75	Same	Same	Same	Same	Same	Same
Excellent Egg Burrito	241	26.49	12.33	Same	Same	Same	Same	Same	Same
French Toast, Homemade, French Bread	143	19.9	7.19	Same	Same	Same	285	39.8	14.37
French Toast, Homemade, Sandwich Bread	144	20.79	7.69	Same	Same	Same	288	41.59	15.38

French Toast, Mini CC (1 pkg Eggo)	210	35	5	Same	Same	Same	Same	Same	Same
French Toast Sticks (RH E9604 - 3 each)	214	27.96	6.58	Same	Same	Same	Same	Same	Same
Granola (homemade, 1/4 cup)	121	24.3	2.65	Same	Same	Same	Same	Same	Same
Ham Cinn-a-wich	264	34.34	11.83	Same	Same	Same	Same	Same	Same
Ham n Egg-wich (bagel)	410	41.67	22	Same	Same	Same	Same	Same	Same
Ham n Egg-wich (WG english muffin)	350	29.67	20	Same	Same	Same	Same	Same	Same
Maple Ham Wrap (RH)	244	28.8	12.01	Same	Same	Same	Same	Same	Same
Maple Ham Wrap (USDA Ham)	238	29.46	10.69	Same	Same	Same	Same	Same	Same
Maple Ham Wrap (USDA Turkey Ham)	262	29.64	13.95	Same	Same	Same	Same	Same	Same
Nutty Quesadilla	281	33.41	10.13	Same	Same	Same	Same	Same	Same
Pancake, Mini Maple Burst (1 pkg Pillsbury)	230	41	4	Same	Same	Same	Same	Same	Same
Pancake, Mini Maple (1 pkg Eggo)	210	35	4	Same	Same	Same	Same	Same	Same
Pancake, Mini Strawberry Splash (1 pkg Pillsbury)	240	42	4	Same	Same	Same	Same	Same	Same
Pancake, USDA (2 each)	160	27.4	3.4	Same	Same	Same	Same	Same	Same
Pancake on a Stick (RH G7508 - 1 each)	170	21	9	Same	Same	Same	Same	Same	Same
Pancake, WG (RH W7410 - 4", 3 each)	210	42	5	Same	Same	Same	Same	Same	Same
Pop-Tart, Brn Sugar Cinnamon WG (1 each)	180	37	2	Same	Same	Same	Same	Same	Same
Pop-Tart, Strawberry WG (1 each)	180	37	2	Same	Same	Same	Same	Same	Same
Scruptious Coffee Cake (1/24 cut)	290	53.26	4.07	Same	Same	Same	Same	Same	Same
Strawberry Stacker (RH 60558 Pancake-2 ea)	202	31.21	4	Same	Same	Same	Same	Same	Same
Strawberry Stacker (USDA WG Pancake-2 ea)	222	32.58	3.52	Same	Same	Same	Same	Same	Same
Sausage Patty, Turkey (RH C7380 1 each)	80	1	7	Same	Same	Same	Same	Same	Same
Sunrise Stacker (2 cakes/1 saus/1oz syrup)	342	54.5	10.33	Same	Same	Same	Same	Same	Same
Tri Tater (1 each-56 gms)	110	13	1	Same	Same	Same	Same	Same	Same
Turkey Cheese Biscuit	340	28.5	9.5	Same	Same	Same	Same	Same	Same
Turkey Sausage Biscuit	470	31	16	Same	Same	Same	Same	Same	Same
Waffle, Mini Cinnamon (1 pkg Eggo)	200	35	5	Same	Same	Same	Same	Same	Same
Waffle Sandwich	300	36	11	Same	Same	Same	Same	Same	Same
Waffle Sticks (RH L9492 3 sticks)	170	28	4	Same	Same	Same	Same	Same	Same
Yogurt Parfait w/S'berries & Granola	228	47.46	5.85	Same	Same	Same	Same	Same	Same
Yogurt Parfait w/USDA S'berries & Granola	219	45.11	5.97	Same	Same	Same	Same	Same	Same
Yogurt, Strawberry Banana (65030-1 each)	90	19	3	Same	Same	Same	Same	Same	Same
Yogurt, Raspberry (1 container)	90	19	3	Same	Same	Same	Same	Same	Same

Honey Nut Cherrios (bowl pak)	110	22	2	Same	Same	Same	Same	Same	Same
Kix (RH 11814 - bowl)	60	14	1	Same	Same	Same	Same	Same	Same
BEVERAGES / JUICE									
Juice, Apple (RH 641641/2 cup)	50	13	0	Same	Same	Same	Same	Same	Same
Juice, Berry (RH 15048 - 1/2 cup)	60	15	0	Same	Same	Same	Same	Same	Same
Juice, Cranberry (RH 64046 - 1/2 cup)	75	19	0	Same	Same	Same	Same	Same	Same
Juice, Fruit Punch (RH 64080 - 1/2 cup)	60	14	0	Same	Same	Same	Same	Same	Same
Juice, Grape (RH 64168 - 1/2 cup)	80	19	0	Same	Same	Same	Same	Same	Same
Juice, Orange (RH 64146 - 1/2 cup)	50	13	1	Same	Same	Same	Same	Same	Same
Juice, Tangerine (RH 14994 - 1/2 cup)	70	17	0	Same	Same	Same	Same	Same	Same
Milk, 1% (carton)	110	13	8	Same	Same	Same	Same	Same	Same
Milk, Chocolate (carton)	120	20	8	Same	Same	Same	Same	Same	Same
Milk, Skim (carton)	90	13	8	Same	Same	Same	Same	Same	Same
MISCELLANEOUS ITEMS									
Cheese Sauce (3 Tb, USDA recipe)	132	3.2	6	Same	Same	Same	Same	Same	Same
Cream Cheese (RH 71302 1 pkg=1oz)	70	2	2	Same	Same	Same	Same	Same	Same
Icing (1 oz)	151	28.58	0.13	Same	Same	Same	Same	Same	Same
Jelly, Assorted (1 pkg)	35	9	0	Same	Same	Same	Same	Same	Same
Maple Syrup (1oz)	102	25.5	0	Same	Same	Same	Same	Same	Same
Margarine (1 pkg)	25	0	0	Same	Same	Same	Same	Same	Same
Salsa (1 Tbsp)	5	1	0	Same	Same	Same	Same	Same	Same
Pancake Syrup (1 oz)	105	26	0	Same	Same	Same	Same	Same	Same