Weighted Nutrient Analysis

Organization: Garden Grove USD
Session: 2026-2027 School Year
Menu: 2026-2027 High School Breakfast Menu
Number Source: Planned
Dates: 11-02-2026 to 11-30-2026

Weighted Weekly Average

Date(s): 11-02-2026 to 11-30-2026

Nutrient	Menu Average	% of Calories	Target	Pass / Fail	Shortfall / Overage	Notes / Errors
Calories (kcal)	598.723		450 min / 600 max	Pass		
Saturated Fat (g)	5.575	8.38%	< 10%	Pass		
Sodium (mg)	544.165		≤ 640	Pass		
Added Sugars (g)	8.177*	5.463%				
Protein (g)	17.543	11.72%				
Total Fat (g)	16.301	24.503%				
Trans Fat (g)	0.002*					
Carbohydrates (g)	97.311	65.012%				
Cholesterol (mg)	87.865					
Potassium (mg)	649.632*					
Fiber (g)	6.046*					
Total Sugars (g)	60.068*					
Iron (g)	2.358*					
Calcium (mg)	380.667*					
Vitamin A (mcg RAE)	84.766*					
Vitamin C (mg)	36.261*					
Vitamin D (mcg)	3.325*					

* Indicates missing Nutrient Information.

Sodium: July 1, 2027 Limit: ≤ 570 mg

Added Sugars (g): July 1, 2027 Limit: No more than 10% of total weekly calories

Menu Detail

Date: 11-02-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	200	400.000	50.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	400	421.193	26.626
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	300	471.381	53.815
Burrito, Breakfast, Egg, Potato & Cheese 3M/2.25G	78775	1 serving	100	466.942	47.072
Burrito, Breakfast, Sausage, Egg & Cheese 4M/2.25G	78746	1 serving	500	580.114	43.200
Sandwich, Peanut Butter & Jelly Uncrustables, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	500	320.000	32.000
Cereal Cups, Assorted 2G	1741805	1 each	500	214.000	45.400
Breakfast Bars, Assorted 2G	78866	1 each	500	285.000	47.500
Pan Dulce, Assorted 2G	78803	1 each	100	200.000	34.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	300	260.000	37.500
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	400	263.787	50.902
Strawberry Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	1624699	1 serving/12 oz cup + bar	400	353.418	65.888
Peach Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	2054785	1 serving/12 oz cup	200	356.994	64.645
Homemade Blueberry Muffin 2G	1317061	1 each	100	392.133	57.398
Homemade Banana Bread Muffin 2G	1434500	1 each	100	500.775	80.331
Homemade Choc Chip Banana Bread Muffin 2G	1434501	1 each	400	570.775	90.331
Breakfast Kit: Breakfast Bar	1705815	1 kit	1	564.333	104.167
Breakfast Kit: Cereal Cup	1782285	1 kit	1	493.333	102.067
Breakfast Kit: Homemade Muffin	1709250	1 kit	1	850.108	146.997
Breakfast Kit: Pan Dulce	1705814	1 kit	1	479.333	90.667

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Kit: PBJ Sandwich	1705818	1 kit	1	599.333	88.667
Breakfast Kit: Pop Tart & String Cheese	1705784	1 kit	1	569.333	93.667
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	2000	81.357	20.974
Fruit Cups, Assorted	78625	0.5 cup	2000	84.200	20.200
Dried Fruit, Assorted	78632	1 each	1000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	500	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	2000	110.000	20.000
Misc.					
Ketchup Packet	78806	1 packet	1000	10.000	2.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	1.000
Total			5000		
Weighted Daily Average				595.805	98.112
% of Calories					65.868%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-03-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	200	400.000	50.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	400	421.193	26.626
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	300	471.381	53.815
Burrito, Breakfast, Egg, Potato & Cheese 3M/2.25G	78775	1 serving	100	466.942	47.072
Burrito, Breakfast, Sausage, Egg & Cheese 4M/2.25G	78746	1 serving	500	580.114	43.200
Sandwich, Peanut Butter & Jelly Uncrustables, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	500	320.000	32.000
Cereal Cups, Assorted 2G	1741805	1 each	100	214.000	45.400
Breakfast Bars, Assorted 2G	78866	1 each	300	285.000	47.500
Pan Dulce, Assorted 2G	78803	1 each	200	200.000	34.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	300	260.000	37.500
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	400	263.787	50.902
Strawberry Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	1624699	1 serving/12 oz cup + bar	400	353.418	65.888
Peach Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	2054785	1 serving/12 oz cup	200	356.994	64.645
Veggie & Cheese Egg Frittata Bake 4.75M	1984926	1 serving	100	328.767	17.358
Pork Sausage & Cheese Egg Frittata Bake 5.5M	1984842	1 serving	400	461.875	15.929
Homemade Blueberry Muffin 2G	1317061	1 each	100	392.133	57.398
Homemade Banana Bread Muffin 2G	1434500	1 each	100	500.775	80.331
Homemade Choc Chip Banana Bread Muffin 2G	1434501	1 each	400	570.775	90.331
Breakfast Kit: Breakfast Bar	1705815	1 kit	1	564.333	104.167
Breakfast Kit: Cereal Cup	1782285	1 kit	1	493.333	102.067
Breakfast Kit: Homemade Muffin	1709250	1 kit	1	850.108	146.997
Breakfast Kit: Pan Dulce	1705814	1 kit	1	479.333	90.667
Breakfast Kit: PBJ Sandwich	1705818	1 kit	1	599.333	88.667
Breakfast Kit: Pop Tart & String Cheese	1705784	1 kit	1	569.333	93.667
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	2000	81.357	20.974
Fruit Cups, Assorted	78625	0.5 cup	2000	84.200	20.200
Dried Fruit, Assorted	78632	1 each	1000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	500	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	2000	110.000	20.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Misc.					
Ketchup Packet	78806	1 packet	1000	10.000	2.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	1.000
Total			5000		
Weighted Daily Average				614.811	94.881
% of Calories					61.73%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-04-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	200	400.000	50.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	400	421.193	26.626
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	300	471.381	53.815
Burrito, Breakfast, Egg, Potato & Cheese 3M/2.25G	78775	1 serving	100	466.942	47.072
Burrito, Breakfast, Sausage, Egg & Cheese 4M/2.25G	78746	1 serving	500	580.114	43.200
Sandwich, Peanut Butter & Jelly Uncrustables, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	500	320.000	32.000
Cereal Cups, Assorted 2G	1741805	1 each	100	214.000	45.400
Breakfast Bars, Assorted 2G	78866	1 each	300	285.000	47.500
Pan Dulce, Assorted 2G	78803	1 each	200	200.000	34.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	300	260.000	37.500
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	400	263.787	50.902
Strawberry Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	1624699	1 serving/12 oz cup + bar	400	353.418	65.888
Peach Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	2054785	1 serving/12 oz cup	200	356.994	64.645
Homemade Blueberry Muffin 2G	1317061	1 each	100	392.133	57.398
Homemade Banana Bread Muffin 2G	1434500	1 each	100	500.775	80.331
Homemade Choc Chip Banana Bread Muffin 2G	1434501	1 each	400	570.775	90.331
Cinnamon Roll w/ Homemade Cream Cheese Frosting 2G	1436047	1 serving	500	178.905	36.924
Breakfast Kit: Breakfast Bar	1705815	1 kit	1	564.333	104.167
Breakfast Kit: Cereal Cup	1782285	1 kit	1	493.333	102.067
Breakfast Kit: Homemade Muffin	1709250	1 kit	1	850.108	146.997
Breakfast Kit: Pan Dulce	1705814	1 kit	1	479.333	90.667
Breakfast Kit: PBJ Sandwich	1705818	1 kit	1	599.333	88.667
Breakfast Kit: Pop Tart & String Cheese	1705784	1 kit	1	569.333	93.667
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	2000	81.357	20.974
Fruit Cups, Assorted	78625	0.5 cup	2000	84.200	20.200
Dried Fruit, Assorted	78632	1 each	1000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	500	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	2000	110.000	20.000
Misc.					
Ketchup Packet	78806	1 packet	1000	10.000	2.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	1.000
Total			5000		
Weighted Daily Average				589.176	96.952
% of Calories					65.822%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-05-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	200	400.000	50.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	400	421.193	26.626
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	300	471.381	53.815
Burrito, Breakfast, Egg, Potato & Cheese 3M/2.25G	78775	1 serving	100	466.942	47.072
Burrito, Breakfast, Sausage, Egg & Cheese 4M/2.25G	78746	1 serving	500	580.114	43.200
Sandwich, Peanut Butter & Jelly Uncrustables, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	500	320.000	32.000
Cereal Cups, Assorted 2G	1741805	1 each	500	214.000	45.400
Breakfast Bars, Assorted 2G	78866	1 each	500	285.000	47.500
Pan Dulce, Assorted 2G	78803	1 each	100	200.000	34.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	300	260.000	37.500
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	400	263.787	50.902
Strawberry Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	1624699	1 serving/12 oz cup + bar	400	353.418	65.888
Peach Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	2054785	1 serving/12 oz cup	200	356.994	64.645
Homemade Blueberry Muffin 2G	1317061	1 each	100	392.133	57.398
Homemade Banana Bread Muffin 2G	1434500	1 each	100	500.775	80.331
Homemade Choc Chip Banana Bread Muffin 2G	1434501	1 each	400	570.775	90.331
Breakfast Kit: Breakfast Bar	1705815	1 kit	1	564.333	104.167
Breakfast Kit: Cereal Cup	1782285	1 kit	1	493.333	102.067
Breakfast Kit: Homemade Muffin	1709250	1 kit	1	850.108	146.997
Breakfast Kit: Pan Dulce	1705814	1 kit	1	479.333	90.667
Breakfast Kit: PBJ Sandwich	1705818	1 kit	1	599.333	88.667
Breakfast Kit: Pop Tart & String Cheese	1705784	1 kit	1	569.333	93.667
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	2000	81.357	20.974
Fruit Cups, Assorted	78625	0.5 cup	2000	84.200	20.200
Dried Fruit, Assorted	78632	1 each	1000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	500	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	2000	110.000	20.000
Misc.					
Ketchup Packet	78806	1 packet	1000	10.000	2.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	1.000
Total			5000		
Weighted Daily Average				595.805	98.112
% of Calories					65.868%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-06-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	200	400.000	50.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	400	421.193	26.626
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	300	471.381	53.815
Burrito, Breakfast, Egg, Potato & Cheese 3M/2.25G	78775	1 serving	100	466.942	47.072
Burrito, Breakfast, Sausage, Egg & Cheese 4M/2.25G	78746	1 serving	500	580.114	43.200
Sandwich, Peanut Butter & Jelly Uncrustables, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	500	320.000	32.000
Cereal Cups, Assorted 2G	1741805	1 each	500	214.000	45.400
Breakfast Bars, Assorted 2G	78866	1 each	500	285.000	47.500
Pan Dulce, Assorted 2G	78803	1 each	100	200.000	34.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	300	260.000	37.500

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	400	263.787	50.902
Strawberry Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	1624699	1 serving/12 oz cup + bar	400	353.418	65.888
Peach Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	2054785	1 serving/12 oz cup	200	356.994	64.645
Homemade Blueberry Muffin 2G	1317061	1 each	100	392.133	57.398
Homemade Banana Bread Muffin 2G	1434500	1 each	100	500.775	80.331
Homemade Choc Chip Banana Bread Muffin 2G	1434501	1 each	400	570.775	90.331
Breakfast Kit: Breakfast Bar	1705815	1 kit	1	564.333	104.167
Breakfast Kit: Cereal Cup	1782285	1 kit	1	493.333	102.067
Breakfast Kit: Homemade Muffin	1709250	1 kit	1	850.108	146.997
Breakfast Kit: Pan Dulce	1705814	1 kit	1	479.333	90.667
Breakfast Kit: PBJ Sandwich	1705818	1 kit	1	599.333	88.667
Breakfast Kit: Pop Tart & String Cheese	1705784	1 kit	1	569.333	93.667
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	2000	81.357	20.974
Fruit Cups, Assorted	78625	0.5 cup	2000	84.200	20.200
Dried Fruit, Assorted	78632	1 each	1000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	500	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	2000	110.000	20.000
Misc.					
Ketchup Packet	78806	1 packet	1000	10.000	2.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	1.000
Total			5000		
Weighted Daily Average				595.805	98.112
% of Calories					65.868%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-09-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	200	400.000	50.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	400	421.193	26.626
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	300	471.381	53.815
Burrito, Breakfast, Egg, Potato & Cheese 3M/2.25G	78775	1 serving	100	466.942	47.072
Burrito, Breakfast, Sausage, Egg & Cheese 4M/2.25G	78746	1 serving	500	580.114	43.200
Sandwich, Peanut Butter & Jelly Uncrustables, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	500	320.000	32.000
Cereal Cups, Assorted 2G	1741805	1 each	500	214.000	45.400
Breakfast Bars, Assorted 2G	78866	1 each	500	285.000	47.500
Pan Dulce, Assorted 2G	78803	1 each	100	200.000	34.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	300	260.000	37.500
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	400	263.787	50.902
Strawberry Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	1624699	1 serving/12 oz cup + bar	400	353.418	65.888
Peach Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	2054785	1 serving/12 oz cup	200	356.994	64.645
Homemade Blueberry Muffin 2G	1317061	1 each	100	392.133	57.398
Homemade Banana Bread Muffin 2G	1434500	1 each	100	500.775	80.331
Homemade Choc Chip Banana Bread Muffin 2G	1434501	1 each	400	570.775	90.331
Breakfast Kit: Breakfast Bar	1705815	1 kit	1	564.333	104.167
Breakfast Kit: Cereal Cup	1782285	1 kit	1	493.333	102.067
Breakfast Kit: Homemade Muffin	1709250	1 kit	1	850.108	146.997
Breakfast Kit: Pan Dulce	1705814	1 kit	1	479.333	90.667
Breakfast Kit: PBJ Sandwich	1705818	1 kit	1	599.333	88.667
Breakfast Kit: Pop Tart & String Cheese	1705784	1 kit	1	569.333	93.667
Fruit					

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Fruit, Fresh, Assorted (BKF)	78657	1 each	2000	81.357	20.974
Fruit Cups, Assorted	78625	0.5 cup	2000	84.200	20.200
Dried Fruit, Assorted	78632	1 each	1000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	500	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	2000	110.000	20.000
Misc.					
Ketchup Packet	78806	1 packet	1000	10.000	2.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	1.000
Total			5000		
Weighted Daily Average				595.805	98.112
% of Calories					65.868%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-10-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	200	400.000	50.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	400	421.193	26.626
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	300	471.381	53.815
Burrito, Breakfast, Egg, Potato & Cheese 3M/2.25G	78775	1 serving	100	466.942	47.072
Burrito, Breakfast, Sausage, Egg & Cheese 4M/2.25G	78746	1 serving	500	580.114	43.200
Sandwich, Peanut Butter & Jelly Uncrustables, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	500	320.000	32.000
Cereal Cups, Assorted 2G	1741805	1 each	100	214.000	45.400
Breakfast Bars, Assorted 2G	78866	1 each	300	285.000	47.500
Pan Dulce, Assorted 2G	78803	1 each	200	200.000	34.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	300	260.000	37.500
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	400	263.787	50.902
Strawberry Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	1624699	1 serving/12 oz cup + bar	400	353.418	65.888
Peach Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	2054785	1 serving/12 oz cup	200	356.994	64.645
Veggie & Cheese Egg Frittata Bake 4.75M	1984926	1 serving	100	328.767	17.358
Pork Sausage & Cheese Egg Frittata Bake 5.5M	1984842	1 serving	400	461.875	15.929
Homemade Blueberry Muffin 2G	1317061	1 each	100	392.133	57.398
Homemade Banana Bread Muffin 2G	1434500	1 each	100	500.775	80.331
Homemade Choc Chip Banana Bread Muffin 2G	1434501	1 each	400	570.775	90.331
Breakfast Kit: Breakfast Bar	1705815	1 kit	1	564.333	104.167
Breakfast Kit: Cereal Cup	1782285	1 kit	1	493.333	102.067
Breakfast Kit: Homemade Muffin	1709250	1 kit	1	850.108	146.997
Breakfast Kit: Pan Dulce	1705814	1 kit	1	479.333	90.667
Breakfast Kit: PBJ Sandwich	1705818	1 kit	1	599.333	88.667
Breakfast Kit: Pop Tart & String Cheese	1705784	1 kit	1	569.333	93.667
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	2000	81.357	20.974
Fruit Cups, Assorted	78625	0.5 cup	2000	84.200	20.200
Dried Fruit, Assorted	78632	1 each	1000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	500	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	2000	110.000	20.000
Misc.					
Ketchup Packet	78806	1 packet	1000	10.000	2.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	1.000

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Total			5000		
Weighted Daily Average				614.811	94.881
% of Calories					61.73%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-12-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	200	400.000	50.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	400	421.193	26.626
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	300	471.381	53.815
Burrito, Breakfast, Egg, Potato & Cheese 3M/2.25G	78775	1 serving	100	466.942	47.072
Burrito, Breakfast, Sausage, Egg & Cheese 4M/2.25G	78746	1 serving	500	580.114	43.200
Sandwich, Peanut Butter & Jelly Uncrustables, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	500	320.000	32.000
Cereal Cups, Assorted 2G	1741805	1 each	500	214.000	45.400
Breakfast Bars, Assorted 2G	78866	1 each	500	285.000	47.500
Pan Dulce, Assorted 2G	78803	1 each	100	200.000	34.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	300	260.000	37.500
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	400	263.787	50.902
Strawberry Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	1624699	1 serving/12 oz cup + bar	400	353.418	65.888
Peach Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	2054785	1 serving/12 oz cup	200	356.994	64.645
Homemade Blueberry Muffin 2G	1317061	1 each	100	392.133	57.398
Homemade Banana Bread Muffin 2G	1434500	1 each	100	500.775	80.331
Homemade Choc Chip Banana Bread Muffin 2G	1434501	1 each	400	570.775	90.331
Breakfast Kit: Breakfast Bar	1705815	1 kit	1	564.333	104.167
Breakfast Kit: Cereal Cup	1782285	1 kit	1	493.333	102.067
Breakfast Kit: Homemade Muffin	1709250	1 kit	1	850.108	146.997
Breakfast Kit: Pan Dulce	1705814	1 kit	1	479.333	90.667
Breakfast Kit: PBJ Sandwich	1705818	1 kit	1	599.333	88.667
Breakfast Kit: Pop Tart & String Cheese	1705784	1 kit	1	569.333	93.667
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	2000	81.357	20.974
Fruit Cups, Assorted	78625	0.5 cup	2000	84.200	20.200
Dried Fruit, Assorted	78632	1 each	1000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	500	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	2000	110.000	20.000
Misc.					
Ketchup Packet	78806	1 packet	1000	10.000	2.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	1.000
Total			5000		
Weighted Daily Average				595.805	98.112
% of Calories					65.868%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-13-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	200	400.000	50.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	400	421.193	26.626
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	300	471.381	53.815

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Burrito, Breakfast, Egg, Potato & Cheese 3M/2.25G	78775	1 serving	100	466.942	47.072
Burrito, Breakfast, Sausage, Egg & Cheese 4M/2.25G	78746	1 serving	500	580.114	43.200
Sandwich, Peanut Butter & Jelly Uncrustables, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	500	320.000	32.000
Cereal Cups, Assorted 2G	1741805	1 each	500	214.000	45.400
Breakfast Bars, Assorted 2G	78866	1 each	500	285.000	47.500
Pan Dulce, Assorted 2G	78803	1 each	100	200.000	34.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	300	260.000	37.500
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	400	263.787	50.902
Strawberry Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	1624699	1 serving/12 oz cup + bar	400	353.418	65.888
Peach Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	2054785	1 serving/12 oz cup	200	356.994	64.645
Homemade Blueberry Muffin 2G	1317061	1 each	100	392.133	57.398
Homemade Banana Bread Muffin 2G	1434500	1 each	100	500.775	80.331
Homemade Choc Chip Banana Bread Muffin 2G	1434501	1 each	400	570.775	90.331
Breakfast Kit: Breakfast Bar	1705815	1 kit	1	564.333	104.167
Breakfast Kit: Cereal Cup	1782285	1 kit	1	493.333	102.067
Breakfast Kit: Homemade Muffin	1709250	1 kit	1	850.108	146.997
Breakfast Kit: Pan Dulce	1705814	1 kit	1	479.333	90.667
Breakfast Kit: PBJ Sandwich	1705818	1 kit	1	599.333	88.667
Breakfast Kit: Pop Tart & String Cheese	1705784	1 kit	1	569.333	93.667
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	2000	81.357	20.974
Fruit Cups, Assorted	78625	0.5 cup	2000	84.200	20.200
Dried Fruit, Assorted	78632	1 each	1000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	500	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	2000	110.000	20.000
Misc.					
Ketchup Packet	78806	1 packet	1000	10.000	2.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	1.000
Total			5000		
Weighted Daily Average				595.805	98.112
% of Calories					65.868%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-16-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	200	400.000	50.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	400	421.193	26.626
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	300	471.381	53.815
Burrito, Breakfast, Egg, Potato & Cheese 3M/2.25G	78775	1 serving	100	466.942	47.072
Burrito, Breakfast, Sausage, Egg & Cheese 4M/2.25G	78746	1 serving	500	580.114	43.200
Sandwich, Peanut Butter & Jelly Uncrustables, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	500	320.000	32.000
Cereal Cups, Assorted 2G	1741805	1 each	500	214.000	45.400
Breakfast Bars, Assorted 2G	78866	1 each	500	285.000	47.500
Pan Dulce, Assorted 2G	78803	1 each	100	200.000	34.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	300	260.000	37.500
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	400	263.787	50.902
Strawberry Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	1624699	1 serving/12 oz cup + bar	400	353.418	65.888
Peach Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	2054785	1 serving/12 oz cup	200	356.994	64.645
Homemade Blueberry Muffin 2G	1317061	1 each	100	392.133	57.398
Homemade Banana Bread Muffin 2G	1434500	1 each	100	500.775	80.331

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Homemade Choc Chip Banana Bread Muffin 2G	1434501	1 each	400	570.775	90.331
Breakfast Kit: Breakfast Bar	1705815	1 kit	1	564.333	104.167
Breakfast Kit: Cereal Cup	1782285	1 kit	1	493.333	102.067
Breakfast Kit: Homemade Muffin	1709250	1 kit	1	850.108	146.997
Breakfast Kit: Pan Dulce	1705814	1 kit	1	479.333	90.667
Breakfast Kit: PBJ Sandwich	1705818	1 kit	1	599.333	88.667
Breakfast Kit: Pop Tart & String Cheese	1705784	1 kit	1	569.333	93.667
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	2000	81.357	20.974
Fruit Cups, Assorted	78625	0.5 cup	2000	84.200	20.200
Dried Fruit, Assorted	78632	1 each	1000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	500	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	2000	110.000	20.000
Misc.					
Ketchup Packet	78806	1 packet	1000	10.000	2.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	1.000
Total			5000		
Weighted Daily Average				595.805	98.112
% of Calories					65.868%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-17-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	200	400.000	50.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	400	421.193	26.626
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	300	471.381	53.815
Burrito, Breakfast, Egg, Potato & Cheese 3M/2.25G	78775	1 serving	100	466.942	47.072
Burrito, Breakfast, Sausage, Egg & Cheese 4M/2.25G	78746	1 serving	500	580.114	43.200
Sandwich, Peanut Butter & Jelly Uncrustables, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	500	320.000	32.000
Cereal Cups, Assorted 2G	1741805	1 each	100	214.000	45.400
Breakfast Bars, Assorted 2G	78866	1 each	300	285.000	47.500
Pan Dulce, Assorted 2G	78803	1 each	200	200.000	34.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	300	260.000	37.500
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	400	263.787	50.902
Strawberry Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	1624699	1 serving/12 oz cup + bar	400	353.418	65.888
Peach Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	2054785	1 serving/12 oz cup	200	356.994	64.645
Veggie & Cheese Egg Frittata Bake 4.75M	1984926	1 serving	100	328.767	17.358
Pork Sausage & Cheese Egg Frittata Bake 5.5M	1984842	1 serving	400	461.875	15.929
Homemade Blueberry Muffin 2G	1317061	1 each	100	392.133	57.398
Homemade Banana Bread Muffin 2G	1434500	1 each	100	500.775	80.331
Homemade Choc Chip Banana Bread Muffin 2G	1434501	1 each	400	570.775	90.331
Breakfast Kit: Breakfast Bar	1705815	1 kit	1	564.333	104.167
Breakfast Kit: Cereal Cup	1782285	1 kit	1	493.333	102.067
Breakfast Kit: Homemade Muffin	1709250	1 kit	1	850.108	146.997
Breakfast Kit: Pan Dulce	1705814	1 kit	1	479.333	90.667
Breakfast Kit: PBJ Sandwich	1705818	1 kit	1	599.333	88.667
Breakfast Kit: Pop Tart & String Cheese	1705784	1 kit	1	569.333	93.667
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	2000	81.357	20.974
Fruit Cups, Assorted	78625	0.5 cup	2000	84.200	20.200
Dried Fruit, Assorted	78632	1 each	1000	119.333	29.333

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	500	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	2000	110.000	20.000
Misc.					
Ketchup Packet	78806	1 packet	1000	10.000	2.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	1.000
Total			5000		
Weighted Daily Average				614.811	94.881
% of Calories					61.73%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-18-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	200	400.000	50.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	400	421.193	26.626
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	300	471.381	53.815
Burrito, Breakfast, Egg, Potato & Cheese 3M/2.25G	78775	1 serving	100	466.942	47.072
Burrito, Breakfast, Sausage, Egg & Cheese 4M/2.25G	78746	1 serving	500	580.114	43.200
Sandwich, Peanut Butter & Jelly Uncrustables, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	500	320.000	32.000
Cereal Cups, Assorted 2G	1741805	1 each	100	214.000	45.400
Breakfast Bars, Assorted 2G	78866	1 each	300	285.000	47.500
Pan Dulce, Assorted 2G	78803	1 each	200	200.000	34.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	300	260.000	37.500
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	400	263.787	50.902
Strawberry Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	1624699	1 serving/12 oz cup + bar	400	353.418	65.888
Peach Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	2054785	1 serving/12 oz cup	200	356.994	64.645
Homemade Blueberry Muffin 2G	1317061	1 each	100	392.133	57.398
Homemade Banana Bread Muffin 2G	1434500	1 each	100	500.775	80.331
Homemade Choc Chip Banana Bread Muffin 2G	1434501	1 each	400	570.775	90.331
Cinnamon Roll w/ Homemade Cream Cheese Frosting 2G	1436047	1 serving	500	178.905	36.924
Breakfast Kit: Breakfast Bar	1705815	1 kit	1	564.333	104.167
Breakfast Kit: Cereal Cup	1782285	1 kit	1	493.333	102.067
Breakfast Kit: Homemade Muffin	1709250	1 kit	1	850.108	146.997
Breakfast Kit: Pan Dulce	1705814	1 kit	1	479.333	90.667
Breakfast Kit: PBJ Sandwich	1705818	1 kit	1	599.333	88.667
Breakfast Kit: Pop Tart & String Cheese	1705784	1 kit	1	569.333	93.667
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	2000	81.357	20.974
Fruit Cups, Assorted	78625	0.5 cup	2000	84.200	20.200
Dried Fruit, Assorted	78632	1 each	1000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	500	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	2000	110.000	20.000
Misc.					
Ketchup Packet	78806	1 packet	1000	10.000	2.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	1.000
Total			5000		
Weighted Daily Average				589.176	96.952
% of Calories					65.822%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-19-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	200	400.000	50.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	400	421.193	26.626
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	300	471.381	53.815
Burrito, Breakfast, Egg, Potato & Cheese 3M/2.25G	78775	1 serving	100	466.942	47.072
Burrito, Breakfast, Sausage, Egg & Cheese 4M/2.25G	78746	1 serving	500	580.114	43.200
Sandwich, Peanut Butter & Jelly Uncrustables, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	500	320.000	32.000
Cereal Cups, Assorted 2G	1741805	1 each	500	214.000	45.400
Breakfast Bars, Assorted 2G	78866	1 each	500	285.000	47.500
Pan Dulce, Assorted 2G	78803	1 each	100	200.000	34.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	300	260.000	37.500
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	400	263.787	50.902
Strawberry Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	1624699	1 serving/12 oz cup + bar	400	353.418	65.888
Peach Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	2054785	1 serving/12 oz cup	200	356.994	64.645
Homemade Blueberry Muffin 2G	1317061	1 each	100	392.133	57.398
Homemade Banana Bread Muffin 2G	1434500	1 each	100	500.775	80.331
Homemade Choc Chip Banana Bread Muffin 2G	1434501	1 each	400	570.775	90.331
Breakfast Kit: Breakfast Bar	1705815	1 kit	1	564.333	104.167
Breakfast Kit: Cereal Cup	1782285	1 kit	1	493.333	102.067
Breakfast Kit: Homemade Muffin	1709250	1 kit	1	850.108	146.997
Breakfast Kit: Pan Dulce	1705814	1 kit	1	479.333	90.667
Breakfast Kit: PBJ Sandwich	1705818	1 kit	1	599.333	88.667
Breakfast Kit: Pop Tart & String Cheese	1705784	1 kit	1	569.333	93.667
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	2000	81.357	20.974
Fruit Cups, Assorted	78625	0.5 cup	2000	84.200	20.200
Dried Fruit, Assorted	78632	1 each	1000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	500	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	2000	110.000	20.000
Misc.					
Ketchup Packet	78806	1 packet	1000	10.000	2.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	1.000
Total			5000		
Weighted Daily Average				595.805	98.112
% of Calories					65.868%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-20-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	200	400.000	50.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	400	421.193	26.626
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	300	471.381	53.815
Burrito, Breakfast, Egg, Potato & Cheese 3M/2.25G	78775	1 serving	100	466.942	47.072
Burrito, Breakfast, Sausage, Egg & Cheese 4M/2.25G	78746	1 serving	500	580.114	43.200
Sandwich, Peanut Butter & Jelly Uncrustables, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	500	320.000	32.000
Cereal Cups, Assorted 2G	1741805	1 each	500	214.000	45.400
Breakfast Bars, Assorted 2G	78866	1 each	500	285.000	47.500
Pan Dulce, Assorted 2G	78803	1 each	100	200.000	34.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	300	260.000	37.500

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	400	263.787	50.902
Strawberry Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	1624699	1 serving/12 oz cup + bar	400	353.418	65.888
Peach Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	2054785	1 serving/12 oz cup	200	356.994	64.645
Homemade Blueberry Muffin 2G	1317061	1 each	100	392.133	57.398
Homemade Banana Bread Muffin 2G	1434500	1 each	100	500.775	80.331
Homemade Choc Chip Banana Bread Muffin 2G	1434501	1 each	400	570.775	90.331
Breakfast Kit: Breakfast Bar	1705815	1 kit	1	564.333	104.167
Breakfast Kit: Cereal Cup	1782285	1 kit	1	493.333	102.067
Breakfast Kit: Homemade Muffin	1709250	1 kit	1	850.108	146.997
Breakfast Kit: Pan Dulce	1705814	1 kit	1	479.333	90.667
Breakfast Kit: PBJ Sandwich	1705818	1 kit	1	599.333	88.667
Breakfast Kit: Pop Tart & String Cheese	1705784	1 kit	1	569.333	93.667
Fruit					
Fruit, Fresh, Assorted (BKF)	78657	1 each	2000	81.357	20.974
Fruit Cups, Assorted	78625	0.5 cup	2000	84.200	20.200
Dried Fruit, Assorted	78632	1 each	1000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	500	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	2000	110.000	20.000
Misc.					
Ketchup Packet	78806	1 packet	1000	10.000	2.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	1.000
Total			5000		
Weighted Daily Average				595.805	98.112
% of Calories					65.868%

* Indicates missing Nutrient Information.

Menu Detail

Date: 11-30-2026

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Breakfast Entree					
Breakfast Sausage Pizza (2 pieces) HS 2M/3G	78732	1 serving/2 pieces	200	400.000	50.000
Egg, Sausage, Cheese English Muffin Sandwich 2M/2G	1227804	1 sandwich	400	421.193	26.626
Burrito, Chicken & Rice (HS) 2M/2G	78750	1 serving	300	471.381	53.815
Burrito, Breakfast, Egg, Potato & Cheese 3M/2.25G	78775	1 serving	100	466.942	47.072
Burrito, Breakfast, Sausage, Egg & Cheese 4M/2.25G	78746	1 serving	500	580.114	43.200
Sandwich, Peanut Butter & Jelly Uncrustables, 2.6 oz, Assorted (BREAKFAST) 1M/1G	78843	1 each	500	320.000	32.000
Cereal Cups, Assorted 2G	1741805	1 each	500	214.000	45.400
Breakfast Bars, Assorted 2G	78866	1 each	500	285.000	47.500
Pan Dulce, Assorted 2G	78803	1 each	100	200.000	34.000
Pop Tart & String Cheese 1M/1G	78821	1 serving	300	260.000	37.500
Yogurt Parfait w/ Granola (BKF) 1.25M/1G	1119665	1 serving	400	263.787	50.902
Strawberry Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	1624699	1 serving/12 oz cup + bar	400	353.418	65.888
Peach Banana Yogurt Smoothie w/ Omega Almond Bar 1M/1G	2054785	1 serving/12 oz cup	200	356.994	64.645
Homemade Blueberry Muffin 2G	1317061	1 each	100	392.133	57.398
Homemade Banana Bread Muffin 2G	1434500	1 each	100	500.775	80.331
Homemade Choc Chip Banana Bread Muffin 2G	1434501	1 each	400	570.775	90.331
Breakfast Kit: Breakfast Bar	1705815	1 kit	1	564.333	104.167
Breakfast Kit: Cereal Cup	1782285	1 kit	1	493.333	102.067
Breakfast Kit: Homemade Muffin	1709250	1 kit	1	850.108	146.997
Breakfast Kit: Pan Dulce	1705814	1 kit	1	479.333	90.667
Breakfast Kit: PBJ Sandwich	1705818	1 kit	1	599.333	88.667
Breakfast Kit: Pop Tart & String Cheese	1705784	1 kit	1	569.333	93.667
Fruit					

Recipe Name	Recipe #	Portion Size	Plan Quantity	Calories (kcal)	Carbohydrates (g)
Fruit, Fresh, Assorted (BKF)	78657	1 each	2000	81.357	20.974
Fruit Cups, Assorted	78625	0.5 cup	2000	84.200	20.200
Dried Fruit, Assorted	78632	1 each	1000	119.333	29.333
Juice, Assorted, 4 oz, Hollandia	1832150	1 each	5000	57.000	14.400
Milk					
Milk, 1% Low Fat, Hollandia	1832144	1 each	500	120.000	16.000
Milk, Whole, Unflavored, Hollandia	2142383	1 serving	500	150.000	11.000
Milk, Chocolate, Fat-free, Hollandia	1832146	1 each	2000	110.000	20.000
Misc.					
Ketchup Packet	78806	1 packet	1000	10.000	2.000
Hot Sauce (Del Sol)	79899	1 packet	1000	5.000	1.000
Total			5000		
Weighted Daily Average				595.805	98.112
% of Calories					65.868%

* Indicates missing Nutrient Information.