

Recipe Nutrition Summary

for Warren Consolidated Schools

September 11, 2017

Site: DeLaSalle Collegiate; Menu Designation: Planned; Period: Breakfast

9/11/2017 DeLaSalle Collegiate - Breakfast

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
Apple Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Apple Juice	1 juice, apple 100% fresh	60.00	0.00g	0.000%	10.00mg	0.00g	13.00g	0.00g		0.00g
Assorted Fruit	1/2 cup	55.54	0.03g	0.449%	3.68mg	0.15g	14.35g	2.00g		0.50g
Bacon Scramble Breakfast Pizza	1 Bacon Scramble Breakfast Pizza	220.00	3.50g	14.318%	320.00mg	9.00g	24.00g	2.00g		10.00g
Bagel stix	1 bagel stix, plain cream cheese	190.00	3.00g	14.211%	180.00mg	5.00g	29.00g	3.00g		6.00g
Banana Chocolate Benefit Bar	1 Banana Chocolate Breakfast Bar	280.00	3.00g	9.643%	220.00mg	8.00g	48.00g	3.00g		5.00g
Breakfast Round Ubr	1 round breakfast ubr	250.00	2.00g	7.200%	220.00mg	6.00g	45.00g	6.00g		5.00g
Cereal, cheerios bowl	1 cereal, cheerios bowl	100.00	0.50g	4.500%	140.00mg	2.00g	20.00g	3.00g		3.00g
Cereal, cinnamon toast R/S bowl	1 cereal, cinnamon toast R/S bowl	110.00	0.50g	4.091%	160.00mg	3.00g	22.00g	3.00g		1.00g
Cereal, trix R/S bowl	1 cereal, trix R/S bowl	110.00	0.00g	0.000%	140.00mg	1.00g	24.00g	1.00g		1.00g
Cheerios Apple Cinnamon Cereal, Whole Grain	1 Bowl	110.00	0.00g	0.000%	110.00mg	1.50g	22.00g	2.00g		2.00g
Cheerios Fruity Cereal, Whole Grain	1 Bowl	120.00	0.00g	0.000%	140.00mg	1.50g	25.00g	2.00g		2.00g
Cocoa Puff Cereal, whole grain, reduced sugar	1 Bowl	110.00	0.00g	0.000%	120.00mg	1.50g	25.00g	2.00g		2.00g
Cocoa Puffs Cereal Bar	1 Cocoa Puffs Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		3.00g
Cream Cheese, Light	1 cheese, cream light	60.00	4.00g	60.000%	95.00mg	5.00g	1.00g	0.00g		2.00g
Double Chocolate Oatmeal Bar	1 Double Chocolate Oatmeal Bar	150.00	1.00g	6.000%	115.00mg	5.00g	24.00g	3.00g		2.00g
Golden Grahams Cereal Bar	1 Golden Grahams Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		2.00g
Grape Juice	1 juice, grape 100% fresh	60.00	0.00g	0.000%	0.00mg	0.00g	16.00g	0.00g		0.00g
Lenders White Whole Grain 2 oz Bagel IW	1 Lenders White Whole	140.00	0.00g	0.000%	180.00mg	1.00g	29.00g	4.00g		6.00g

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

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	Grain 2 oz Bagei iW										
Milk - Fat Free White	1 Fat Free Milk	90.00	0.00g	0.000%	130.00mg	0.00g	13.00g	0.00g		N/A	
Milk - Trumoo Choc	1 Trumoo Choc Milk	120.00	0.00g	0.000%	180.00mg	0.00g	20.00g	0.00g		8.00g	
Mini Waffles	1 Mini Waffles	210.00	1.00g	4.286%	170.00mg	6.00g	38.00g	3.00g		4.00g	
Mozzarella String cheese	1 Mozzarella String cheese	60.00	2.00g	30.000%	210.00mg	2.50g	1.00g	0.00g		8.00g	
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	N/A	9.00g	47.00g	3.00g		N/A	
Orange Juice	1 juice, orange 100% fresh	61.00	0.00g	0.000%	0.00mg	0.00g	14.00g	0.00g		0.00g	
Strawberry Yogurt Cup	1 Strawberry Yogurt Cup	80.00	0.00g	0.000%	65.00mg	0.00g	16.00g	0.00g		4.00g	
Trix Cereal Bar	1	380.60	1.60g	3.783%	271.00mg	8.00g	74.40g	6.50g		6.30g	
Whole Grain Banana Muffin	1 Whole Grain Banana Muffin	170.00	1.00g	5.294%	150.00mg	5.00g	28.00g	0.00g		3.00g	
Whole Grain Blueberry Muffin	1 Whole Grain Blueberry Muffin	200.00	1.50g	6.750%	140.00mg	7.00g	32.00g	2.00g		2.00g	
Whole Grain Cinnamon Bun Stick	1 Whole Grain Cinnamon Bun Stick	150.00	1.00g	6.000%	115.00mg	2.50g	30.00g	3.00g		4.00g	
Whole Grain Double Chocolate Muffin	1 Whole Grain Double Chocolate Muffin	180.00	1.50g	7.500%	120.00mg	6.00g	28.00g	2.00g		2.00g	
WW Cinnamon Pop-Tart	1 WW Cinnamon Pop-Tart	360.00	2.00g	5.000%	360.00mg	6.00g	74.00g	6.00g		4.00g	
WW Strawberry Pop-Tart	1 WW Strawberry Pop-Tart	360.00	2.00g	5.000%	360.00mg	5.00g	76.00g	6.00g		4.00g	
Yogurt Danimals Blended Strawberry-Banana Flavor NonFat	1 Yogurt Danimals Blended Strawberry-Banana Flavor	80.00	0.00g	0.000%	65.00mg	0.00g	15.00g	0.00g		4.00g	

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