

# A Higher Level

## Chino Secondary Breakfast FB

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/02/2011															
Chino Secondary Breakfast F	Total														
Strawberry Yogurt	1 each	200	15	105	0.00	0.36	250.0	100	20	24.0	7.0	38.0	2.5	1.50	0.00
Raspberry Yogurt	1 each	200	15	105	0.00	0.00	250.0	100	20	3.6	7.0	38.0	2.5	1.50	0.00
Vanilla Yogurt	1 each	210	15	105	0.00	0.00	250.0	100	20	2.4	7.0	39.0	2.5	1.50	0.00
Tootie Fruities Cereal	each/2 oz	170	0	200	1.00	10.80	100.0	500	100	6.0	2.0	37.0	1.5	0.00	0.00
Frosted Flakes Cereal	1 each	220	0	320	1.00	8.10	0.0	1250	250	27.0	2.0	50.0	0.0	0.00	0.00
Banana Muffin	1 each	286	18	287	0.71	6.30	100.0	0	0	0.0	3.62	48.76	8.65	0.74	0.00
Chocolate Chip Muffin	1 each	308	17	269	0.64	2.16	90.0	0	0	0.0	3.37	50.1	10.86	2.33	0.00
Blueberry Muffin	1 each	267	17	266	0.86	2.16	90.0	50	10	1.2	3.44	45.52	8.08	0.69	0.00
PBJ Sandwich, 2.8 oz	1 each	320	0	320	3.00	1.44	20.0	0	0	0.0	10.0	33.0	16.0	3.50	0.00
PBJ Bar	1 each	316	0	259	0.00	0.69	17.2	0	0	0.0	9.04	29.33	17.84	3.04	0.00
Honey Wheat Bun	1 each	270	14	240	2.50	7.00	176.0	1490	298	29.0	5.5	42.0	8.8	1.90	0.00
Buttermilk Bars	1 each	245	13	312	2.00	1.50	0.0	0	0	0.0	2.6	50.0	3.8	0.70	0.00
Breakfast Round	1 each	270	5	230	6.00	1.80	40.0	0	0	0.0	5.0	44.0	8.0	3.00	0.00
Cinnamon Glazed French Toast	1 each	220	130	330	1.00	2.24	17.3	215	43	0.0	8.0	31.0	7.0	2.00	0.00
Bean & Cheese Burrito	1 each	259	0	433	3.94	2.76	37.3	220	44	0.2	10.59	39.07	7.47	0.63	0.00
Breakfast Sausage Pizza	1 each	244	25	576	1.32	1.86	276.5	288	58	3.11	11.99	27.63	9.47	4.70	0.00
Pancake & Sausage on a Stick	1 each	188	27	406	1.60	1.10	13.0	3	1	0.0	9.0	24.0	6.0	2.00	0.00
Pork Sunrise Sandwich	1 each	228	31	504	2.20	1.50	139.0	81	16	0.0	12.5	24.4	8.8	3.60	0.00
Oatmeal Chocolate Chip Bar	1 each	286	19	241	3.45	1.98	30.0	50	10	0.0	5.29	47.44	8.94	2.84	0.12
Banana	1 each	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	*N/A*
Fresh Orange	1 each	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	*N/A*
Fresh Apple	1 each	77	0	1	3.58	0.18	8.9	80	7	6.85	0.39	20.58	0.25	0.04	*N/A*
Strawberry Fruit Cup	1 each	134	0	9	2.40	0.73	13.7	30	6	51.11	0.65	36.1	0.0	0.00	0.00
Sidekick Slushie	1 each	80	0	45	0.00	0.36	80.0	1000	200	60.0	0.0	20.0	0.0	0.00	0.00
Wild Cherry Juice, 4 oz	1 each	70	0	10	3.00	0.36	80.0	500	100	60.0	0.0	18.0	0.0	0.00	0.00
Strawberry Pomegrate Juice 4oz	1 each	80	0	5	3.00	0.36	80.0	500	100	60.0	0.0	18.0	0.0	0.00	0.00
Orange Pineapple Juice, 4 oz	1 each	70	0	5	3.00	0.36	80.0	500	100	60.0	0.0	18.0	0.0	0.00	0.00
Watermelon Juice, 4 oz	1 each	90	0	10	3.00	0.36	80.0	500	100	60.0	0.0	23.0	0.0	0.00	0.00
Milk, 1% Strawberry	half pint	150	10	115	0.00	0.00	250.0	500	35	1.2	8.0	27.0	2.5	1.50	0.00
Milk, 1% White	half pint	120	10	150	0.00	0.00	350.0	500	100	2.4	10.0	14.0	2.5	1.50	0.00
Milk, Nonfat Chocolate	half pint	120	5	150	0.00	0.00	300.0	500	100	1.8	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average		5834	386	6008	54.13	56.82	3262.4	9338	1766	519.73	153.98	989.28	144.41	39.34	*0.12
% of Calories										10.6%	67.8%	22.3%	6.1%	*0.0%	

Weighted Average		5834	386	6008	54.13	56.82	3262.4	9338	1766	519.73	153.98	989.28	144.41	39.34	*0.12
										10.6%	67.8%	22.3%	6.1%	*0.0%	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.