# Recipe Nutrition Summary

for Chippewa Valley Schools

September 10, 2018

*Site:* Monday Pizza; *Menu Designation:* Planned; *Period:* Breakfast

9/10/2018 **Monday Pizza - Breakfast**

| | Serving Size | Calories | Saturated Fat | Calories from Saturated Fat (%) | Sodium | Fat | Carbs | Dietary Fiber | Sugars | Protein |
|---|---|---|---|---|---|---|---|---|---|---|
| 1% White & FF Choc, FF Straw Milk | 1 cup | 115.00 | 0.75g | 5.870% | 150.00mg | 1.25g | 17.50g | 0.00g | | 8.00g |
| 100% Juice Box | 1 Juice Box | 60.00 | 0.00g | 0.000% | 5.00mg | 0.00g | 14.00g | 0.00g | | 0.00g |
| Assorted Cereal Bowls | 1 Bowl | 98.20 | 0.47g | 4.265% | 115.98mg * | 1.36g | 19.66g | 1.85g | | 1.50g |
| Assorted Fresh Fruits | 1 Piece/ 0.5 Cup | 65.00 | 0.00g | 0.000% | 10.00mg | 0.00g | 16.00g | 1.00g | | 0.00g |
| Assorted NutriGrain Bars | 1 Bar | 160.00 | 0.50g | 2.812% | 138.33mg | 4.00g | 29.67g | 3.00g | | 2.00g |
| Benefit Bars | 1 Bar | 286.67 | 2.83g | 8.895% | 236.67mg | 8.67g | 47.67g | 3.00g | | 5.00g |
| Elementary Otis Spunkmeyer WG Muffins | 1 Muffin | 192.50 | 2.00g | 9.351% | 130.00mg | 6.00g | 31.00g | 2.00g | | 3.25g |
| Giant Goldfish Cinnamon Graham | 1 Package | 120.00 | 1.00g | 7.500% | 110.00mg | 4.00g | 19.00g | 1.00g | | 1.00g |
| IW Banana Bread Slice | 1 Slice | 280.00 | 2.00g | 6.429% | 220.00mg | 10.00g | 44.00g | 2.00g | | 5.00g |
| Lenders Whole Grain Bagel w/ Cream Cheese- 2 grain | 1 | 200.00 | 4.00g | 18.000% | 255.00mg | 6.00g | 29.00g | 4.00g | | 8.00g |
| Mini Cinnis | 1 Package | 240.00 | 2.00g | 7.500% | 300.00mg | 8.00g | 40.00g | 2.00g | | 5.00g |
| Mini Donuts - Chocolate Covered | 1 Package | 300.00 | 8.00g | 24.000% | 290.00mg | 13.00g | 39.00g | 3.00g | | 5.00g |
| Mini Donuts - Powdered Sugar | 1 Package | 280.00 | 3.00g | 9.643% | 290.00mg | 10.00g | 42.00g | 2.00g | | 5.00g |
| MOZZARELLA STRING CHEESE | 1 | 80.00 | 4.00g | 45.000% | 210.00mg | 6.00g | 1.00g | 0.00g | | 7.00g |
| Pop Tart 1 ct. | 1 Package | 180.87 | 0.95g | 4.724% | 187.71mg | 2.70g | 37.31g | 2.88g | | 2.17g |
| Trix Yogurt | 1Yogurt | 80.28 | 0.00g | 0.000% | 65.23mg | 0.50g | 15.05g | 0.00g | | 4.01g |
| Trix Yogurt & Granola | 1 Each | 200.00 | 0.00g | 0.000% | 140.00mg | 4.00g | 35.00g | 2.00g | | 7.00g |

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


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