



Carmel Unified School District

(FFV-3004) Apple, fresh	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Apple, fresh	31.20	31.20	0.02	0.02	0.60	0.60	8.29	8.29
	31.20	31.20	0.02	0.02	0.60	0.60	8.29	8.29

* Total includes one or more missing nutrient data.

(D-5113) Applesauce Unswt Cinnamon Cups 4.5 oz Peterson Farm Cmdy	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Applesauce Unswt Cinnamon Cups 4.5 oz Peterson Farm Cmdy	50.00	50.00	0.00	0.00	0.00	0.00	14.00	14.00
	50.00	50.00	0.00	0.00	0.00	0.00	14.00	14.00

* Total includes one or more missing nutrient data.

(REC-69) Bagel, Everything w/ Cream Cheese, Dos Pisanos	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cream Cheese, Cups, Philadelphia	70.00	70.00	4.00	4.00	115.00	115.00	1.00	1.00
Bagel, Par Baked Everything, WG, Dos Pisano's	240.00	240.00	0.15	0.15	430.00	430.00	50.00	50.00
	310.00	310.00	4.15	4.15	545.00	545.00	51.00	51.00

* Total includes one or more missing nutrient data.



(F-1054) Bread, Banana Slice, WG, IW	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Bread, Banana Slice, WG, IW	260.00	260.00	1.50	1.50	250.00	250.00	44.00	44.00
	260.00	260.00	1.50	1.50	250.00	250.00	44.00	44.00

* Total includes one or more missing nutrient data.

(REC-43) Breakfast Burrito, (egg, cheese & bacon)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Eggstravaganza, Bacon & Cheese, Sunny Fresh	120.00	120.00	3.00	3.00	280.00	280.00	1.00	1.00
Tortilla 10" Flour Tortilla-Pressed, WG, Romeros	162.00	162.00	0.00	0.00	279.00	279.00	27.00	27.00
Cheese, Cheddar, Shredded	91.12	91.12	4.05	4.05	212.62	212.62	1.01	1.01
	373.12	373.12	7.05	7.05	771.62	771.62	29.01	29.01

* Total includes one or more missing nutrient data.

(sys-31) Cereal, Cinnamon Chex, 2 oz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cereal, Cinnamon Chex, 2 oz	230.00	230.00	0.50	0.50	340.00	340.00	46.00	46.00
	230.00	230.00	0.50	0.50	340.00	340.00	46.00	46.00

* Total includes one or more missing nutrient data.

(D-5066) Cereal, Cinnamon Toast Crunch, 25% Less Sugar, 2 oz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cereal, Cinnamon Toast Crunch, 25% Less Sugar, 2 oz	210.00	210.00	0.00	0.00	320.00	320.00	44.00	44.00
	210.00	210.00	0.00	0.00	320.00	320.00	44.00	44.00

* Total includes one or more missing nutrient data.



(D-5149) Cereal, Honey Cheerios, 2 oz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cereal, Honey Cheerios, 2 oz	210.00	210.00	0.50	0.50	340.00	340.00	44.00	44.00
	210.00	210.00	0.50	0.50	340.00	340.00	44.00	44.00

* Total includes one or more missing nutrient data.

(D-5139) Cereal, Trix, 25% Less Sugar, 2 oz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cereal, Trix, 25% Less Sugar, 2 oz	220.00	220.00	0.50	0.50	320.00	320.00	47.00	47.00
	220.00	220.00	0.50	0.50	320.00	320.00	47.00	47.00

* Total includes one or more missing nutrient data.

(DY- 4000) Cheese, Mozz String, IW, 1 oz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cheese, Mozz String, IW, 1 oz	80.00	80.00	4.00	4.00	200.00	200.00	2.00	2.00
	80.00	80.00	4.00	4.00	200.00	200.00	2.00	2.00

* Total includes one or more missing nutrient data.

(D-5004) Cranberries Dried Pkg 1.16oz USDA	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cranberries Dried Pkg 1.16oz USDA	110.00	110.00	0.00	0.00	0.00	0.00	28.00	28.00
	110.00	110.00	0.00	0.00	0.00	0.00	28.00	28.00

* Total includes one or more missing nutrient data.



(REC-62) Croissant Sandwich, Ham, Egg & Cheese	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Egg Patty, Scrambled, Michael Foods, 1.5 oz	70.00	70.00	1.50	1.50	130.00	130.00	1.00	1.00
Deli Meat, Turkey Ham, Sliced, .51 oz, 12/1lb packages	16.67	16.67	0.25	0.25	80.00	80.00		
Croissant, WG, Round, Fully Sliced, Bake Crafters	170.00	170.00	2.00	2.00	300.00	300.00	29.00	29.00
Cheese, American, Land O Lakes, Sliced	55.00	55.00	2.50	2.50	225.00	225.00	1.00	1.00
	311.67	311.67	6.25	6.25	735.00	735.00	31.00 *	31.00 *

* Total includes one or more missing nutrient data.

(REC-23) CUSD Sandwich, Sausage, Egg, & Cheese	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Egg Patty, Scrambled, Michael Foods, 1.5 oz	70.00	70.00	1.50	1.50	130.00	130.00	1.00	1.00
Cheese, Mild Cheddar, Reduced Fat, Sliced, Land O Lakes	45.00	45.00	2.25	2.25	95.00	95.00		
Sausage, Turkey Patty, Jennie - O	57.93	57.93	0.97	0.97	86.90	86.90		
Bread, English Muffin, WG, Papa Pita Bakery	130.00	130.00	0.00	0.00	240.00	240.00	24.00	24.00
	302.93	302.93	4.72	4.72	551.89	551.89	25.00 *	25.00 *

* Total includes one or more missing nutrient data.

(REC-81) CUSD Yogurt Parfait, Breakfast	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Yogurt, Parfait Pro, Vanilla	100.36	100.36			50.18	50.18	20.07	20.07
Granola, Fieldstone, Bulk	110.00	110.00	0.50	0.50	67.50	67.50	19.00	19.00

* Total includes one or more missing nutrient data.



(REC-81) CUSD Yogurt Parfait, Breakfast	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Strawberry Frzn Cup, Wawaona, 4.5 oz	120.00	120.00					33.00	33.00
	330.36	330.36	0.50 *	0.50 *	117.68 *	117.68 *	72.07	72.07

* Total includes one or more missing nutrient data.

(R-2018) Eggs, Hard Cooked, Peeled, Michael Foods Abbotsford	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Eggs, Hard Cooked, Peeled, Michael Foods Abbotsford	70.00	70.00	1.50	1.50	55.00	55.00	1.00	1.00
	70.00	70.00	1.50	1.50	55.00	55.00	1.00	1.00

* Total includes one or more missing nutrient data.

(F-1203) French Toast Sticks, Bake Crafters, IW	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
French Toast Sticks, Bake Crafters, IW	240.00	240.00	1.00	1.00	260.00	260.00	38.00	38.00
	240.00	240.00	1.00	1.00	260.00	260.00	38.00	38.00

* Total includes one or more missing nutrient data.

(F-1230) Hash Brown, Patties, Simplot, 6/5lb	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Hash Brown, Patties, Simplot, 6/5lb	240.00	120.00	2.00	1.00	540.00	270.00	30.00	15.00
	240.00	120.00	2.00	1.00	540.00	270.00	30.00	15.00

* Total includes one or more missing nutrient data.



(D-5069) Juice, Apple, Suncup 4.23 oz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Juice, Apple, Suncup 4.23 oz	60.00	60.00	0.00	0.00	5.00	5.00	14.00	14.00
	60.00	60.00	0.00	0.00	5.00	5.00	14.00	14.00

* Total includes one or more missing nutrient data.

(F-1069) Juice, Orange Tangerine, Suncup 4.23 oz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Juice, Orange Tangerine, Suncup 4.23 oz	60.00	60.00	0.00	0.00	10.00	10.00	15.00	15.00
	60.00	60.00	0.00	0.00	10.00	10.00	15.00	15.00

* Total includes one or more missing nutrient data.

(sys-34) Juice, Very Berry, Suncup, 4 oz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Juice, Very Berry, Suncup, 4 oz	60.00	60.00	0.00	0.00	10.00	10.00	17.00	17.00
	60.00	60.00	0.00	0.00	10.00	10.00	17.00	17.00

* Total includes one or more missing nutrient data.

(FFV-3020) Mandarins, fresh	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Mandarins, fresh	53.00	53.00	0.04	0.04	2.00	2.00	13.34	13.34
	53.00	53.00	0.04	0.04	2.00	2.00	13.34	13.34

* Total includes one or more missing nutrient data.



(DY-4002) Milk, White, Low Fat, 1/2pt, Producers	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Milk, White, Low Fat, 1/2pt, Producers	130.00	130.00	1.50	1.50	154.99	154.99	15.99	15.99
	130.00	130.00	1.50	1.50	154.99	154.99	15.99	15.99

* Total includes one or more missing nutrient data.

(DY-4008) Milk, White, Nonfat, 1/2 pt, Producers	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Milk, White, Nonfat, 1/2 pt, Producers	89.99	89.99	0.00	0.00	130.00	130.00	13.00	13.00
	89.99	89.99	0.00	0.00	130.00	130.00	13.00	13.00

* Total includes one or more missing nutrient data.

(F-1232) Muffin, Chocolate, Daves	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Muffin, Chocolate, Daves	229.00	229.00	0.90	0.90	125.00	125.00	40.00	40.00
	229.00	229.00	0.90	0.90	125.00	125.00	40.00	40.00

* Total includes one or more missing nutrient data.

(F-1259) Pancake, Bites, Poffitz, WG, Bake Crafters	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Pancake, Bites, Poffitz, WG, Bake Crafters	250.00	250.00	1.00	1.00	290.00	290.00	37.00	37.00
	250.00	250.00	1.00	1.00	290.00	290.00	37.00	37.00

* Total includes one or more missing nutrient data.



(FFV-3009) Pears, fresh	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Pears, fresh	57.00	57.00	0.02	0.02	1.00	1.00	15.23	15.23
	57.00	57.00	0.02	0.02	1.00	1.00	15.23	15.23

* Total includes one or more missing nutrient data.

(F-1233) Scone, Chocolate Chip, Fat Cat	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Scone, Chocolate Chip, Fat Cat	300.00	300.00	3.30	3.30	197.50	197.50	54.00	54.00
	300.00	300.00	3.30	3.30	197.50	197.50	54.00	54.00

* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 3/30/2026, End = 4/3/2026)
Menu Plans	(6-8 Breakfast Menu (25/26))
Nutrients	(Calories, Total Carbohydrate, Sodium, Saturated Fat)