



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	31.2	31.2	0.0168	0.0168	0.6	0.6	8.286	8.286
	<b>31.2</b>	<b>31.2</b>	<b>0.0168</b>	<b>0.0168</b>	<b>0.6</b>	<b>0.6</b>	<b>8.286</b>	<b>8.286</b>

\* Total includes one or more missing nutrient data.

(REC-69) Bagel, Everything w/ Cream Cheese	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cream Cheese, Cups, Philadelphia	70	70	4	4	115	115	1	1
Bagel, Par Baked Everything, WG, Dos Pisano's	240	240	0.15	0.15	430	430	50	50
	<b>310</b>	<b>310</b>	<b>4.15</b>	<b>4.15</b>	<b>545</b>	<b>545</b>	<b>51</b>	<b>51</b>

\* Total includes one or more missing nutrient data.

(FFV-3008) Bananas, Fresh	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Bananas, Fresh	89	89	0.112	0.112	1	1	22.84	22.84
	<b>89</b>	<b>89</b>	<b>0.112</b>	<b>0.112</b>	<b>1</b>	<b>1</b>	<b>22.84</b>	<b>22.84</b>

\* 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	260	1.5	1.5	240	240	45	45

\* 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
	260	260	1.5	1.5	240	240	45	45

\* 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	119.9999	119.9999	3	3	279.9998	279.9998	1	1
Tortilla 10" Flour Tortilla-Pressed, WG, Romeros	161.9999	161.9999	0	0	279	279	27.0002	27.0002
Cheese, Cheddar, Shredded	91.1234	91.1234	4.0499	4.0499	212.6212	212.6212	1.0125	1.0125
	<b>373.1232</b>	<b>373.1232</b>	<b>7.0499</b>	<b>7.0499</b>	<b>771.621</b>	<b>771.621</b>	<b>29.0127</b>	<b>29.0127</b>

\* Total includes one or more missing nutrient data.

(D-5089) Cereal, Cinnamon Chex Bowlpack 1 oz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cereal, Cinnamon Chex Bowlpack 1 oz	110	110	0	0	170	170	23	23
	<b>110</b>	<b>110</b>	<b>0</b>	<b>0</b>	<b>170</b>	<b>170</b>	<b>23</b>	<b>23</b>

\* Total includes one or more missing nutrient data.

(D-5066) Cereal, Cinnamon Toast Crunch, 2 oz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cereal, Cinnamon Toast Crunch, 2 oz	240	240	0.5	0.5	320	320	44	44
	<b>240</b>	<b>240</b>	<b>0.5</b>	<b>0.5</b>	<b>320</b>	<b>320</b>	<b>44</b>	<b>44</b>

\* 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	210	0.5	0.5	340	340	44	44
	<b>210</b>	<b>210</b>	<b>0.5</b>	<b>0.5</b>	<b>340</b>	<b>340</b>	<b>44</b>	<b>44</b>

\* 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	220	0.5	0.5	320	320	47	47
	<b>220</b>	<b>220</b>	<b>0.5</b>	<b>0.5</b>	<b>320</b>	<b>320</b>	<b>47</b>	<b>47</b>

\* 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	80	4	4	200	200	2	2
	<b>80</b>	<b>80</b>	<b>4</b>	<b>4</b>	<b>200</b>	<b>200</b>	<b>2</b>	<b>2</b>

\* Total includes one or more missing nutrient data.

(F-1179) Cinnamon Roll, IW, Shannon's	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cinnamon Roll, IW, Shannon's	270	270	3.5	3.5	270	270	45	45
	<b>270</b>	<b>270</b>	<b>3.5</b>	<b>3.5</b>	<b>270</b>	<b>270</b>	<b>45</b>	<b>45</b>

\* 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	109.9999	109.9999	0	0	0	0	28	28
	<b>109.9999</b>	<b>109.9999</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>28</b>	<b>28</b>

\* 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	70	1.5	1.5	130	130	1	1
Cheese, Ched Yel, .75 slice Pkg	91.1234	91.1234	4.0499	4.0499	182.2468	182.2468	1.0125	1.0125
Sausage, Turkey Patty, Jennie - O	60	60	1	1	100	100	0	0
Bread, English Muffin, WG, Papa Pita Bakery	130	130	0	0	240	240	24	24
	<b>351.1234</b>	<b>351.1234</b>	<b>6.5499</b>	<b>6.5499</b>	<b>652.2468</b>	<b>652.2468</b>	<b>26.0125</b>	<b>26.0125</b>

\* Total includes one or more missing nutrient data.

(REC-21) CUSD Yogurt & Granola	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Granola, 1 oz, Fieldstone Bakery	120	120	0	0	75	75	20	20
Yogurt, Strawberry	90	90	0	0	50	50	19	19
	<b>210</b>	<b>210</b>	<b>0</b>	<b>0</b>	<b>125</b>	<b>125</b>	<b>39.0001</b>	<b>39.0001</b>

\* 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	80	80	1.5	1.5	60	60	1	1
	<b>80</b>	<b>80</b>	<b>1.5</b>	<b>1.5</b>	<b>60</b>	<b>60</b>	<b>1</b>	<b>1</b>

\* 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	239.9998	119.9999	2	1	539.9995	269.9998	30	15
	<b>239.9998</b>	<b>119.9999</b>	<b>2</b>	<b>1</b>	<b>539.9995</b>	<b>269.9998</b>	<b>30</b>	<b>15</b>

\* 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	60	0	0	5	5	14	14
	<b>60</b>	<b>60</b>	<b>0</b>	<b>0</b>	<b>5</b>	<b>5</b>	<b>14</b>	<b>14</b>

\* 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	60	0	0	10	10	15	15
	<b>60</b>	<b>60</b>	<b>0</b>	<b>0</b>	<b>10</b>	<b>10</b>	<b>15</b>	<b>15</b>

\* 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	60	0	0	10	10	17	17
	<b>60</b>	<b>60</b>	<b>0</b>	<b>0</b>	<b>10</b>	<b>10</b>	<b>17</b>	<b>17</b>

\* Total includes one or more missing nutrient data.

(FFV-3019) Kiwis, fresh	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Kiwis, fresh	61	61	0.029	0.029	3	3	14.66	14.66
	<b>61</b>	<b>61</b>	<b>0.029</b>	<b>0.029</b>	<b>3</b>	<b>3</b>	<b>14.66</b>	<b>14.66</b>

\* Total includes one or more missing nutrient data.

(DY-4002) Milk, White, Low Fat, 1/2pt	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Milk, White, Low Fat, 1/2pt	119.9998	119.9998	1.5	1.5	159.9998	159.9998	15.0001	15.0001
	<b>119.9998</b>	<b>119.9998</b>	<b>1.5</b>	<b>1.5</b>	<b>159.9998</b>	<b>159.9998</b>	<b>15.0001</b>	<b>15.0001</b>

\* Total includes one or more missing nutrient data.

(DY-4008) Milk, White, Nonfat, 1/2 pt	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Milk, White, Nonfat, 1/2 pt	89.9999	89.9999	0	0	139.9998	139.9998	12.9999	12.9999
	<b>89.9999</b>	<b>89.9999</b>	<b>0</b>	<b>0</b>	<b>139.9998</b>	<b>139.9998</b>	<b>12.9999</b>	<b>12.9999</b>

\* Total includes one or more missing nutrient data.



(F-1094) Muffin, Chocolate Chip, Daves	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Muffin, Chocolate Chip, Daves	229	229	0.9	0.9	125	125	40	40
	<b>229</b>	<b>229</b>	<b>0.9</b>	<b>0.9</b>	<b>125</b>	<b>125</b>	<b>40</b>	<b>40</b>

\* Total includes one or more missing nutrient data.

(F-1093) Pan Dulce, Concha, 2.25 oz, Lupitas	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Pan Dulce, Concha, 2.25 oz, Lupitas	200	200	1.5	1.5	90	90	34	34
	<b>200</b>	<b>200</b>	<b>1.5</b>	<b>1.5</b>	<b>90</b>	<b>90</b>	<b>34</b>	<b>34</b>

\* Total includes one or more missing nutrient data.

(F-1085) Pancakes, Mini Maple, WG, IW, 3.4oz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Pancakes, Mini Maple, WG, IW, Eggo, 3.4oz,	200	200	1	1	210	210	36	36
	<b>200</b>	<b>200</b>	<b>1</b>	<b>1</b>	<b>210</b>	<b>210</b>	<b>36</b>	<b>36</b>

\* Total includes one or more missing nutrient data.

(FFV-3016) Plum, fresh	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Plum, fresh	38	38	0	0	0	0	9.42	9.42
	<b>38</b>	<b>38</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>9.42</b>	<b>9.42</b>

\* Total includes one or more missing nutrient data.



(D-5005) Raisins Box, 1.33oz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Raisins Box, 1.33oz	120	120	0	0	5	5	29	29
	<b>120</b>	<b>120</b>	<b>0</b>	<b>0</b>	<b>5</b>	<b>5</b>	<b>29</b>	<b>29</b>

\* 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	300	3.3	3.3	197.5	197.5	54	54
	<b>300</b>	<b>300</b>	<b>3.3</b>	<b>3.3</b>	<b>197.5</b>	<b>197.5</b>	<b>54</b>	<b>54</b>

\* Total includes one or more missing nutrient data.

**FILTERS**

Name(s)	Value(s)
Date Range	(Start = 10/21/2024, End = 10/25/2024)
Menu Plans	(6-8 Breakfast Menu (24/25))
Nutrients	(Calories, Total Carbohydrate, Sodium, Saturated Fat)