



Carmel Unified School District

(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.

(FFV-3008) Bananas, Fresh	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Bananas, Fresh	89.00	89.00	0.11	0.11	1.00	1.00	22.84	22.84
	89.00	89.00	0.11	0.11	1.00	1.00	22.84	22.84

* Total includes one or more missing nutrient data.



(F-1095) Benefit Bar, French Toast	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Benefit Bar, French Toast	290.00	290.00	2.50	2.50	200.00	200.00	47.00	47.00
	290.00	290.00	2.50	2.50	200.00	200.00	47.00	47.00

* 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.

(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	110.00	110.00	0.00	0.00	170.00	170.00	23.00	23.00
	110.00	110.00	0.00	0.00	170.00	170.00	23.00	23.00

* Total includes one or more missing nutrient data.

(D-5082) Cereal, Cinnamon Toast Crunch Bowl WG 1 oz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cereal, Cinnamon Toast Crunch Bowl WG 1 oz	110.00	110.00	3.00	3.00	160.00	160.00	22.00	22.00
	110.00	110.00	3.00	3.00	160.00	160.00	22.00	22.00

* Total includes one or more missing nutrient data.



(D-5129) Cereal, Honey Cheerios, 1 oz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cereal, Honey Cheerios, 1 oz	110.00	110.00	0.00	0.00	170.00	170.00	22.00	22.00
	110.00	110.00	0.00	0.00	170.00	170.00	22.00	22.00

* Total includes one or more missing nutrient data.

(D-5084) Cereal, Trix, 25 % Less Sugar 1 oz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cereal, Trix, 25 % Less Sugar 1 oz	110.00	110.00	0.00	0.00	150.00	150.00	24.00	24.00
	110.00	110.00	0.00	0.00	150.00	150.00	24.00	24.00

* Total includes one or more missing nutrient data.

(D-5116) Cereal, Apple Jacks Bowl, 1 oz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cereal, Apple Jacks Bowl, 1 oz	100.00	100.00	0.00	0.00	160.00	160.00	24.00	24.00
	100.00	100.00	0.00	0.00	160.00	160.00	24.00	24.00

* 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-29) CUSD Yogurt & Bug Bites	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Graham, Cinnamon, Bug Bites 1 oz	120.00	120.00	1.00	1.00	115.00	115.00	21.00	21.00
Yogurt, Strawberry, Upstate	90.00	90.00	0.00	0.00	50.00	50.00	19.00	19.00
	210.00	210.00	1.00	1.00	165.00	165.00	40.00	40.00

* 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
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

* 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
	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.

(D-5123) Juice, Very Berry, Suncup, 6.75 oz	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Juice, Very Berry, Suncup, 6.75 oz	100.00	100.00		0.00	20.00	20.00	26.00	26.00
	100.00	100.00		0.00	20.00	20.00	26.00	26.00

* 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	61.00	61.00	0.03	0.03	3.00	3.00	14.66	14.66
	61.00	61.00	0.03	0.03	3.00	3.00	14.66	14.66

* 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-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	229.00	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.

(REC-103) Soft Pretzel & Cheese Dip	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Cheese Dip, Cheddar	70.00	70.00	3.50	3.50	390.00	390.00		
Pretzel, Soft Star, WG, J&J Snacks	150.00	150.00			95.00	95.00	31.00	31.00
	220.00	220.00	3.50 *	3.50 *	485.00	485.00	31.00 *	31.00 *

* Total includes one or more missing nutrient data.

(F-1214) Ultimate Breakfast Round (UBR), Oatmeal Chocolate Chip	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
Ultimate Breakfast Round (UBR), Oatmeal Chocolate Chip	270.00	270.00	3.00	3.00	180.00	180.00	44.00	44.00
	270.00	270.00	3.00	3.00	180.00	180.00	44.00	44.00

* 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	(K-5 Breakfast Menu (25/26))
Nutrients	(Calories, Total Carbohydrate, Sodium, Saturated Fat)