

# Breakfast Menu

July, 2010  
Gordon Food Service®

GFS Reorder Number	Product Description	Edible or As Purchased	Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)	SLE Info	Meat/Meat Alt	Fruit/Veg	Bread/Bread Alt	CN Label
<b>Blue Week</b>																						
365780	CEREAL TRIX R/S BWL 96CT GENM	AP	1 EACH	80	1	1.0	0.0	0.0	0	18	1.0	5	130	3.60	4	300	80	1 Each	0.000	0.000	1,000	N
365790	CEREAL CINN TOAST R/S BWL 96CT GENM	AP	1 EACH	110	1	3.1	0.0	0.0	0	22	3.1	6	200	3.64	5	400	200	1 Each	0.000	0.000	1,000	N
607350	CEREAL APPLE JACKS R/S BWL 96CT KELL	AP	1 EACH	70	1	0.6	0.0	0.0	0	17	2.0	6	115	2.80	9	300	0	1 bowl	0.000	0.000	1,000	N
232904	CEREAL COCOA KRISPIES BWL 96CT KELL	AP	1 EACH	130	1	1.0	0.6	0.0	0	28	0.0	12	160	4.48	15	500	40	1-(1.125oz)	0.000	0.000	1,000	N
233021	CEREAL FRSTD FLKS BWL 96CT KELL	AP	1 EACH	110	1	0.0	0.0	0.0	0	19	0.0	11	135	3.64	5	400	0	1-(10z) Ea	0.000	0.000	1,000	N
233048	CEREAL CORN POPS BWL 96CT KELL	AP	1 EACH	80	1	0.0	0.0	0.0	0	26	2.1	7	80	1.05	4	300	0	1-(0.75oz)	0.000	0.000	1,000	N
795420	CEREAL GLDN GRAHAMS 96-1Z GENM	AP	1 EACH	110	1	1.1	0.0	0.0	0	23	1.1	9	260	3.64	5	400	80	1 Each	0.000	0.000	1,000	N
795410	CEREAL CHEERIOS FRUITY 96-88Z GENM	AP	1 EACH	90	1	1.0	0.0	0.0	0	20	1.0	8	120	3.60	12	400	80	1 Each	0.000	0.000	1,000	N
509396	CEREAL CHEERIOS HNYNUT BWL 96CT GENM	AP	1 EACH	110	2	1.4	0.0	0.0	0	22	2.0	9	160	4.48	6	500	100	1 each	0.000	0.000	1,000	N
681938	CEREAL COCOA PUFFS BWL 96CT GENM	AP	1 EACH	100	1	1.0	0.0	0.0	0	21	0.7	11	135	3.60	5	0	0	1 each	0.000	0.000	1,000	N
600385	CEREAL CRISPIX BWL 96CT KELL	AP	1 EACH	80	1	0.0	0.0	0.0	0	18	0.0	2	160	5.48	4	300	0	1 Each	0.000	0.000	1,000	N
509418	CEREAL LUCKY CHARMS BWL 96CT GENM	AP	0.75 CUP	110	2	1.1	0.0	0.0	0	22	1.1	11	190	2.70	6	500	100	1 each	0.000	0.000	1,000	N
559865	DONUT SUPER IW 80-2-2Z SUPBAK	AP	1 EACH	250	9	11.2	3.1	0.0	0	29	0.0	15	250	7.44	21	1500	200	1 Each	0.000	0.500	1,000	N
659398	DONUT FOOTBALL IW 160-1.3Z SUPBAK	AP	1 EACH	130	5	5.9	1.5	0.0	0	18	0.0	7	180	2.59	6	750	60	1.3 oz each	0.000	0.000	1,000	N
507776	JUICE ORNG 100% K-PK 96-4FLZ VITAFR	AP	1 EACH	60	1	0.0	0.0	0.0	0	14	0.0	10	29	0.00	48	0	0	0	0.000	0.500	0.000	N
118940	JUICE GRAPE 100% FRSH 72-4FLZ SNCUP	AP	1 EACH	60	0	0.0	0.0	0.0	0	16	0.0	0	0	0.00	60	0	0	1 (4flz) eac	0.000	0.500	0.000	N
507784	JUICE APPLE 100% K-PK 96-4FLZ VITAFR	AP	1 EACH	60	0	0.0	0.0	0.0	0	15	0.0	12	10	0.00	0	0	0	0	0.000	0.500	0.000	N
403021	JUICE ORNG/PINEAP 100% 70-4FLZ SNCUP	AP	1 EACH	60	1	0.0	0.0	0.0	0	14	0.0	0	0	0.00	33	93	15	0	0.000	0.500	0.000	N
355900	JUICE FRT PUNCH 100% 70-4FLZ SNCUP	AP	1 EACH	65	0	0.0	0.0	0.0	0	14	0.0	0	1	0.00	6	0	12	4oz	0.000	0.500	0.000	N
<b>Red Week</b>																						
778210	PANCAKE MINI STRAWB IW 72-3.1Z PILLS	AP	1 PACKAG	200	4	6.3	0.9	0.0	10	34	1.8	11	370	0.90	0	0	40	1 Package	0.000	0.000	2,000	N
778201	PANCAKE MINI MAPL IW 72-3.1Z PILLS	AP	1 PACKAG	200	4	6.3	0.9	0.0	10	34	1.8	11	370	0.90	0	0	40	1 Package	0.000	0.000	2,000	N
233490	PANCAKE MINI 24-45CT BKCHIEF	AP	4 EACH	80	2	1.1	0.0	0.0	0	15	1.1	3	200	0.72	0	2000	0	8 mini panc	0.000	0.000	2,000	N
507776	JUICE ORNG 100% K-PK 96-4FLZ VITAFR	AP	1 EACH	60	1	0.0	0.0	0.0	0	14	0.0	10	29	0.00	48	0	0	0	0.000	0.500	0.000	N
118940	JUICE GRAPE 100% FRSH 72-4FLZ SNCUP	AP	1 EACH	60	0	0.0	0.0	0.0	0	16	0.0	0	0	0.00	60	0	0	1 (4flz) eac	0.000	0.500	0.000	N
507784	JUICE APPLE 100% K-PK 96-4FLZ VITAFR	AP	1 EACH	60	0	0.0	0.0	0.0	0	15	0.0	12	10	0.00	0	0	0	0	0.000	0.500	0.000	N
403021	JUICE ORNG/PINEAP 100% 70-4FLZ SNCUP	AP	1 EACH	60	1	0.0	0.0	0.0	0	14	0.0	0	0	0.00	33	93	15	0	0.000	0.500	0.000	N
355900	JUICE FRT PUNCH 100% 70-4FLZ SNCUP	AP	1 EACH	65	0	0.0	0.0	0.0	0	14	0.0	0	1	0.00	6	0	12	4oz	0.000	0.500	0.000	N
<b>Green Week</b>																						
695880	PASTRY POP-TART WGRAIN CINN 10-12CT	AP	1 PIECE	200	3	6.0	2.0	0.0	0	34	5.0	12	160	2.00	0	500	0	1 Pastry	0.000	0.000	1,000	N
695890	PASTRY POP-TART WGRAIN STRAWB 120-1CT	AP	1 PIECE	190	2	5.0	1.5	0.0	0	35	5.0	13	150	2.00	0	500	0	1 Pastry	0.000	0.000	1,000	N
765554	PASTRY POP-TART STRAWB FRSTD 72-2CT	AP	2 EACH	410	4	10.4	3.1	0.0	0	75	1.0	33	330	3.12	0	1000	0	0	0.000	0.000	2,000	N
221384	PASTRY POP-TART SMORES FRSTD 72-2CT	AP	2 EACH	400	6	10.4	3.1	0.0	0	73	2.1	40	420	3.12	0	1000	20	1 package	0.000	0.000	2,000	N
607360	PASTRY POP-TART CINN BRW SUG 80-1CT	AP	1 PIECE	210	3	7.0	2.5	0.0	0	35	0.5	16	170	2.00	0	500	0	1 Pastry Ea	0.000	0.000	1,000	N
351730	PASTRY POP-TART CHOC CHIP FRSTD 72-2	AP	2 PIECE	420	5	12.5	4.2	0.0	0	72	2.1	36	480	3.12	0	1000	40	1-(2ct) Pkg	0.000	0.000	2,500	N
541590	PASTRY POP-TART HOT FOG FRSTD 72-2CT	AP	1 Pkg	410	4	10.4	4.2	0.0	0	74	1.0	38	440	3.12	0	1000	0	1 package	0.000	0.000	2,000	N
607360	PASTRY POP-TART CINN BRW SUG 80-1CT	AP	1 PIECE	210	3	7.0	2.5	0.0	0	35	0.5	16	170	2.00	0	500	0	1 Pastry Ea	0.000	0.000	1,000	N
178829	PASTRY POP-TART STRAWB FRSTD 80-1CT	AP	1 PIECE	200	2	5.2	1.6	0.0	0	38	0.0	17	170	1.56	0	500	0	1 piece	0.000	0.000	1,000	N
109420	SAND PB&J GRP 72-2.8Z UNCRUS	AP	1 EACH	320	10	16.0	3.2	0.0	0	33	3.2	13	320	1.60	0	0	20	1 each	1.000	0.000	1,250	N
352730	SAND PB&J STRAWB 72-2.8Z UNCRUS	AP	1 EACH	322	10	16.8	3.2	0.0	0	34	2.4	13	311	1.60	0	2	19	1 each	1.000	0.000	1,000	N
583774	FUNNEL CAKES 48-2.19Z J&J	AP	1 EACH	280	5	9.1	1.7	2.5	30	45	0.8	15	360	1.66	0	0	40	1 Each	0.000	0.000	2,000	N
820334	TURNOVER APPLE 60-3.7Z PILLS	AP	1 EACH	360	4	23.1	7.3	6.3	0	33	1.0	8	200	1.05	0	100	20	1 each=3.7	0.000	0.000	1,750	N
820369	TURNOVER CHRY 60-3.7Z PILLS	AP	1 EACH	360	4	23.1	7.3	6.3	0	33	1.0	12	200	1.05	0	100	20	1 each=3.7	0.000	0.000	1,750	N
559865	DONUT SUPER IW 80-2-2Z SUPBAK	AP	1 EACH	250	5	11.2	3.1	0.0	5	29	0.0	15	250	7.44	21	1500	200	1 Each	0.000	0.500	1,000	N
323365	DOUGH ROLL CINN PETITE 240-1.25Z RICH	EP	2 EACH	176	5	3.3	0.6	0.0	1	33	1.3	7	196	1.30	0	391	12	1 Each	0.000	0.000	0.500	N
222127	DOUGH ROLL CINN LRG 120-2.25Z RICH	EP	1 EACH	160	4	3.0	0.6	0.0	1	30	1.2	6	179	1.18	0	355	11	1 roll	0.000	0.000	1,000	N
478199	BAGEL PLAIN PETITE 12-4-36CT GFS	AP	1 EACH	73	2	0.6	0.0	0.0	0	14	0.6	1	140	0.85	0	5	16	1 each	0.000	0.000	1,000	N
323365	DOUGH ROLL CINN PETITE 240-1.25Z RICH	EP	2 EACH	176	5	3.3	0.6	0.0	1	33	1.3	7	196	1.30	0	391	12	1 Each	0.000	0.000	0.500	N
577006	MUFFIN BLUEB IW 80-1.8Z GFS	AP	1 EACH	167	3	7.1	1.0	0.0	13	23	0.5	12	195	0.51	0	22	20	1 Muffin	0.000	0.000	1,000	N
576999	MUFFIN APPLE CINN IW 80-1.8Z GFS	AP	1 EACH	170	3	7.1	1.0	0.0	12	23	0.5	12	193	1.02	1	25	29	1 EACH	0.000	0.000	1,000	N
183660	STRUDEL BITES APPLE 320-8Z PILLS	AP	7 EACH	540	5	31.8	9.5	7.9	0	59	1.6	22	300	1.59	0	100	40	7 bites	0.000	0.000	2,250	N
183670	STRUDEL BITES CHRY 320-8Z PILLS	AP	7 EACH	591	5	31.8	9.5	7.9	0	70	1.6	37	391	1.59	0	100	40	7 bites	0.000	0.000	2,250	N
507776	JUICE ORNG 100% K-PK 96-4FLZ VITAFR	AP	1 EACH	60	1	0.0	0.0	0.0	0	14	0.0	10	29	0.00	48	0	0	0	0.000	0.500	0.000	N
118940	JUICE GRAPE 100% FRSH 72-4FLZ SNCUP	AP	1 EACH	60	0	0.0	0.0	0.0	0	16	0.0	0	0	0.00	60	0	0	1 (4flz) eac	0.000	0.500	0.000	N
507784	JUICE APPLE 100% K-PK 96-4FLZ VITAFR	AP	1 EACH	60	0	0.0	0.0	0.0	0	15	0.0	12	10	0.00	0	0	0	0	0.000	0.500	0.000	N
403021	JUICE ORNG/PINEAP 100% 70-4FLZ SNCUP	AP	1 EACH	60	1	0.0	0.0	0.0	0	14	0.0	0	0	0.00	33	93	15	0	0			

# Breakfast Menu

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GFS Reorder Number	Product Description	Edible or As Purchased	Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)	SLE Info	Meat/Meat Alt	Fruit/Veg	Bread/Bread Alt	CN Label
365780	CEREAL TRIX R/S B/WL 96CT GENM	AP	1 EACH	80	1	1.0	0.0	0.0	0	18	1.0	5	130	3.60	0	300	80	1 Each	0.000	0.000	1,000	N
365790	CEREAL GINN TOAST R/S B/WL 96CT GENM	AP	1 EACH	110	1	3.1	0.0	0.0	0	22	3.1	6	200	3.64	0	400	200	1Each	0.000	0.000	1,000	N
607350	CEREAL APPLE JACKS R/S B/WL 96CT GENM	AP	1 EACH	70	1	0.6	0.0	0.0	0	17	2.0	6	115	2.80	0	300	0	1 bowl	0.000	0.000	1,000	N
232904	CEREAL COCOA KRISPIES B/WL 96CT KELL	AP	1 EACH	130	1	1.0	0.6	0.0	0	28	0.0	12	160	4.48	0	500	40	1-(1.125oz)	0.000	0.000	1,000	N
233021	CEREAL FRSTD FLKS B/WL 96CT KELL	AP	1 EACH	110	1	0.0	0.0	0.0	0	26	0.0	11	135	3.64	0	400	0	1-(1oz) Ea	0.000	0.000	1,000	N
233048	CEREAL CORN POPS B/WL 96CT KELL	AP	1 EACH	80	1	0.0	0.0	0.0	0	19	2.1	7	80	1.05	0	300	0	1-(0.75oz)	0.000	0.000	1,000	N
795420	CEREAL GLDN GRAHAMS 96-1Z GENM	AP	1 EACH	110	1	1.1	0.0	0.0	0	23	1.1	9	260	3.64	0	400	80	1 Each	0.000	0.000	1,000	N
795410	CEREAL CHEERIOS FRUITY 96-88Z GENM	AP	1 EACH	90	1	1.0	0.0	0.0	0	20	1.0	8	120	3.60	0	400	80	1 Each	0.000	0.000	1,000	N
509396	CEREAL CHEERIOS HINYUT B/WL 96CT GENM	AP	1 EACH	110	2	1.4	0.0	0.0	0	22	2.0	9	160	4.48	0	500	100	1 each	0.000	0.000	1,000	N
681938	CEREAL COCOA PUFFS B/WL 96CT GENM	AP	1 EACH	100	1	1.0	0.0	0.0	0	21	0.7	11	135	3.60	0	300	80	1 each	0.000	0.000	1,000	N
600385	CEREAL CRISPIX B/WL 96CT KELL	AP	1 EACH	80	1	0.0	0.0	0.0	0	18	0.0	2	160	5.46	0	400	0	1 Each	0.000	0.000	1,000	N
509418	CEREAL LUCKY CHARMS B/WL 96CT GENM	AP	0.75 CUP	110	2	1.1	0.0	0.0	0	22	1.1	11	190	2.70	0	500	100	1 Each	0.000	0.000	1,000	N
559865	DONUT SUPER IW 80-2-2Z SUPBAK	AP	1 EACH	250	5	11.2	3.1	0.0	0	29	0.0	15	250	7.44	21	1500	200	1 Each	0.000	0.500	1,000	N
659398	DONUT FOOTBALL IW 160-1-3Z SUPBAK	AP	1 EACH	130	3	5.9	1.5	0.0	0	18	0.0	7	180	2.59	6	750	60	1.3 oz each	0.000	0.000	1,000	N
507776	JUICE ORNG 100% K-PK 96-4FLZ VITAFR	AP	1 EACH	60	0	0.0	0.0	0.0	0	14	0.0	0	29	0.00	0	0	0					N
118940	JUICE GRAPE 100% FRSH 72-4FLZ SNCUP	AP	1 EACH	60	0	0.0	0.0	0.0	0	16	0.0	0	0	0.00	48	0	0					N
507784	JUICE APPLE 100% FRSH 96-4FLZ VITAFR	AP	1 EACH	60	0	0.0	0.0	0.0	0	16	0.0	0	10	0.00	0	0	0					N
403021	JUICE ORNG/PINEAP 100% 70-4FLZ SNCUP	AP	1 EACH	60	0	0.0	0.0	0.0	0	15	0.0	12	10	0.00	0	0	0					N
355900	JUICE FRF PUNCH 100% 70-4FLZ SNCUP	AP	1 EACH	60	1	0.0	0.0	0.0	0	14	0.0	0	0	0.00	33	93	15					N
				65	0	0.0	0.0	0.0	0	14	0.0	0	1	0.00	6	0	12	4oz	0.000	0.500	0.000	N
<b>Purple Week</b>																						
778210	PANCAKE MINI STRAWB IW 72-3.1Z PILLS	AP	1 PACKAG	200	4	6.3	0.9	0.0	10	34	1.8	11	370	0.90	0	0	40	1 Package	0.000	0.000	2,000	N
778201	PANCAKE MINI MAPL IW 72-3.1Z PILLS	AP	1 PACKAG	200	4	6.3	0.9	0.0	10	34	1.8	11	370	0.90	0	0	40	1 Package	0.000	0.000	2,000	N
233490	PANCAKE MINI 24-45CT BKCHEF	AP	4 EACH	80	2	1.1	0.0	0.0	0	15	1.1	3	200	0.72	0	2000	0	8 mini panc			2,000	N
507776	JUICE ORNG 100% K-PK 96-4FLZ VITAFR	AP	1 EACH	60	0	0.0	0.0	0.0	0	14	0.0	0	29	0.00	48	0	0					N
118940	JUICE GRAPE 100% FRSH 72-4FLZ SNCUP	AP	1 EACH	60	0	0.0	0.0	0.0	0	16	0.0	0	0	0.00	60	0	0					N
507784	JUICE APPLE 100% FRSH 96-4FLZ VITAFR	AP	1 EACH	60	0	0.0	0.0	0.0	0	16	0.0	0	10	0.00	0	0	0					N
403021	JUICE ORNG/PINEAP 100% 70-4FLZ SNCUP	AP	1 EACH	60	0	0.0	0.0	0.0	0	15	0.0	12	10	0.00	0	0	0					N
355900	JUICE FRF PUNCH 100% 70-4FLZ SNCUP	AP	1 EACH	60	1	0.0	0.0	0.0	0	14	0.0	0	0	0.00	33	93	15					N
				65	0	0.0	0.0	0.0	0	14	0.0	0	1	0.00	6	0	12	4oz	0.000	0.500	0.000	N

The nutrition printed is the most up to date information as provided to GFS as of July 2010. Please be aware that manufacturers may change formulations, which can affect the nutritional content of products. It is a good practice to verify nutrition information on the actual label of each product. If you have any questions regarding this information, please contact the Nutrition Resource Center at 1-800-968-4426 or nrc@gfs.com