

Kohl Wholesale
KOHL BREAKFAST CYCLE
HHFKA - K-12
002 - KOHL WHOLESALE
Breakfast Menu K-12: SY25-26

| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
|---|---|---|--|--|---|
| Aug - 18 *scrambler, egg/turkeysaus/chs *Juice,orange, 100%, 4z *APPLE SLICES *MILK, 1% | Aug - 19 *Texas Toast apple cinn *CHOICE OF FRUIT *MILK, 1% | Aug - 20 *Trix Muffin WG *TURKEY SAUSAGE, SIDE *CHOICE OF FRUIT *MILK, 1% | Aug - 21 *Protein Power Cups *CHOICE OF FRUIT *MILK, 1% | Aug - 22 *egg cheese croissant wg *Juice,orange, 100%, 4z *CHOICE OF FRUIT *MILK, 1% | Avg Nutrients Target Cals... 488 100% Sodium. 513 mg Fiber.. 5.9 g Sugar 28.8*g 23.6%Cal Prot 17.7g 14.5%Cal Carb 73.3g 60.1%Cal T.Fat 14.6g 26.9%Cal S.Fat 4.8g 8.9%Cal Costs...1.7980 |
| Nutrients Target Cals... 435 97% Sodium. 525 mg Fiber.. 6.0 g Sugar 15.0*g 13.8%Cal Prot 19.0g 17.5%Cal Carb 67.0g 61.6%Cal T.Fat 11.5g 23.8%Cal S.Fat 5.5g 11.4%Cal Costs...0.9618 | Nutrients Target Cals... 511 102% Sodium. 570 mg Fiber.. 6.0 g Sugar 36.3*g 28.4%Cal Prot 13.0g 10.2%Cal Carb 79.3g 62.1%Cal T.Fat 15.5g 27.3%Cal S.Fat 3.5g 6.2%Cal Costs...2.2163 | Nutrients Target Cals... 551 110% Sodium. 470 mg Fiber.. 9.0 g Sugar 40.3*g 29.2%Cal Prot 18.0g 13.1%Cal Carb 85.3g 61.9%Cal T.Fat 16.5g 26.9%Cal S.Fat 4.5g 7.3%Cal Costs...2.9371 | Nutrients Target Cals... 464 100% Sodium. 252 mg Fiber.. 5.4 g Sugar 27.5*g 23.7%Cal Prot 19.0g 16.4%Cal Carb 67.6g 58.3%Cal T.Fat 13.8g 26.7%Cal S.Fat 3.7g 7.1%Cal Costs...0.9741 | Nutrients Target Cals... 477 100% Sodium. 748 mg Fiber.. 3.0 g Sugar 24.7*g 20.7%Cal Prot 19.6g 16.4%Cal Carb 67.4g 56.4%Cal T.Fat 15.6g 29.4%Cal S.Fat 7.0g 13.2%Cal Costs...1.9008 | |
| Aug - 25 *turkey sausage hash *TOAST *CHOICE OF FRUIT *MILK, 1% | Aug - 26 *Parfait strawbrry w/cocoa puff *SUNFLOWER SEEDS *Juice,orange, 100%, 4z *MILK, 1% | Aug - 27 *Lucky Charms, 1z bowl, RAS, GM *Strawberry yogurt 4z RAS *CHOICE OF FRUIT *MILK, 1% | Aug - 28 *Donut bites, choc filled, rich *Smoothie strawbanana, to-go *APPLE SLICES *MILK, 1% | Aug - 29 *Buttermilk pancakes wg *SYRUP *TURKEY SAUSAGE, SIDE *Blueberries, Frzn *MILK, 1% | Avg Nutrients Target Cals... 489 100% Sodium. 500 mg Fiber.. 6.0 g Sugar 30.0*g 24.5%Cal Prot 18.2g 14.9%Cal Carb 79.6g 65.2%Cal T.Fat 11.8g 21.8%Cal S.Fat 3.6g 6.6%Cal Costs...2.0228 |
| Nutrients Target Cals... 430 96% Sodium. 431 mg Fiber.. 7.0 g Sugar 23.6*g 21.9%Cal Prot 19.8g 18.4%Cal Carb 63.6g 59.1%Cal T.Fat 10.5g 22.0%Cal S.Fat 3.1g 6.4%Cal Costs...2.1702 | Nutrients Target Cals... 546 109% Sodium. 428 mg Fiber.. 6.8 g Sugar 32.0*g 23.5%Cal Prot 20.8g 15.2%Cal Carb 75.2g 55.1%Cal T.Fat 18.3g 30.3%Cal S.Fat 3.3g 5.5%Cal Costs...2.5669 | Nutrients Target Cals... 371 83% Sodium. 410 mg Fiber.. 4.0 g Sugar 35.3*g 38.0%Cal Prot 15.0g 16.2%Cal Carb 69.3g 74.7%Cal T.Fat 4.0g 9.7%Cal S.Fat 1.5g 3.6%Cal Costs...2.9713 | Nutrients Target Cals... 661 132% Sodium. 904 mg Fiber.. 7.0 g Sugar 40.8*g 24.7%Cal Prot 18.9g 11.5%Cal Carb 115.5g 69.8%Cal T.Fat 17.4g 23.6%Cal S.Fat 7.4g 10.1%Cal Costs...0.6463 | Nutrients Target Cals... 434 96% Sodium. 327 mg Fiber.. 5.2 g Sugar 18.1*g 16.7%Cal Prot 16.7g 15.3%Cal Carb 74.4g 68.5%Cal T.Fat 9.0g 18.6%Cal S.Fat 2.6g 5.4%Cal Costs...1.7594 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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|--------|---------------|------------------|----------------|------------------|------------------|------------------|
| | Average | Weekly Target | % of Target | Average | % of Calories | Weekly Target |
| | Calories 488 | 450-500 | 100% | Sugars 29.35* g | 24.05% | |
| | Sodium 506 mg | 540 | | Protein 17.98 g | 14.73% | |
| | Fiber 5.95 g | | | Carbohyd 76.46 g | 62.65% | |
| | Cost \$1.9104 | | | Tot. Fat 13.21 g | 24.35% | |
| | | | | Sat. Fat 4.21 g | 7.76% | <10.00% |

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