

SCHOOL FOOD SERVICES

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

BREAKFAST GRADES K-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/02/2017															
BREAKFAST GRADES K-12	Total														
PAN DULCE, WHOLE GRAIN	57 GRAMS	200	0	85	2.00	0.72	20.0	200	0.0	*N/A*	5.0	29.0	7.0	2.00	0.00
MARSHMALLOW MATEYS CERE	1 EACH	220	0	370	3.00	18.00	200.0	1000	12.0	23	4.0	47.0	2.0	0.00	0.00
FRUIT: _____	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT: _____	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK 1% WHITE 8 OZ	EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
Weighted Daily Average		650	20	805	5.00	18.72	1070.0	2450	15.60	*36	32.00	111.00	11.50	3.50	*0.00
% of Calories										*22.0%	19.7%	68.3%	15.9%	4.8%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 01/03/2017															
BREAKFAST GRADES K-12	Total														
SWEET POTATO CINNAMON ROLL 3OZ	1 EACH	280	15	140	4.00	1.80	80.0	750	0.0	17	6.0	43.0	10.0	2.50	0.00
BUTTERMILK BAR	1 EACH	266	15	225	2.70	1.20	0.0	85	0.0	17	2.9	46.0	8.0	0.80	0.00
FROSTED MINI SPOONERS CEREAL	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	*N/A*	5.0	46.0	1.0	0.00	0.00
FRUIT: _____	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT: _____	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK 1% WHITE 8 OZ	EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
Weighted Daily Average		976	50	725	12.70	19.20	930.0	2085	3.60	*47	36.90	170.00	21.50	4.80	*0.00
% of Calories										*19.1%	15.1%	69.7%	19.8%	4.4%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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

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SCHOOL FOOD SERVICES

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

BREAKFAST GRADES K-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/04/2017															
BREAKFAST GRADES K-12	Total														
SUNBUTTER & JELLY SANDWICH BRK	1 EACH	296	0	320	7.13	2.21	134.2	9	1.76	*10	10.88	43.56	10.98	0.76	*0.00
HONEY NUT SCOOTERS CEREAL	1 EACH	200	0	400	3.00	16.20	150.0	750	9.0	*N/A*	4.0	46.0	2.0	0.00	0.00
FRUIT: _____	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT: _____	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK 1% WHITE 8 OZ	EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
Weighted Daily Average		726	20	1070	10.13	18.41	1134.2	2009	14.36	*22	37.88	124.56	15.48	2.26	*0.00
% of Calories										*12.3%	20.9%	68.7%	19.2%	2.8%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Thu - 01/05/2017															
BREAKFAST GRADES K-12	Total														
MELTED CHEESE SANDWICH	1 EACH	360	60	620	6.00	1.82	524.0	562	0.0	*0	22.0	27.0	20.0	18.00	0.00
BENEFIT BAR OATMEAL CHOC CHIP	1 EACH	290	20	240	3.00	1.80	20.0	110	0.0	22	5.0	47.0	9.0	3.00	0.00
MARSHMALLOW MATEYS CEREAL	1 EACH	220	0	370	3.00	18.00	200.0	1000	12.0	23	4.0	47.0	2.0	0.00	0.00
FRUIT: _____	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT: _____	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK 1% WHITE 8 OZ	EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
Weighted Daily Average		1100	100	1580	12.00	21.62	1594.0	2922	15.60	*58	54.00	156.00	33.50	22.50	*0.00
% of Calories										*21.0%	19.6%	56.7%	27.4%	18.4%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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SCHOOL FOOD SERVICES

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Base Menu Spreadsheet

BREAKFAST GRADES K-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/06/2017															
BREAKFAST GRADES K-12	Total														
YOGURT WITH MUFFIN BRK	1 EACH	208	18	124	1.80	0.75	305.3	109	1.88	23	5.4	38.5	3.3	0.50	0.00
FROSTED MINI SPOONERS CER EAL	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	*N/A*	5.0	46.0	1.0	0.00	0.00
FRUIT: _____	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT: _____	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK 1% WHITE 8 OZ	EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		638	38	484	7.80	16.95	1155.3	1359	5.48	*35 *22.1%	33.40 20.9%	119.50 74.9%	6.80 9.6%	2.00 2.8%	*0.00 *0.0%
Nutrient Guideline		450-600		640										<10.00	

Mon - 01/09/2017															
BREAKFAST GRADES K-12	Total														
CINNAMON ROLL 3 OZ GREAT EARTH	1 EACH	270	15	135	3.00	1.80	200.0	90	0.0	18	6.0	43.0	9.0	2.00	0.00
HONEY NUT SCOOTERS CEREAL	1 EACH	200	0	400	3.00	16.20	150.0	750	9.0	*N/A*	4.0	46.0	2.0	0.00	0.00
FRUIT: _____	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT: _____	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK 1% WHITE 8 OZ	EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		700	35	885	6.00	18.00	1200.0	2090	12.60	*31 *17.5%	33.00 18.9%	124.00 70.9%	13.50 17.4%	3.50 4.5%	*0.00 *0.0%
Nutrient Guideline		450-600		640										<10.00	

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Base Menu Spreadsheet

BREAKFAST GRADES K-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/10/2017															
BREAKFAST GRADES K-12	Total														
PANCAKES & SYRUP BRK	1 EACH	399	14	835	8.00	2.89	81.3	200	0.0	*9	6.0	88.12	4.0	1.00	*0.00
YOGURT WITH MUFFIN BRK	1 EACH	208	18	124	1.80	0.75	305.3	109	1.88	23	5.4	38.5	3.3	0.50	0.00
MARSHMALLOW MATEYS CERE	1 EACH	220	0	370	3.00	18.00	200.0	1000	12.0	23	4.0	47.0	2.0	0.00	0.00
FRUIT: _____	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT: _____	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK 1% WHITE 8 OZ	EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
Weighted Daily Average		1057	52	1679	12.80	21.64	1436.6	2559	17.48	*67	38.40	208.63	11.80	3.00	*0.00
% of Calories										*25.5%	14.5%	78.9%	10.0%	2.6%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 01/11/2017															
BREAKFAST GRADES K-12	Total														
ULTIMATE BREAKFAST ROUND	1 EACH	270	5	190	6.09	1.35	30.2	8	0.01	18	5.0	44.0	8.0	3.00	0.00
FROSTED MINI SPOONERS CER	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	*N/A*	5.0	46.0	1.0	0.00	0.00
EAL															
FRUIT: _____	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT: _____	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK 1% WHITE 8 OZ	EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
Weighted Daily Average		700	25	550	12.09	17.55	880.2	1258	3.61	*31	33.00	125.00	11.50	4.50	*0.00
% of Calories										*17.5%	18.9%	71.4%	14.8%	5.8%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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BREAKFAST GRADES K-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/12/2017															
BREAKFAST GRADES K-12	Total														
COFFEE CAKE	113 GRAM	440	50	510	3.00	1.80	80.0	100	0.0	*N/A*	6.0	61.0	19.0	2.00	0.00
HARD BOILED EGG & MUFFIN BR	1 EACH	196	204	136	1.80	1.35	30.3	294	0.68	8	8.69	20.06	8.6	2.13	*0.00
HONEY NUT SCOOTERS CEREAL	1 EACH	200	0	400	3.00	16.20	150.0	750	9.0	*N/A*	4.0	46.0	2.0	0.00	0.00
FRUIT: _____	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT: _____	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK 1% WHITE 8 OZ	EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
Weighted Daily Average		1065	275	1396	7.80	19.35	1110.3	2394	13.28	*21	41.69	162.06	32.10	5.63	*0.00
% of Calories										*7.8%	15.7%	60.8%	27.1%	4.8%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 01/13/2017															
BREAKFAST GRADES K-12	Total														
BENEFIT BAR FRENCH TOAST	1 EACH	290	20	240	3.00	1.80	20.0	110	0.0	22	5.0	47.0	9.0	3.00	0.00
FROSTED MINI SPOONERS CER EAL	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	*N/A*	5.0	46.0	1.0	0.00	0.00
FRUIT: _____	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT: _____	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK 1% WHITE 8 OZ	EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
Weighted Daily Average		720	40	600	9.00	18.00	870.0	1360	3.60	*35	33.00	128.00	12.50	4.50	*0.00
% of Calories										*19.3%	18.3%	71.1%	15.6%	5.6%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Mon - 01/16/2017															
BREAKFAST GRADES K-12	Total														
YOGURT WITH GRAHAM BRK	1 EACH	209	1	188	1.29	1.86	357.3	393	5.46	*15	5.86	38.57	3.5	0.50	0.00
HONEY NUT SCOOTERS CEREAL	1 EACH	200	0	400	3.00	16.20	150.0	750	9.0	*N/A*	4.0	46.0	2.0	0.00	0.00
FRUIT: _____	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT: _____	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK 1% WHITE 8 OZ	EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00

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Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

BREAKFAST GRADES K-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		639	21	938	4.29	18.06	1357.3	2393	18.06	*28	32.86	119.57	8.00	2.00	*0.00
% of Calories										*17.3%	20.6%	74.9%	11.3%	2.8%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 01/17/2017																
BREAKFAST GRADES K-12																
HAM & EGG MELT SANDWICH BR	Total															
1 EACH	1 EACH	222	174	388	3.00	1.62	197.2	457	0.0	*1	15.51	14.39	11.9	6.45	0.34	
BENEFIT BAR OATMEAL CHOC	1 EACH	290	20	240	3.00	1.80	20.0	110	0.0	22	5.0	47.0	9.0	3.00	0.00	
CHIP																
MARSHMALLOW MATEYS CERE	1 EACH	220	0	370	3.00	18.00	200.0	1000	12.0	23	4.0	47.0	2.0	0.00	0.00	
FRUIT: _____	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	
FRUIT: _____	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	
MILK 1% WHITE 8 OZ	EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*	
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00	
Weighted Daily Average		962	214	1348	9.00	21.42	1267.2	2817	15.60	*58	47.51	143.39	25.40	10.95	*0.34	
% of Calories										*24.3%	19.8%	59.6%	23.8%	10.2%	*0.3%	
Nutrient Guideline		450-600		640										<10.00		

Wed - 01/18/2017																
BREAKFAST GRADES K-12																
ULTIMATE BREAKFAST ROUND	Total															
1 EACH	1 EACH	270	5	190	6.09	1.35	30.2	8	0.01	18	5.0	44.0	8.0	3.00	0.00	
FROSTED MINI SPOONERS CER	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	*N/A*	5.0	46.0	1.0	0.00	0.00	
EAL																
FRUIT: _____	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	
FRUIT: _____	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	
MILK 1% WHITE 8 OZ	EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*	
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00	
Weighted Daily Average		700	25	550	12.09	17.55	880.2	1258	3.61	*31	33.00	125.00	11.50	4.50	*0.00	
% of Calories										*17.5%	18.9%	71.4%	14.8%	5.8%	*0.0%	
Nutrient Guideline		450-600		640										<10.00		

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SCHOOL FOOD SERVICES

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

BREAKFAST GRADES K-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/19/2017															
BREAKFAST GRADES K-12	Total														
CINNI MINIS	1 EACH	240	0	300	2.00	1.44	40.0	75	0.0	15	5.0	40.0	8.0	2.00	0.00
BUTTERMILK BAR	1 EACH	266	15	225	2.70	1.20	0.0	85	0.0	17	2.9	46.0	8.0	0.80	0.00
HONEY NUT SCOOTERS CEREAL	1 EACH	200	0	400	3.00	16.20	150.0	750	9.0	*N/A*	4.0	46.0	2.0	0.00	0.00
FRUIT: _____	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT: _____	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK 1% WHITE 8 OZ	EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
Weighted Daily Average		936	35	1275	7.70	18.84	1040.0	2160	12.60	*45	34.90	167.00	20.50	4.30	*0.00
% of Calories										*19.1%	14.9%	71.4%	19.7%	4.1%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 01/20/2017															
BREAKFAST GRADES K-12	Total														
CINNAMON ROLL 3 OZ GREAT EARTH	1 EACH	270	15	135	3.00	1.80	200.0	90	0.0	18	6.0	43.0	9.0	2.00	0.00
BAGEL W/CREAM CHZ&JELLY B	1 EACH	353	29	323	4.50	2.53	46.5	336	0.13	12	9.56	55.96	10.59	5.82	*0.00
FRUIT: _____	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT: _____	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK 1% WHITE 8 OZ	EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
Weighted Daily Average		853	64	808	7.50	4.33	1096.5	1676	3.73	*43	38.56	133.96	22.09	9.32	*0.00
% of Calories										*20.1%	18.1%	62.8%	23.3%	9.8%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Mon - 01/23/2017															
BREAKFAST GRADES K-12	Total														
PAN DULCE, WHOLE GRAIN	57 GRAMS	200	0	85	2.00	0.72	20.0	200	0.0	*N/A*	5.0	29.0	7.0	2.00	0.00
HONEY NUT SCOOTERS CEREAL	1 EACH	200	0	400	3.00	16.20	150.0	750	9.0	*N/A*	4.0	46.0	2.0	0.00	0.00
FRUIT: _____	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT: _____	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK 1% WHITE 8 OZ	EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00

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SCHOOL FOOD SERVICES

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

BREAKFAST GRADES K-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		630	20	835	5.00	16.92	1020.0	2200	12.60	*13	32.00	110.00	11.50	3.50	*0.00
% of Calories										*8.1%	20.3%	69.8%	16.4%	5.0%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 01/24/2017															
BREAKFAST GRADES K-12	Total														
BREAKFAST TACO	1 EACH	221	159	306	3.00	1.85	167.8	389	0.0	*1	10.25	19.14	11.42	4.34	*0.34
ULTIMATE BREAKFAST ROUND	1 EACH	270	5	190	6.09	1.35	30.2	8	0.01	18	5.0	44.0	8.0	3.00	0.00
YOGURT WITH MUFFIN BRK	1 EACH	208	18	124	1.80	0.75	305.3	109	1.88	23	5.4	38.5	3.3	0.50	0.00
FRUIT: _____	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT: _____	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK 1% WHITE 8 OZ	EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
Weighted Daily Average		929	202	970	10.89	3.95	1353.3	1756	5.49	*54	43.65	136.64	25.22	9.34	*0.34
% of Calories										*23.2%	18.8%	58.8%	24.4%	9.1%	*0.3%
Nutrient Guideline		450-600		640										<10.00	

Wed - 01/25/2017															
BREAKFAST GRADES K-12	Total														
BENEFIT BAR BANANA CHOC C HUNK	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
MARSHMALLOW MATEYS CERE	1 EACH	220	0	370	3.00	18.00	200.0	1000	12.0	23	4.0	47.0	2.0	0.00	0.00
FRUIT: _____	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT: _____	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK 1% WHITE 8 OZ	EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
Weighted Daily Average		730	35	940	6.00	19.80	1070.0	2250	15.60	*36	32.00	130.00	12.50	4.50	*0.00
% of Calories										*19.6%	17.5%	71.2%	15.4%	5.5%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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SCHOOL FOOD SERVICES

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Base Menu Spreadsheet

BREAKFAST GRADES K-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/26/2017															
BREAKFAST GRADES K-12	Total														
EGG & CHEESE BREAKFAST SAND BRK	1 EACH	238	94	379	1.46	2.88	222.2	304	0.88	*2	11.7	28.09	8.66	5.72	0.18
HARD BOILED EGG & MUFFIN BR	1 EACH	196	204	136	1.80	1.35	30.3	294	0.68	8	8.69	20.06	8.6	2.13	*0.00
HONEY NUT SCOOTERS CEREAL	1 EACH	200	0	400	3.00	16.20	150.0	750	9.0	*N/A*	4.0	46.0	2.0	0.00	0.00
FRUIT: _____	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT: _____	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK 1% WHITE 8 OZ	EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
Weighted Daily Average		863	318	1265	6.26	20.43	1252.5	2598	14.16	*23	47.39	129.15	21.77	9.35	*0.18
% of Calories										*10.6%	22.0%	59.8%	22.7%	9.8%	*0.2%
Nutrient Guideline		450-600		640										<10.00	

Fri - 01/27/2017															
BREAKFAST GRADES K-12	Total														
YOGURT WITH GRAHAM BRK	1 EACH	209	1	188	1.29	1.86	357.3	393	5.46	*15	5.86	38.57	3.5	0.50	0.00
FROSTED MINI SPOONERS CEREAL	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	*N/A*	5.0	46.0	1.0	0.00	0.00
FRUIT: _____	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT: _____	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK 1% WHITE 8 OZ	EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
Weighted Daily Average		639	21	548	7.29	18.06	1207.3	1643	9.06	*28	33.86	119.57	7.00	2.00	*0.00
% of Calories										*17.3%	21.2%	74.9%	9.9%	2.8%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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Base Menu Spreadsheet

BREAKFAST GRADES K-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/30/2017															
BREAKFAST GRADES K-12	Total														
PAN DULCE, WHOLE GRAIN	57 GRAMS	200	0	85	2.00	0.72	20.0	200	0.0	*N/A*	5.0	29.0	7.0	2.00	0.00
MARSHMALLOW MATEYS CERE	1 EACH	220	0	370	3.00	18.00	200.0	1000	12.0	23	4.0	47.0	2.0	0.00	0.00
FRUIT: _____	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT: _____	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK 1% WHITE 8 OZ	EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
Weighted Daily Average		650	20	805	5.00	18.72	1070.0	2450	15.60	*36	32.00	111.00	11.50	3.50	*0.00
% of Calories										*22.0%	19.7%	68.3%	15.9%	4.8%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 01/31/2017															
BREAKFAST GRADES K-12	Total														
SWEET POTATO CINNAMON ROLL 3OZ	1 EACH	280	15	140	4.00	1.80	80.0	750	0.0	17	6.0	43.0	10.0	2.50	0.00
BUTTERMILK BAR	1 EACH	266	15	225	2.70	1.20	0.0	85	0.0	17	2.9	46.0	8.0	0.80	0.00
FROSTED MINI SPOONERS CEREAL	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	*N/A*	5.0	46.0	1.0	0.00	0.00
FRUIT: _____	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
FRUIT: _____	EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
MILK 1% WHITE 8 OZ	EACH	130	15	160	0.00	0.00	400.0	500	1.2	13	10.0	16.0	2.5	1.50	*N/A*
MILK NONFAT WHITE 8 OZ	1 EACH	100	5	190	0.00	0.00	450.0	750	2.4	*N/A*	13.0	19.0	0.0	0.00	0.00
Weighted Daily Average		976	50	725	12.70	19.20	930.0	2085	3.60	*47	36.90	170.00	21.50	4.80	*0.00
% of Calories										*19.1%	15.1%	69.7%	19.8%	4.4%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Weighted Average		811	76	945	8.59	17.58	1132.9	2080	10.68	*37	37.18	137.46	16.76	5.65	*0.04
										*41.4%	18.3%	67.8%	18.6%	6.3%	*0.0%

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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SCHOOL FOOD SERVICES

Jan 2, 2017 thru Jan 31, 2017

Base Menu Spreadsheet

BREAKFAST GRADES K-12

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	811		450 - 600	135%					211	Correction Required - Calories too High							
Cholesterol (mg)	76																
Sodium (mg)	945		640						305	Correction Required - Sodium too High							
Fiber (g)	8.59																
Iron (mg)	17.58																
Calcium (mg)	1132.9																
Vitamin A (IU)	2080																
Sugars (g)	37	18.42%				Missing											
Vitamin C (mg)	10.68																
Protein (g)	37.18	18.34%															
Carbohydrate (g)	137.46	67.80%															
Total Fat (g)	16.76	18.60%															
Saturated Fat (g)	5.65	6.27%	<10.00%														
Trans Fat ¹ (g)	0.04	0.04%				Missing											

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

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