

Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 5, 2021 thru Apr 30, 2021

HIGH SCHOOL BRKFST IN SCHOOL

Generated on: 3/18/2021 1:02:44 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 04/05/2021						
HIGH SCHOOL BRKFST IN	Total					
Cereal	1 BOWL	103	0	143	2.01	23.26
Cracker, Jungle	1 PACKAGE	130	0	95	2.0	20.0
Juice, 100%	1 CARTON	110	0	0	2.0	26.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Biscuit, 2 oz	1 BISCUIT	175	0	604	3.9	27.29
Gravy, Sausage - HS	2 oz.	46	1	232	0.48	5.11
Weighted Daily Average		519	*11	674	14.73	95.59
% of Calories					11.3%	73.7%
Nutrient Guideline		450-600		640		

Tue - 04/06/2021						
HIGH SCHOOL BRKFST IN	Total					
Crumb Square	Crumb Square	176	20	134	2.1	29.0
Elf Grahams	1 PKG	119	0	111	1.98	20.46
Juice, 4 oz., elem.	1 CONTAINER	60	0	8	0.25	14.75
Apple	1 EACH	76	0	3	0.39	20.58
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Honey Wheat Bar	1 BAR	120	10	100	2.0	19.0
Weighted Daily Average		503	30	455	12.45	90.02
% of Calories					9.9%	71.6%
Nutrient Guideline		450-600		640		

Wed - 04/07/2021						
HIGH SCHOOL BRKFST IN	Total					
Cereal	1 BOWL	103	0	143	2.01	23.26
Breakfast Bar, soft, NG Straw	1 BAR	160	0	150	2.0	28.96
Juice, 4 oz., elem.	1 CONTAINER	60	0	8	0.25	14.75
Orange	1 EACH	62	0	0	1.23	15.39
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Weighted Daily Average		470	10	511	13.24	90.46
% of Calories					11.3%	77.0%
Nutrient Guideline		450-600		640		

Thu - 04/08/2021						
HIGH SCHOOL BRKFST IN	Total					
Muffin	1 MUFFIN	109	24	74	1.86	17.71
Bug Bites	1 PACKAGE	120	0	115	2.0	21.0
Juice, 100%	1 CARTON	110	0	0	2.0	26.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Tornado, Turkey Sausage	1 TORNADO	180	30	280	7.0	22.0

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

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HIGH SCHOOL BRKFST IN SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Weighted Daily Average % of Calories		504	*41	462	15.38 12.2%	88.28 70.1%
Nutrient Guideline		450-600		640		

Fri - 04/09/2021						
HIGH SCHOOL BRKFST IN	Total					
Cereal	1 BOWL	103	0	143	2.01	23.26
Elf Grahams	1 PKG	119	0	111	1.98	20.46
Juice, 100%	1 CARTON	110	0	0	2.0	26.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Taco, Rolled, Egg & Cheese	1 TAC-GO	140	85	359	6.99	14.97
Weighted Daily Average % of Calories		446	*40	456	15.50 13.9%	80.33 72.1%
Nutrient Guideline		450-600		640		

Mon - 04/12/2021						
HIGH SCHOOL BRKFST IN	Total					
Cereal	1 BOWL	103	0	143	2.01	23.26
Elf Grahams	1 PKG	119	0	111	1.98	20.46
Juice, 100%	1 CARTON	110	0	0	2.0	26.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Biscuit, 2 oz	1 BISCUIT	175	0	604	3.9	27.29
Gravy, Sausage - HS	2 oz.	46	1	232	0.48	5.11
Weighted Daily Average % of Calories		510	*11	687	14.71 11.5%	95.96 75.2%
Nutrient Guideline		450-600		640		

Tue - 04/13/2021						
HIGH SCHOOL BRKFST IN	Total					
Honey Wheat Bar	1 BAR	120	10	100	2.0	19.0
Bug Bites	1 PACKAGE	120	0	115	2.0	21.0
Orange	1 EACH	62	0	0	1.23	15.39
Juice, 4 oz., elem.	1 CONTAINER	60	0	8	0.25	14.75
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Sausage Biscuit	1 SANDWICH	270	38	842	14.35	28.24
Weighted Daily Average % of Calories		522	37	801	19.41 14.9%	82.36 63.1%
Nutrient Guideline		450-600		640		

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HIGH SCHOOL BRKFST IN SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 04/14/2021						
HIGH SCHOOL BRKFST IN	Total					
Muffin	1 MUFFIN	109	24	74	1.86	17.71
Cracker, Jungle	1 PACKAGE	130	0	95	2.0	20.0
Juice, 100%	1 CARTON	110	0	0	2.0	26.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Weighted Daily Average		495	*35	388	13.86	86.65
% of Calories					11.2%	70.1%
Nutrient Guideline		450-600		640		

Thu - 04/15/2021						
HIGH SCHOOL BRKFST IN	Total					
Crumb Square	Crumb Square	176	20	134	2.1	29.0
Breakfast Bar, soft, NG Straw	1 BAR	160	0	150	2.0	28.96
Apple	1 EACH	76	0	3	0.39	20.58
Juice, 4 oz., elem.	1 CONTAINER	60	0	8	0.25	14.75
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Tornado, Turkey Sausage	1 TORNADO	180	30	280	7.0	22.0
Weighted Daily Average		564	40	575	14.96	97.90
% of Calories					10.6%	69.5%
Nutrient Guideline		450-600		640		

Fri - 04/16/2021						
HIGH SCHOOL BRKFST IN	Total					
Cereal	1 BOWL	103	0	143	2.01	23.26
Elf Grahams	1 PKG	119	0	111	1.98	20.46
Juice, 100%	1 CARTON	110	0	0	2.0	26.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Taco, Rolled, Egg & Cheese	1 TAC-GO	140	85	359	6.99	14.97
Weighted Daily Average		486	*36	544	15.50	90.73
% of Calories					12.8%	74.8%
Nutrient Guideline		450-600		640		

Mon - 04/19/2021						
HIGH SCHOOL BRKFST IN	Total					
Cereal	1 BOWL	103	0	143	2.01	23.26
Cracker, Jungle	1 PACKAGE	130	0	95	2.0	20.0
Orange	1 EACH	62	0	0	1.23	15.39
Juice, 4 oz., elem.	1 CONTAINER	60	0	8	0.25	14.75
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Biscuit, 2 oz	1 BISCUIT	175	0	604	3.9	27.29
Gravy, Sausage - HS	2 oz.	46	1	232	0.48	5.11

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

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HIGH SCHOOL BRKFST IN SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Weighted Daily Average % of Calories		470	11	674	13.95 11.9%	84.89 72.2%
Nutrient Guideline		450-600		640		

Tue - 04/20/2021						
HIGH SCHOOL BRKFST IN	Total					
Muffin	1 MUFFIN	109	24	74	1.86	17.71
Bug Bites	1 PACKAGE	120	0	115	2.0	21.0
Juice, 100%	1 CARTON	110	0	0	2.0	26.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Honey Wheat Bar	1 BAR	120	10	100	2.0	19.0
Weighted Daily Average % of Calories		487	*34	411	13.90 11.4%	87.47 71.8%
Nutrient Guideline		450-600		640		

Wed - 04/21/2021						
HIGH SCHOOL BRKFST IN	Total					
Cereal	1 BOWL	103	0	143	2.01	23.26
Breakfast Bar, soft, NG Straw	1 BAR	160	0	150	2.0	28.96
Orange	1 EACH	62	0	0	1.23	15.39
Juice, 4 oz., elem.	1 CONTAINER	60	0	8	0.25	14.75
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Weighted Daily Average % of Calories		470	10	511	13.24 11.3%	90.46 77.0%
Nutrient Guideline		450-600		640		

Thu - 04/22/2021						
HIGH SCHOOL BRKFST IN	Total					
Banana Square	1 PIECE	281	34	201	4.5	46.5
Juice, 100%	1 CARTON	110	0	0	2.0	26.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Tornado, Turkey Sausage	1 TORNADO	180	30	280	7.0	22.0
Weighted Daily Average % of Calories		717	*74	700	21.51 12.0%	117.44 65.5%
Nutrient Guideline		450-600		640		

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HIGH SCHOOL BRKFST IN SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 04/23/2021						
HIGH SCHOOL BRKFST IN	Total					
Cereal	1 BOWL	103	0	143	2.01	23.26
Elf Grahams	1 PKG	119	0	111	1.98	20.46
Juice, 100%	1 CARTON	110	0	0	2.0	26.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Taco, Rolled, Egg & Cheese	1 TAC-GO	140	85	359	6.99	14.97
Weighted Daily Average		486	*36	544	15.50	90.73
% of Calories					12.8%	74.8%
Nutrient Guideline		450-600		640		

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 04/26/2021						
HIGH SCHOOL BRKFST IN	Total					
Cereal	1 BOWL	103	0	143	2.01	23.26
Cracker, Jungle	1 PACKAGE	130	0	95	2.0	20.0
Juice, 100%	1 CARTON	110	0	0	2.0	26.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Biscuit, 2 oz	1 BISCUIT	175	0	604	3.9	27.29
Gravy, Sausage - HS	2 oz.	46	1	232	0.48	5.11
Weighted Daily Average		519	*11	674	14.73	95.59
% of Calories					11.3%	73.7%
Nutrient Guideline		450-600		640		

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 04/27/2021						
HIGH SCHOOL BRKFST IN	Total					
Crumb Square	Crumb Square	176	20	134	2.1	29.0
Elf Grahams	1 PKG	119	0	111	1.98	20.46
Apple	1 EACH	76	0	3	0.39	20.58
Juice, 4 oz., elem.	1 CONTAINER	60	0	8	0.25	14.75
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Honey Wheat Bar	1 BAR	120	10	100	2.0	19.0
Weighted Daily Average		503	30	455	12.45	90.02
% of Calories					9.9%	71.6%
Nutrient Guideline		450-600		640		

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 04/28/2021						
HIGH SCHOOL BRKFST IN	Total					
Cereal	1 BOWL	103	0	143	2.01	23.26
Breakfast Bar, soft, NG Straw	1 BAR	160	0	150	2.0	28.96
Orange	1 EACH	62	0	0	1.23	15.39
Juice, 4 oz., elem.	1 CONTAINER	60	0	8	0.25	14.75
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0

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HIGH SCHOOL BRKFST IN SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Weighted Daily Average % of Calories		470	10	511	13.24 11.3%	90.46 77.0%
Nutrient Guideline		450-600		640		

Thu - 04/29/2021						
HIGH SCHOOL BRKFST IN	Total					
Muffin	1 MUFFIN	109	24	74	1.86	17.71
Bug Bites	1 PACKAGE	120	0	115	2.0	21.0
Juice, 100%	1 CARTON	110	0	0	2.0	26.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Tornado, Turkey Sausage	1 TORNADO	180	30	280	7.0	22.0
Weighted Daily Average % of Calories		504	*41	462	15.38 12.2%	88.28 70.1%
Nutrient Guideline		450-600		640		

Fri - 04/30/2021						
HIGH SCHOOL BRKFST IN	Total					
Cereal	1 BOWL	103	0	143	2.01	23.26
Elf Grahams	1 PKG	119	0	111	1.98	20.46
Juice, 100%	1 CARTON	110	0	0	2.0	26.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Taco, Rolled, Egg & Cheese	1 TAC-GO	140	85	359	6.99	14.97
Weighted Daily Average % of Calories		486	*36	544	15.50 12.8%	90.73 74.8%
Nutrient Guideline		450-600		640		

Weighted Average		506	*29	552	14.96 11.8%	91.22 72.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	506		450 - 600	100%				
Cholesterol (mg)	29				Missing			
Sodium 1 (mg)	552		640					
Sodium 2 (mg)	552		570					
Protein (g)	14.96	11.81%						
Carbohydrate (g)	91.22	72.05%						

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