

Columbia Public Schools

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL BRKFST IN SCHOOL

Portion Values - Detailed

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Generated on: 12/1/2023 8:17:25 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 12/01/2023							
HIGH SCHOOL BRKFST IN	Total	100					
Donut, Glazed	1 DONUT	1	301	0	300	5.0	35.28
Egg/Cheese Breakfast Wrap	1 Wrap; 2.5 oz	50	171	53	266	8.44	17.9
Muffin	1 MUFFIN	25	109	24	74	1.86	17.71
Bar, Granola, Qkr Cookies & Cr	1 BAR	1	150	0	135	2.0	29.0
Cereal, 1 oz.	1 BOWL	40	103	0	163	1.82	21.78
Cereal, 2 oz.	1 BOWL	1	220	0	310	3.75	45.25
Fresh Whole Fruit	1 PIECE	38	189	*0	4	1.46	47.8
Juice, 4 oz.	1/2 cup	62	60	0	8	0.25	14.75
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Milk, 1% Flavored	1 CARTON	18	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	1	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	72	80	5	120	8.0	11.0
Muffin Loaf, Banana, IW	1 MUFFIN	1	160	0	140	3.0	27.0
Weighted Daily Average			357	*38	361	13.54	63.33
% of Calories						15.2%	70.9%
Nutrient Guideline			450-600		640		

Mon - 12/04/2023							
HIGH SCHOOL BRKFST IN	Total	100					
FRENCH TOAST STICKS, BC	1 Package	45	240	10	260	6.0	38.02
Muffin	1 MUFFIN	60	109	24	74	1.86	17.71
Cracker, Bug Bites	1 PACKAGE	15	120	0	115	2.0	21.0
Cereal, 1 oz.	1 BOWL	40	103	0	163	1.82	21.78
Cereal, 2 oz.	1 BOWL	1	220	0	310	3.75	45.25
Fresh Whole Fruit	1 PIECE	38	189	*0	4	1.46	47.8
Juice, 4 oz.	1 CONTAINER	62	120	0	15	0.5	29.5
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Milk, 1% Flavored	1 CARTON	18	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	1	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	72	80	5	120	8.0	11.0
Muffin Loaf, Banana, IW	1 MUFFIN	1	160	0	140	3.0	27.0
Weighted Daily Average			469	*25	388	13.06	89.34
% of Calories						11.1%	76.3%
Nutrient Guideline			450-600		640		

Tue - 12/05/2023							
HIGH SCHOOL BRKFST IN	Total	100					
Bagel Stuffed, Pillsbury	1 PKG	55	235	10	180	5.99	40.93
Muffin	1 MUFFIN	45	109	24	74	1.86	17.71
Cheese Stick, Marble	1 STICK	20	110	30	170	7.0	0.0
Cheese, String Cheese	1 PIECE	1	80	15	190	7.0	1.0
Cereal, 1 oz.	1 BOWL	40	103	0	163	1.82	21.78
Cereal, 2 oz.	1 BOWL	1	220	0	310	3.75	45.25
Fresh Whole Fruit	1 PIECE	38	189	*0	4	1.46	47.8
Juice, 4 oz.	1 CONTAINER	62	120	0	15	0.5	29.5
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Milk, 1% Flavored	1 CARTON	18	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	1	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	72	80	5	120	8.0	11.0
Bagel	1 PKG	1	140	0	160	6.0	28.0
Cream Cheese, PC's	1 PACKET	1	100	30	100	2.2	2.0

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

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Columbia Public Schools

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Base Menu Spreadsheet

HIGH SCHOOL BRKFST IN SCHOOL

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Weighted Daily Average % of Calories			479	*28	379	14.60 12.2%	88.98 74.3%
Nutrient Guideline			450-600		640		

Wed - 12/06/2023							
HIGH SCHOOL BRKFST IN	Total	100					
Bar, Honey Wheat	1 BAR	50	270	5	290	0.0	43.0
Churros, Apple	1 CHURRO	40	150	0	60	3.0	27.0
Bar, Breakfas, soft, NG Straw	1 BAR	25	160	0	150	2.0	28.96
Cereal, 1 oz.	1 BOWL	40	103	0	163	1.82	21.78
Cereal, 2 oz.	1 BOWL	1	220	0	310	3.75	45.25
Fresh Whole Fruit	1 PIECE	38	189	*0	4	1.46	47.8
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Juice, 4 oz.	1 CONTAINER	62	120	0	15	0.5	29.5
Milk, 1% Flavored	1 CARTON	18	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	1	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	72	80	5	120	8.0	11.0
Weighted Daily Average % of Calories			511	*8	414	10.61 8.3%	97.73 76.5%
Nutrient Guideline			450-600		640		

Thu - 12/07/2023							
HIGH SCHOOL BRKFST IN	Total	100					
Sausage Biscuit	1 SANDWICH	50	270	38	842	14.35	28.24
Yogurt, Yoplait, 4 oz	4 oz.	25	150	0	80	5.0	31.0
Cracker, Tiger Bites	1 PKG	50	119	0	111	1.98	20.79
Bar, Gran., Choc Cherry , IW	1 BAR	1	110	5	65	2.0	19.0
Cereal, 1 oz.	1 BOWL	30	103	0	163	1.82	21.78
Cereal, 2 oz.	1 BOWL	1	220	0	310	3.75	45.25
Fresh Whole Fruit	1 PIECE	38	189	*0	4	1.46	47.8
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Juice, 4 oz.	1 CONTAINER	62	120	0	15	0.5	29.5
Milk, 1% Flavored	1 CARTON	18	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	1	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	72	80	5	120	8.0	11.0
Weighted Daily Average % of Calories			499	*25	688	18.16 14.6%	88.46 70.9%
Nutrient Guideline			450-600		640		

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

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Base Menu Spreadsheet

HIGH SCHOOL BRKFST IN SCHOOL

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 12/08/2023							
HIGH SCHOOL BRKFST IN	Total	100					
Egg/Cheese Breakfast Wrap	1 Wrap; 2.5 oz	50	171	53	266	8.44	17.9
Muffin	1 MUFFIN	25	109	24	74	1.86	17.71
Bar, Granola, Qkr Cookies & Cr	1 BAR	1	150	0	135	2.0	29.0
Cereal, 1 oz.	1 BOWL	40	103	0	163	1.82	21.78
Cereal, 2 oz.	1 BOWL	1	220	0	310	3.75	45.25
Fresh Whole Fruit	1 PIECE	38	189	*0	4	1.46	47.8
Juice, 4 oz.	1/2 cup	62	60	0	8	0.25	14.75
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Milk, 1% Flavored	1 CARTON	18	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	1	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	72	80	5	120	8.0	11.0
Muffin Loaf, Banana, IW	1 MUFFIN	1	160	0	140	3.0	27.0
Weighted Daily Average			354	*38	358	13.49	62.98
% of Calories						15.2%	71.1%
Nutrient Guideline			450-600		640		

Mon - 12/11/2023							
HIGH SCHOOL BRKFST IN	Total	100					
FRENCH TOAST STICKS, BC	1 Package	45	240	10	260	6.0	38.02
Muffin	1 MUFFIN	60	109	24	74	1.86	17.71
Cracker, Bug Bites	1 PACKAGE	15	120	0	115	2.0	21.0
Cereal, 1 oz.	1 BOWL	40	103	0	163	1.82	21.78
Cereal, 2 oz.	1 BOWL	1	220	0	310	3.75	45.25
Fresh Whole Fruit	1 PIECE	38	189	*0	4	1.46	47.8
Juice, 4 oz.	1 CONTAINER	62	120	0	15	0.5	29.5
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Milk, 1% Flavored	1 CARTON	18	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	1	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	72	80	5	120	8.0	11.0
Muffin Loaf, Banana, IW	1 MUFFIN	1	160	0	140	3.0	27.0
Weighted Daily Average			469	*25	388	13.06	89.34
% of Calories						11.1%	76.3%
Nutrient Guideline			450-600		640		

Tue - 12/12/2023							
HIGH SCHOOL BRKFST IN	Total	100					
Bagel Stuffed, Pillsbury	1 PKG	55	235	10	180	5.99	40.93
Muffin	1 MUFFIN	45	109	24	74	1.86	17.71
Cheese Stick, Marble	1 STICK	20	110	30	170	7.0	0.0
Cheese, String Cheese	1 PIECE	1	80	15	190	7.0	1.0
Cereal, 1 oz.	1 BOWL	40	103	0	163	1.82	21.78
Cereal, 2 oz.	1 BOWL	1	220	0	310	3.75	45.25
Fresh Whole Fruit	1 PIECE	38	189	*0	4	1.46	47.8
Juice, 4 oz.	1 CONTAINER	62	120	0	15	0.5	29.5
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Milk, 1% Flavored	1 CARTON	18	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	1	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	72	80	5	120	8.0	11.0
Bagel	1 PKG	1	140	0	160	6.0	28.0
Cream Cheese, PC's	1 PACKET	1	100	30	100	2.2	2.0

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Portion Values - Detailed

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Weighted Daily Average % of Calories			479	*28	379	14.60 12.2%	88.98 74.3%
Nutrient Guideline			450-600		640		

Wed - 12/13/2023							
HIGH SCHOOL BRKFST IN	Total	100					
Bar, Honey Wheat	1 BAR	50	270	5	290	0.0	43.0
Churros, Apple	1 CHURRO	40	150	0	60	3.0	27.0
Bar, Breakfas, soft, NG Straw	1 BAR	25	160	0	150	2.0	28.96
Cereal, 1 oz.	1 BOWL	40	103	0	163	1.82	21.78
Cereal, 2 oz.	1 BOWL	1	220	0	310	3.75	45.25
Fresh Whole Fruit	1 PIECE	38	189	*0	4	1.46	47.8
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Juice, 4 oz.	1 CONTAINER	62	120	0	15	0.5	29.5
Milk, 1% Flavored	1 CARTON	18	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	1	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	72	80	5	120	8.0	11.0
Weighted Daily Average % of Calories			511	*8	414	10.61 8.3%	97.73 76.5%
Nutrient Guideline			450-600		640		

Thu - 12/14/2023							
HIGH SCHOOL BRKFST IN	Total	100					
Sausage Biscuit	1 SANDWICH	50	270	38	842	14.35	28.24
Yogurt, Yoplait, 4 oz	4 oz.	25	150	0	80	5.0	31.0
Cracker, Tiger Bites	1 PKG	50	119	0	111	1.98	20.79
Bar, Gran., Choc Cherry , IW	1 BAR	1	110	5	65	2.0	19.0
Cereal, 1 oz.	1 BOWL	30	103	0	163	1.82	21.78
Cereal, 2 oz.	1 BOWL	1	220	0	310	3.75	45.25
Fresh Whole Fruit	1 PIECE	38	189	*0	4	1.46	47.8
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Juice, 4 oz.	1 CONTAINER	62	120	0	15	0.5	29.5
Milk, 1% Flavored	1 CARTON	18	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	1	100	15	120	8.0	11.0
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Weighted Daily Average % of Calories			499	*25	688	18.16 14.6%	88.46 70.9%
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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 12/15/2023							
HIGH SCHOOL BRKFST IN	Total	100					
Egg/Cheese Breakfast Wrap	1 Wrap; 2.5 oz	50	171	53	266	8.44	17.9
Muffin	1 MUFFIN	25	109	24	74	1.86	17.71
Bar, Granola, Qkr Cookies & Cr	1 BAR	1	150	0	135	2.0	29.0
Cereal, 1 oz.	1 BOWL	40	103	0	163	1.82	21.78
Cereal, 2 oz.	1 BOWL	1	220	0	310	3.75	45.25
Fresh Whole Fruit	1 PIECE	38	189	*0	4	1.46	47.8
Juice, 4 oz.	1/2 cup	62	60	0	8	0.25	14.75
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Milk, 1% Flavored	1 CARTON	18	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	1	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	72	80	5	120	8.0	11.0
Muffin Loaf, Banana, IW	1 MUFFIN	1	160	0	140	3.0	27.0
Weighted Daily Average			354	*38	358	13.49	62.98
% of Calories						15.2%	71.1%
Nutrient Guideline			450-600		640		

Mon - 12/18/2023							
HIGH SCHOOL BRKFST IN	Total	100					
FRENCH TOAST STICKS, BC	1 Package	45	240	10	260	6.0	38.02
Muffin	1 MUFFIN	60	109	24	74	1.86	17.71
Cracker, Bug Bites	1 PACKAGE	15	120	0	115	2.0	21.0
Cereal, 1 oz.	1 BOWL	40	103	0	163	1.82	21.78
Cereal, 2 oz.	1 BOWL	1	220	0	310	3.75	45.25
Fresh Whole Fruit	1 PIECE	38	189	*0	4	1.46	47.8
Juice, 4 oz.	1 CONTAINER	62	120	0	15	0.5	29.5
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Milk, 1% Flavored	1 CARTON	18	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	1	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	72	80	5	120	8.0	11.0
Muffin Loaf, Banana, IW	1 MUFFIN	1	160	0	140	3.0	27.0
Weighted Daily Average			469	*25	388	13.06	89.34
% of Calories						11.1%	76.3%
Nutrient Guideline			450-600		640		

Tue - 12/19/2023							
HIGH SCHOOL BRKFST IN	Total	100					
Bagel Stuffed, Pillsbury	1 PKG	55	235	10	180	5.99	40.93
Muffin	1 MUFFIN	45	109	24	74	1.86	17.71
Cheese Stick, Marble	1 STICK	20	110	30	170	7.0	0.0
Cheese, String Cheese	1 PIECE	1	80	15	190	7.0	1.0
Cereal, 1 oz.	1 BOWL	40	103	0	163	1.82	21.78
Cereal, 2 oz.	1 BOWL	1	220	0	310	3.75	45.25
Fresh Whole Fruit	1 PIECE	38	189	*0	4	1.46	47.8
Juice, 4 oz.	1 CONTAINER	62	120	0	15	0.5	29.5
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Milk, 1% Flavored	1 CARTON	18	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	1	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	72	80	5	120	8.0	11.0
Bagel	1 PKG	1	140	0	160	6.0	28.0
Cream Cheese, PC's	1 PACKET	1	100	30	100	2.2	2.0

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

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Weighted Daily Average % of Calories			479	*28	379	14.60 12.2%	88.98 74.3%
Nutrient Guideline			450-600		640		

Wed - 12/20/2023							
HIGH SCHOOL BRKFST IN	Total	100					
Bar, Honey Wheat	1 BAR	50	270	5	290	0.0	43.0
Churros, Apple	1 CHURRO	40	150	0	60	3.0	27.0
Bar, Breakfas, soft, NG Straw	1 BAR	25	160	0	150	2.0	28.96
Cereal, 1 oz.	1 BOWL	40	103	0	163	1.82	21.78
Cereal, 2 oz.	1 BOWL	1	220	0	310	3.75	45.25
Fresh Whole Fruit	1 PIECE	38	189	*0	4	1.46	47.8
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Juice, 4 oz.	1 CONTAINER	62	120	0	15	0.5	29.5
Milk, 1% Flavored	1 CARTON	18	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	1	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	72	80	5	120	8.0	11.0
Weighted Daily Average % of Calories			511	*8	414	10.61 8.3%	97.73 76.5%
Nutrient Guideline			450-600		640		

Weighted Average			460	*25	428	13.69 11.9%	85.31 74.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	460		450 - 600	100%				
Cholesterol (mg)	25				Missing			
Sodium 1 (mg)	428		640					
Sodium 2 (mg)	428						428	
Protein (g)	13.69	11.91%						
Carbohydrate (g)	85.31	74.19%						

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