

Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Dec 1, 2023 thru Dec 31, 2023

MIDDLE SCHOOL BRKFST IN SCHOOL

Generated on: 12/1/2023 8:16:21 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 12/01/2023							
MIDDLE SCHOOL BRKFST	Total	100					
Donut, Glazed	1 DONUT	45	301	0	300	5.0	35.28
Donut, Classroom Only	1 PACKAGE	1	248	0	281	5.4	31.32
Muffin	1 MUFFIN	40	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	55	103	0	163	1.82	21.78
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% White	1 CARTON	70	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	0	80	5	120	8.0	11.0
Milk, 1% Flavored	1 CARTON	30	150	10	230	8.0	24.0
Weighted Daily Average			502	*23	422	12.94	87.11
% of Calories						10.3%	69.5%
Nutrient Guideline			400-550		600		

Mon - 12/04/2023							
MIDDLE SCHOOL BRKFST	Total	100					
Muffin	1 MUFFIN	55	109	24	74	1.86	17.71
Cracker, Bug Bites	1 PACKAGE	35	120	0	115	2.0	21.0
Cereal, 1 oz.	1 BOWL	50	103	0	163	1.82	21.78
Fresh Whole Fruit	1 PIECE	37	189	*0	4	1.46	47.8
Juice, 4 oz.	1 CONTAINER	63	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	30	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	0	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	70	80	5	120	8.0	11.0
Weighted Daily Average			400	*20	326	11.49	79.37
% of Calories						11.5%	79.3%
Nutrient Guideline			400-550		600		

Tue - 12/05/2023							
MIDDLE SCHOOL BRKFST	Total	100					
Muffin	1 MUFFIN	50	109	24	74	1.86	17.71
Cheese Stick, Marble	1 STICK	35	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	50	103	0	163	1.82	21.78
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	30	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	0	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	70	80	5	120	8.0	11.0
Bread, Banana, Slice	1 PIECE	1	260	0	240	5.0	45.0
Weighted Daily Average			396	*29	346	13.28	71.78
% of Calories						13.4%	72.6%
Nutrient Guideline			400-550		600		

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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Portion Values - Detailed

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MIDDLE SCHOOL BRKFST IN SCHOOL

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 12/06/2023							
MIDDLE SCHOOL BRKFST	Total	100					
Churros, Apple	1 CHURRO	40	150	0	60	3.0	27.0
Bar, Breakfas, soft, NG Straw	1 BAR	20	160	0	150	2.0	28.96
Cereal, 1 oz.	1 BOWL	50	103	0	163	1.82	21.78
Fresh Whole Fruit	1 PIECE	36	189	*0	4	1.46	47.8
Juice, 4 oz.	1 CONTAINER	64	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	30	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	0	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	70	80	5	120	8.0	11.0
Muffin Loaf, Banana, IW	1 MUFFIN	1	160	0	140	3.0	27.0
Weighted Daily Average			392	*7	301	11.39	78.96
% of Calories						11.6%	80.6%
Nutrient Guideline			400-550		600		

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 12/07/2023							
MIDDLE SCHOOL BRKFST	Total	100					
Yogurt, Trix, 4 oz.	1 Container	45	99	0	49	2.97	19.8
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	45	103	0	163	1.82	21.78
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	30	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	0	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	70	80	5	120	8.0	11.0
Weighted Daily Average			399	*7	315	12.03	80.87
% of Calories						12.1%	81.0%
Nutrient Guideline			400-550		600		

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 12/08/2023							
MIDDLE SCHOOL BRKFST	Total	100					
Muffin	1 MUFFIN	50	109	24	74	1.86	17.71
Bar, Granola, Qkr Cookies & Cr	1 BAR	40	150	0	135	2.0	29.0
Cereal, 1 oz.	1 BOWL	55	103	0	163	1.82	21.78
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	70	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	0	100	15	120	8.0	11.0
Milk, Nonfat Flavored	1 CARTON	30	117	3	152	8.16	21.45
Weighted Daily Average			458	*20	398	11.65	92.34
% of Calories						10.2%	80.6%
Nutrient Guideline			400-550		600		

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Dec 1, 2023 thru Dec 31, 2023

MIDDLE SCHOOL BRKFST IN SCHOOL

Generated on: 12/1/2023 8:16:21 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 12/11/2023							
MIDDLE SCHOOL BRKFST	Total	100					
Muffin	1 MUFFIN	55	109	24	74	1.86	17.71
Cracker, Bug Bites	1 PACKAGE	35	120	0	115	2.0	21.0
Cereal, 1 oz.	1 BOWL	50	103	0	163	1.82	21.78
Fresh Whole Fruit	1 PIECE	37	189	*0	4	1.46	47.8
Juice, 4 oz.	1 CONTAINER	63	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	30	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	0	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	70	80	5	120	8.0	11.0
Weighted Daily Average			400	*20	326	11.49	79.37
% of Calories						11.5%	79.3%
Nutrient Guideline			400-550		600		

Tue - 12/12/2023							
MIDDLE SCHOOL BRKFST	Total	100					
Muffin	1 MUFFIN	50	109	24	74	1.86	17.71
Cheese Stick, Marble	1 STICK	35	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	50	103	0	163	1.82	21.78
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	30	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	0	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	70	80	5	120	8.0	11.0
Bread, Banana. Slice	1 PIECE	1	260	0	240	5.0	45.0
Weighted Daily Average			396	*29	346	13.28	71.78
% of Calories						13.4%	72.6%
Nutrient Guideline			400-550		600		

Wed - 12/13/2023							
MIDDLE SCHOOL BRKFST	Total	100					
Churros, Apple	1 CHURRO	40	150	0	60	3.0	27.0
Bar, Breakfas, soft, NG Straw	1 BAR	20	160	0	150	2.0	28.96
Cereal, 1 oz.	1 BOWL	50	103	0	163	1.82	21.78
Fresh Whole Fruit	1 PIECE	36	189	*0	4	1.46	47.8
Juice, 4 oz.	1 CONTAINER	64	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	30	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	0	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	70	80	5	120	8.0	11.0
Muffin Loaf, Banana, IW	1 MUFFIN	1	160	0	140	3.0	27.0
Weighted Daily Average			392	*7	301	11.39	78.96
% of Calories						11.6%	80.6%
Nutrient Guideline			400-550		600		

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MIDDLE SCHOOL BRKFST IN SCHOOL

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 12/14/2023							
MIDDLE SCHOOL BRKFST	Total	100					
Yogurt, Trix, 4 oz.	1 Container	45	99	0	49	2.97	19.8
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	45	103	0	163	1.82	21.78
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	30	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	0	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	70	80	5	120	8.0	11.0
Weighted Daily Average			399	*7	315	12.03	80.87
% of Calories						12.1%	81.0%
Nutrient Guideline			400-550		600		

Fri - 12/15/2023							
MIDDLE SCHOOL BRKFST	Total	100					
Muffin	1 MUFFIN	50	109	24	74	1.86	17.71
Bar, Granola, Qkr Cookies & Cr	1 BAR	40	150	0	135	2.0	29.0
Cereal, 1 oz.	1 BOWL	55	103	0	163	1.82	21.78
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	70	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	0	100	15	120	8.0	11.0
Milk, Nonfat Flavored	1 CARTON	30	117	3	152	8.16	21.45
Weighted Daily Average			458	*20	398	11.65	92.34
% of Calories						10.2%	80.6%
Nutrient Guideline			400-550		600		

Mon - 12/18/2023							
MIDDLE SCHOOL BRKFST	Total	100					
Muffin	1 MUFFIN	55	109	24	74	1.86	17.71
Cracker, Bug Bites	1 PACKAGE	35	120	0	115	2.0	21.0
Cereal, 1 oz.	1 BOWL	50	103	0	163	1.82	21.78
Fresh Whole Fruit	1 PIECE	37	189	*0	4	1.46	47.8
Juice, 4 oz.	1 CONTAINER	63	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	30	150	10	230	8.0	24.0
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MIDDLE SCHOOL BRKFST IN SCHOOL

Generated on: 12/1/2023 8:16:22 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 12/19/2023							
MIDDLE SCHOOL BRKFST	Total	100					
Muffin	1 MUFFIN	50	109	24	74	1.86	17.71
Cheese Stick, Marble	1 STICK	35	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	50	103	0	163	1.82	21.78
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, NonFat White	1 CARTON	70	80	5	120	8.0	11.0
Bread, Banana, Slice	1 PIECE	1	260	0	240	5.0	45.0
Weighted Daily Average			396	*29	346	13.28	71.78
% of Calories						13.4%	72.6%
Nutrient Guideline			400-550		600		

Wed - 12/20/2023							
MIDDLE SCHOOL BRKFST	Total	100					
Churros, Apple	1 CHURRO	40	150	0	60	3.0	27.0
Bar, Breakfas, soft, NG Straw	1 BAR	20	160	0	150	2.0	28.96
Cereal, 1 oz.	1 BOWL	50	103	0	163	1.82	21.78
Fresh Whole Fruit	1 PIECE	36	189	*0	4	1.46	47.8
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Milk, 1% Flavored	1 CARTON	30	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	0	100	15	120	8.0	11.0
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Muffin Loaf, Banana, IW	1 MUFFIN	1	160	0	140	3.0	27.0
Weighted Daily Average			392	*7	301	11.39	78.96
% of Calories						11.6%	80.6%
Nutrient Guideline			400-550		600		

Weighted Average			413	*17	341	12.05	80.27
						11.7%	77.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	413		400 - 550	100%				
Cholesterol (mg)	17				Missing			
Sodium 1 (mg)	341		600					
Sodium 2 (mg)	341						341	
Protein (g)	12.05	11.68%						
Carbohydrate (g)	80.27	77.78%						

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