

Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

May 3, 2021 thru May 28, 2021

HIGH SCHOOL BRKFST IN SCHOOL

Generated on: 4/21/2021 8:43:11 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 05/03/2021						
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		510	*11	687	14.71	95.96
% of Calories					11.5%	75.2%
Nutrient Guideline		450-600		640		

Tue - 05/04/2021						
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		522	37	801	19.41	82.36
% of Calories					14.9%	63.1%
Nutrient Guideline		450-600		640		

Wed - 05/05/2021						
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 - 05/06/2021						
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

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.

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.

Columbia Public Schools

May 3, 2021 thru May 28, 2021

Base Menu Spreadsheet

HIGH SCHOOL BRKFST IN SCHOOL

Portion Values - Detailed

Page 2

Generated on: 4/21/2021 8:43:12 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Weighted Daily Average % of Calories		564	40	575	14.96 10.6%	97.90 69.5%
Nutrient Guideline		450-600		640		

Fri - 05/07/2021						
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		

Mon - 05/10/2021						
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
Weighted Daily Average % of Calories		470	11	674	13.95 11.9%	84.89 72.2%
Nutrient Guideline		450-600		640		

Tue - 05/11/2021						
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		

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.

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.

Columbia Public Schools

May 3, 2021 thru May 28, 2021

Base Menu Spreadsheet

HIGH SCHOOL BRKFST IN SCHOOL

Portion Values - Detailed

Page 3

Generated on: 4/21/2021 8:43:12 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 05/12/2021						
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		470	10	511	13.24	90.46
% of Calories					11.3%	77.0%
Nutrient Guideline		450-600		640		

Thu - 05/13/2021						
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		717	*74	700	21.51	117.44
% of Calories					12.0%	65.5%
Nutrient Guideline		450-600		640		

Fri - 05/14/2021						
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 - 05/17/2021						
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		

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.

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.

Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 4

May 3, 2021 thru May 28, 2021

HIGH SCHOOL BRKFST IN SCHOOL

Generated on: 4/21/2021 8:43:12 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 05/18/2021						
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 - 05/19/2021						
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 - 05/20/2021						
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
Tornado, Turkey Sausage	1 TORNADO	180	30	280	7.0	22.0
Weighted Daily Average		504	*41	462	15.38	88.28
% of Calories					12.2%	70.1%
Nutrient Guideline		450-600		640		

Fri - 05/21/2021						
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

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.

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.

Columbia Public Schools

May 3, 2021 thru May 28, 2021

Base Menu Spreadsheet

HIGH SCHOOL BRKFST IN SCHOOL

Portion Values - Detailed

Page 5

Generated on: 4/21/2021 8:43:12 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Weighted Daily Average % of Calories		446	*40	456	15.50 13.9%	80.33 72.1%
Nutrient Guideline		450-600		640		

Mon - 05/24/2021						
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 - 05/25/2021						
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		

Wed - 05/26/2021						
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 % of Calories		495	*35	388	13.86 11.2%	86.65 70.1%
Nutrient Guideline		450-600		640		

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.

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.

Columbia Public Schools

May 3, 2021 thru May 28, 2021

Base Menu Spreadsheet

HIGH SCHOOL BRKFST IN SCHOOL

Portion Values - Detailed

Page 6

Generated on: 4/21/2021 8:43:12 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 05/27/2021						
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 - 05/28/2021						
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		

Weighted Average		511	*31	569	15.31	91.14
					12.0%	71.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	511		450 - 600	100%	Missing			
Cholesterol (mg)	31							
Sodium 1 (mg)	569		640					
Sodium 2 (mg)	569		570					
Protein (g)	15.31	11.98%						
Carbohydrate (g)	91.14	71.32%						

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.

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.