

# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 3, 2021 thru May 28, 2021

MIDDLE SCHOOL BRKFST IN SCHOOL

Generated on: 4/21/2021 8:42:08 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 05/03/2021						
MIDDLE SCHOOL BRKFST	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
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Weighted Daily Average		477	10	472	13.99	92.42
% of Calories					11.7%	77.5%
Nutrient Guideline		400-550		600		

Tue - 05/04/2021						
MIDDLE SCHOOL BRKFST	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
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Weighted Daily Average		447	20	434	13.23	78.09
% of Calories					11.9%	69.9%
Nutrient Guideline		400-550		600		

Wed - 05/05/2021						
MIDDLE SCHOOL BRKFST	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
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		494	35	388	13.86	86.41
% of Calories					11.2%	70.0%
Nutrient Guideline		400-550		600		

Thu - 05/06/2021						
MIDDLE SCHOOL BRKFST	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
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		557	30	505	12.48	101.24
% of Calories					9.0%	72.7%
Nutrient Guideline		400-550		600		

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

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MIDDLE SCHOOL BRKFST IN SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 05/07/2021						
MIDDLE SCHOOL BRKFST	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
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		477	10	472	13.99	92.42
% of Calories					11.7%	77.5%
Nutrient Guideline		400-550		600		

Mon - 05/10/2021						
MIDDLE SCHOOL BRKFST	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
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		439	10	457	13.24	81.35
% of Calories					12.1%	74.0%
Nutrient Guideline		400-550		600		

Tue - 05/11/2021						
MIDDLE SCHOOL BRKFST	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
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		484	35	408	13.86	87.41
% of Calories					11.5%	72.3%
Nutrient Guideline		400-550		600		

Wed - 05/12/2021						
MIDDLE SCHOOL BRKFST	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
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
Weighted Daily Average		484	10	514	12.39	95.50
% of Calories					10.2%	78.9%
Nutrient Guideline		400-550		600		

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MIDDLE SCHOOL BRKFST IN SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 05/13/2021						
MIDDLE SCHOOL BRKFST	Total					
Banana Square	1 PIECE	281	34	201	4.5	46.5
Juice, 100%	1 CARTON	110	0	0	2.0	26.0
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		536	44	420	14.50	95.20
% of Calories					10.8%	71.0%
Nutrient Guideline		400-550		600		

Fri - 05/14/2021						
MIDDLE SCHOOL BRKFST	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
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		477	10	472	13.99	92.42
% of Calories					11.7%	77.5%
Nutrient Guideline		400-550		600		

Mon - 05/17/2021						
MIDDLE SCHOOL BRKFST	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
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Weighted Daily Average		477	10	472	13.99	92.42
% of Calories					11.7%	77.5%
Nutrient Guideline		400-550		600		

Tue - 05/18/2021						
MIDDLE SCHOOL BRKFST	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
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		516	30	466	12.47	92.74
% of Calories					9.7%	71.9%
Nutrient Guideline		400-550		600		

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MIDDLE SCHOOL BRKFST IN SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 05/19/2021						
MIDDLE SCHOOL BRKFST	Total					
Cereal	1 BOWL	103	0	143	2.01	23.26
Breakfast Bar, soft, NG Straw Orange	1 BAR	160	0	150	2.0	28.96
Milk, 1% Flavored	1 EACH	62	0	0	1.23	15.39
Milk, 1% White	1 CARTON	150	10	230	8.0	24.0
	1 CARTON	100	15	120	8.0	11.0
Weighted Daily Average		469	10	511	13.24	90.31
% of Calories					11.3%	77.0%
Nutrient Guideline		400-550		600		

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 05/20/2021						
MIDDLE SCHOOL BRKFST	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
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		484	35	408	13.86	87.41
% of Calories					11.5%	72.3%
Nutrient Guideline		400-550		600		

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 05/21/2021						
MIDDLE SCHOOL BRKFST	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
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		477	10	472	13.99	92.42
% of Calories					11.7%	77.5%
Nutrient Guideline		400-550		600		

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 05/24/2021						
MIDDLE SCHOOL BRKFST	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
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Weighted Daily Average		477	10	472	13.99	92.42
% of Calories					11.7%	77.5%
Nutrient Guideline		400-550		600		

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MIDDLE SCHOOL BRKFST IN SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 05/25/2021						
MIDDLE SCHOOL BRKFST	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
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Weighted Daily Average		447	20	434	13.23	78.09
% of Calories					11.9%	69.9%
Nutrient Guideline		400-550		600		

Wed - 05/26/2021						
MIDDLE SCHOOL BRKFST	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
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		494	35	388	13.86	86.41
% of Calories					11.2%	70.0%
Nutrient Guideline		400-550		600		

Thu - 05/27/2021						
MIDDLE SCHOOL BRKFST	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
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		557	30	505	12.48	101.24
% of Calories					9.0%	72.7%
Nutrient Guideline		400-550		600		

Fri - 05/28/2021						
MIDDLE SCHOOL BRKFST	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
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		477	10	472	13.99	92.42
% of Calories					11.7%	77.5%
Nutrient Guideline		400-550		600		

Weighted Average		487	21	457	13.53	90.42
					11.1%	74.2%

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MIDDLE SCHOOL BRKFST IN SCHOOL

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Cals (kcal) % of Target	Cholst (mg) Miss Data	Sodm (mg) Shortfall	Protn (g) Overage	Carb (g) Error Messages (if any)
Calories	487		400 - 550	100%				
Cholesterol (mg)	21							
Sodium 1 (mg)	457		600					
Sodium 2 (mg)	457		535					
Protein (g)	13.53	11.11%						
Carbohydrate (g)	90.42	74.24%						

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