

Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 1, 2019 thru Oct 31, 2019

HIGH SCHOOL BREAKFAST

Generated on: 9/20/2019 1:07:47 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/01/2019								
HIGH SCHOOL BREAKFAS	Total	100						
Muffin	1 MUFFIN	1	109	74	1.14	1.86	17.71	3.43
Cereal Bar, Nutrigrain Straw	1 BAR	69	160	150	3.00	2.0	28.96	3.99
Cereal	1 BOWL	57	101	145	2.10	1.9	22.84	0.91
Fresh Whole Fruit	1 PIECE	38	94	2	4.13	0.73	23.9	0.29
Juice	1 CARTON	62	110	0	0.00	2.0	26.0	0.0
Milk, 1% White	1 CARTON	18	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	2	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	71	115	150	0.00	8.0	21.0	0.0
Sausage Biscuit	1 SANDWICH	1	270	842	0.97	14.35	28.24	11.55
Weighted Daily Average			377	326	4.86	11.42	75.77	3.98
% of Calories						12.1%	80.4%	9.5%
Nutrient Guideline			450-600	640				

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/02/2019								
HIGH SCHOOL BREAKFAS	Total	100						
Bagel Stuffed, Pillsbury	1 PKG	40	235	180	2.00	5.99	40.93	5.99
Elf Grahams	1 PKG	54	119	111	1.32	1.98	20.46	3.96
Cereal	1 BOWL	50	101	145	2.10	1.9	22.84	0.91
Fresh Whole Fruit	1 PIECE	36	94	2	4.13	0.73	23.9	0.29
Juice	1 CARTON	64	110	0	0.00	2.0	26.0	0.0
Milk, 1% White	1 CARTON	16	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	2	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	73	115	150	0.00	8.0	21.0	0.0
PANCAKE WRAP, MAPLE FLAV., TUR	1 Wrap	1	181	542	3.19	9.56	22.31	6.38
Weighted Daily Average			416	341	4.08	13.34	81.62	5.56
% of Calories						12.8%	78.5%	12.0%
Nutrient Guideline			450-600	640				

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

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/03/2019								
HIGH SCHOOL BREAKFAS	Total	100						
Nature Valley Crisps - Cinn.	1 PACKAGE	1	150	140	2.00	3.0	25.01	5.0
Muffin	1 MUFFIN	96	109	74	1.14	1.86	17.71	3.43
Cereal	1 BOWL	57	101	145	2.10	1.9	22.84	0.91
Fresh Whole Fruit	1 PIECE	38	94	2	4.13	0.73	23.9	0.29
Juice	1 CARTON	62	110	0	0.00	2.0	26.0	0.0
Milk, 1% White	1 CARTON	19	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	2	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	70	115	150	0.00	8.0	21.0	0.0
Tornado, Chicken	1 TORNADO	1	180	230	1.00	6.0	23.0	6.0
Weighted Daily Average			370	288	3.90	11.76	72.72	4.50
% of Calories						12.7%	78.6%	10.9%
Nutrient Guideline			450-600	640				

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/04/2019								
HIGH SCHOOL BREAKFAS	Total	100						
Donut, Glazed	1 DONUT	33	301	300	2.81	5.0	35.28	16.0
Mini Cinnis, Pillsbury	1 PKG	1	113	127	0.94	2.35	18.35	3.29
Cinnamon Swirl	1 EACH	45	90	110	1.00	2.0	15.0	3.5
Animal Crackers	1 PACKAGE	41	130	110	2.00	2.0	21.0	4.0
Cereal	1 BOWL	59	101	145	2.10	1.9	22.84	0.91
Fresh Whole Fruit	1 PIECE	38	94	2	4.13	0.73	23.9	0.29
Juice	1 CARTON	62	110	0	0.00	2.0	26.0	0.0
Milk, 1% White	1 CARTON	19	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	2	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	71	115	150	0.00	8.0	21.0	0.0
Taco, Rolled, Egg & Cheese	1 TAC-GO	1	140	359	1.00	6.99	14.97	5.99
Weighted Daily Average			462	416	5.03	13.46	83.23	9.71
% of Calories						11.7%	72.1%	18.9%
Nutrient Guideline			450-600	640				

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/07/2019								
HIGH SCHOOL BREAKFAS	Total	100						
French Toast, Cinn Glazed	1 PIECE	43	210	320	3.00	8.0	27.99	8.0
Bug Bites	1 PACKAGE	49	120	115	1.00	2.0	21.0	3.5
Cereal	1 BOWL	47	101	145	2.10	1.9	22.84	0.91
Fresh Whole Fruit	1 PIECE	37	94	2	4.13	0.73	23.9	0.29
Juice	1 CARTON	63	110	0	0.00	2.0	26.0	0.0
Milk, 1% White	1 CARTON	16	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	2	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	73	115	150	0.00	8.0	21.0	0.0
Biscuit, 2 oz	1 BISCUIT	1	175	604	0.97	3.9	27.29	5.85
Gravy, Sausage - HS	2 oz.	1	46	232	0.11	0.48	5.11	2.43
Weighted Daily Average			404	402	4.31	14.17	75.92	6.17
% of Calories						14.0%	75.1%	13.7%
Nutrient Guideline			450-600	640				

Tue - 10/08/2019								
HIGH SCHOOL BREAKFAS	Total	100						
Muffin	1 MUFFIN	1	109	74	1.14	1.86	17.71	3.43
Cereal Bar, Nutrigrain Straw	1 BAR	69	160	150	3.00	2.0	28.96	3.99
Cereal	1 BOWL	57	101	145	2.10	1.9	22.84	0.91
Fresh Whole Fruit	1 PIECE	38	94	2	4.13	0.73	23.9	0.29
Juice	1 CARTON	62	110	0	0.00	2.0	26.0	0.0
Milk, 1% White	1 CARTON	18	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	2	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	71	115	150	0.00	8.0	21.0	0.0
Sausage Biscuit	1 SANDWICH	1	270	842	0.97	14.35	28.24	11.55
Weighted Daily Average			377	326	4.86	11.42	75.77	3.98
% of Calories						12.1%	80.4%	9.5%
Nutrient Guideline			450-600	640				

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/09/2019								
HIGH SCHOOL BREAKFAS	Total	100						
Bagel Stuffed, Pillsbury	1 PKG	40	235	180	2.00	5.99	40.93	5.99
Elf Grahams	1 PKG	54	119	111	1.32	1.98	20.46	3.96
Cereal	1 BOWL	50	101	145	2.10	1.9	22.84	0.91
Fresh Whole Fruit	1 PIECE	36	94	2	4.13	0.73	23.9	0.29
Juice	1 CARTON	64	110	0	0.00	2.0	26.0	0.0
Milk, 1% White	1 CARTON	16	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	2	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	73	115	150	0.00	8.0	21.0	0.0
PANCAKE WRAP, MAPLE FLAV., TUR	1 Wrap	1	181	542	3.19	9.56	22.31	6.38
Weighted Daily Average			416	341	4.08	13.34	81.62	5.56
% of Calories						12.8%	78.5%	12.0%
Nutrient Guideline			450-600	640				

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/10/2019								
HIGH SCHOOL BREAKFAS	Total	100						
Nature Valley Crisps - Cinn.	1 PACKAGE	1	150	140	2.00	3.0	25.01	5.0
Muffin	1 MUFFIN	96	109	74	1.14	1.86	17.71	3.43
Cereal	1 BOWL	57	101	145	2.10	1.9	22.84	0.91
Fresh Whole Fruit	1 PIECE	38	94	2	4.13	0.73	23.9	0.29
Juice	1 CARTON	62	110	0	0.00	2.0	26.0	0.0
Milk, 1% White	1 CARTON	19	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	2	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	70	115	150	0.00	8.0	21.0	0.0
Tornado, Chicken	1 TORNADO	1	180	230	1.00	6.0	23.0	6.0
Weighted Daily Average			370	288	3.90	11.76	72.72	4.50
% of Calories						12.7%	78.6%	10.9%
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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/11/2019								
HIGH SCHOOL BREAKFAS	Total	100						
Mini Cinnis, Pillsbury	1 PKG	1	113	127	0.94	2.35	18.35	3.29
Cinnamon Swirl	1 EACH	45	90	110	1.00	2.0	15.0	3.5
Animal Crackers	1 PACKAGE	41	130	110	2.00	2.0	21.0	4.0
Cereal	1 BOWL	59	101	145	2.10	1.9	22.84	0.91
Fresh Whole Fruit	1 PIECE	38	94	2	4.13	0.73	23.9	0.29
Juice	1 CARTON	62	110	0	0.00	2.0	26.0	0.0
Milk, 1% White	1 CARTON	19	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	1	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	71	115	150	0.00	8.0	21.0	0.0
Taco, Egg & Cheese	1 TACO	1	140	360	1.00	7.0	15.0	6.0
Weighted Daily Average			361	316	4.10	11.73	71.48	4.43
% of Calories						13.0%	79.1%	11.0%
Nutrient Guideline			450-600	640				

Mon - 10/14/2019								
HIGH SCHOOL BREAKFAS	Total	100						
French Toast, Cinn Glazed	1 PIECE	43	210	320	3.00	8.0	27.99	8.0
Bug Bites	1 PACKAGE	49	120	115	1.00	2.0	21.0	3.5
Cereal	1 BOWL	47	101	145	2.10	1.9	22.84	0.91
Fresh Whole Fruit	1 PIECE	37	94	2	4.13	0.73	23.9	0.29
Juice	1 CARTON	63	110	0	0.00	2.0	26.0	0.0
Milk, 1% White	1 CARTON	16	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	2	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	73	115	150	0.00	8.0	21.0	0.0
Biscuit, 2 oz	1 BISCUIT	1	175	604	0.97	3.9	27.29	5.85
Gravy, Sausage - HS	2 oz.	1	46	232	0.11	0.48	5.11	2.43
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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/15/2019								
HIGH SCHOOL BREAKFAS	Total	100						
Muffin	1 MUFFIN	1	109	74	1.14	1.86	17.71	3.43
Cereal Bar, Nutrigrain Straw	1 BAR	69	160	150	3.00	2.0	28.96	3.99
Cereal	1 BOWL	57	101	145	2.10	1.9	22.84	0.91
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Milk, 1% White	1 CARTON	18	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	2	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	71	115	150	0.00	8.0	21.0	0.0
Sausage Biscuit	1 SANDWICH	1	270	842	0.97	14.35	28.24	11.55
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Wed - 10/16/2019								
HIGH SCHOOL BREAKFAS	Total	100						
Bagel Stuffed, Pillsbury	1 PKG	40	235	180	2.00	5.99	40.93	5.99
Elf Grahams	1 PKG	54	119	111	1.32	1.98	20.46	3.96
Cereal	1 BOWL	50	101	145	2.10	1.9	22.84	0.91
Fresh Whole Fruit	1 PIECE	36	94	2	4.13	0.73	23.9	0.29
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Thu - 10/17/2019								
HIGH SCHOOL BREAKFAS	Total	100						
Nature Valley Crisps - Cinn.	1 PACKAGE	1	150	140	2.00	3.0	25.01	5.0
Muffin	1 MUFFIN	96	109	74	1.14	1.86	17.71	3.43
Cereal	1 BOWL	57	101	145	2.10	1.9	22.84	0.91
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Fri - 10/18/2019								
HIGH SCHOOL BREAKFAS	Total	100						
Mini Cinnis, Pillsbury	1 PKG	1	113	127	0.94	2.35	18.35	3.29
Cinnamon Swirl	1 EACH	45	90	110	1.00	2.0	15.0	3.5
Animal Crackers	1 PACKAGE	41	130	110	2.00	2.0	21.0	4.0
Cereal	1 BOWL	59	101	145	2.10	1.9	22.84	0.91
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Milk, Nonfat Flavored	1 CARTON	71	115	150	0.00	8.0	21.0	0.0
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Mon - 10/21/2019								
HIGH SCHOOL BREAKFAS	Total	100						
French Toast, Cinn Glazed	1 PIECE	43	210	320	3.00	8.0	27.99	8.0
Bug Bites	1 PACKAGE	49	120	115	1.00	2.0	21.0	3.5
Cereal	1 BOWL	47	101	145	2.10	1.9	22.84	0.91
Fresh Whole Fruit	1 PIECE	37	94	2	4.13	0.73	23.9	0.29
Juice	1 CARTON	63	110	0	0.00	2.0	26.0	0.0
Milk, 1% White	1 CARTON	16	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	2	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	73	115	150	0.00	8.0	21.0	0.0
Biscuit, 2 oz	1 BISCUIT	1	175	604	0.97	3.9	27.29	5.85
Gravy, Sausage - HS	2 oz.	1	46	232	0.11	0.48	5.11	2.43
Weighted Daily Average			404	402	4.31	14.17	75.92	6.17
% of Calories						14.0%	75.1%	13.7%
Nutrient Guideline			450-600	640				

Tue - 10/22/2019								
HIGH SCHOOL BREAKFAS	Total	100						
Muffin	1 MUFFIN	1	109	74	1.14	1.86	17.71	3.43
Cereal Bar, Nutrigrain Straw	1 BAR	69	160	150	3.00	2.0	28.96	3.99
Cereal	1 BOWL	57	101	145	2.10	1.9	22.84	0.91
Fresh Whole Fruit	1 PIECE	38	94	2	4.13	0.73	23.9	0.29
Juice	1 CARTON	62	110	0	0.00	2.0	26.0	0.0
Milk, 1% White	1 CARTON	18	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	2	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	71	115	150	0.00	8.0	21.0	0.0
Sausage Biscuit	1 SANDWICH	1	270	842	0.97	14.35	28.24	11.55
Weighted Daily Average			377	326	4.86	11.42	75.77	3.98
% of Calories						12.1%	80.4%	9.5%
Nutrient Guideline			450-600	640				

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Base Menu Spreadsheet

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HIGH SCHOOL BREAKFAST

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/23/2019								
HIGH SCHOOL BREAKFAS	Total	100						
Bagel Stuffed, Pillsbury	1 PKG	40	235	180	2.00	5.99	40.93	5.99
Elf Grahams	1 PKG	54	119	111	1.32	1.98	20.46	3.96
Cereal	1 BOWL	50	101	145	2.10	1.9	22.84	0.91
Fresh Whole Fruit	1 PIECE	36	94	2	4.13	0.73	23.9	0.29
Juice	1 CARTON	64	110	0	0.00	2.0	26.0	0.0
Milk, 1% White	1 CARTON	16	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	2	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	73	115	150	0.00	8.0	21.0	0.0
PANCAKE WRAP, MAPLE FLAV., TUR	1 Wrap	1	181	542	3.19	9.56	22.31	6.38
Weighted Daily Average			416	341	4.08	13.34	81.62	5.56
% of Calories						12.8%	78.5%	12.0%
Nutrient Guideline			450-600	640				

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/24/2019								
HIGH SCHOOL BREAKFAS	Total	100						
Nature Valley Crisps - Cinn.	1 PACKAGE	1	150	140	2.00	3.0	25.01	5.0
Muffin	1 MUFFIN	96	109	74	1.14	1.86	17.71	3.43
Cereal	1 BOWL	57	101	145	2.10	1.9	22.84	0.91
Fresh Whole Fruit	1 PIECE	38	94	2	4.13	0.73	23.9	0.29
Juice	1 CARTON	62	110	0	0.00	2.0	26.0	0.0
Milk, 1% White	1 CARTON	19	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	2	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	70	115	150	0.00	8.0	21.0	0.0
Tornado, Chicken	1 TORNADO	1	180	230	1.00	6.0	23.0	6.0
Weighted Daily Average			370	288	3.90	11.76	72.72	4.50
% of Calories						12.7%	78.6%	10.9%
Nutrient Guideline			450-600	640				

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Base Menu Spreadsheet

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HIGH SCHOOL BREAKFAST

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/25/2019								
HIGH SCHOOL BREAKFAS	Total	100						
Mini Cinnis, Pillsbury	1 PKG	1	113	127	0.94	2.35	18.35	3.29
Cinnamon Swirl	1 EACH	45	90	110	1.00	2.0	15.0	3.5
Animal Crackers	1 PACKAGE	41	130	110	2.00	2.0	21.0	4.0
Cereal	1 BOWL	59	101	145	2.10	1.9	22.84	0.91
Fresh Whole Fruit	1 PIECE	38	94	2	4.13	0.73	23.9	0.29
Juice	1 CARTON	62	110	0	0.00	2.0	26.0	0.0
Milk, 1% White	1 CARTON	19	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	1	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	71	115	150	0.00	8.0	21.0	0.0
Taco, Egg & Cheese	1 TACO	1	140	360	1.00	7.0	15.0	6.0
Weighted Daily Average			361	316	4.10	11.73	71.48	4.43
% of Calories						13.0%	79.1%	11.0%
Nutrient Guideline			450-600	640				

Mon - 10/28/2019								
HIGH SCHOOL BREAKFAS	Total	100						
French Toast, Cinn Glazed	1 PIECE	43	210	320	3.00	8.0	27.99	8.0
Bug Bites	1 PACKAGE	49	120	115	1.00	2.0	21.0	3.5
Cereal	1 BOWL	47	101	145	2.10	1.9	22.84	0.91
Fresh Whole Fruit	1 PIECE	37	94	2	4.13	0.73	23.9	0.29
Juice	1 CARTON	63	110	0	0.00	2.0	26.0	0.0
Milk, 1% White	1 CARTON	16	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	2	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	73	115	150	0.00	8.0	21.0	0.0
Biscuit, 2 oz	1 BISCUIT	1	175	604	0.97	3.9	27.29	5.85
Gravy, Sausage - HS	2 oz.	1	46	232	0.11	0.48	5.11	2.43
Weighted Daily Average			404	402	4.31	14.17	75.92	6.17
% of Calories						14.0%	75.1%	13.7%
Nutrient Guideline			450-600	640				

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HIGH SCHOOL BREAKFAST

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/29/2019								
HIGH SCHOOL BREAKFAS	Total	100						
Muffin	1 MUFFIN	1	109	74	1.14	1.86	17.71	3.43
Cereal Bar, Nutrigrain Straw	1 BAR	69	160	150	3.00	2.0	28.96	3.99
Cereal	1 BOWL	57	101	145	2.10	1.9	22.84	0.91
Fresh Whole Fruit	1 PIECE	38	94	2	4.13	0.73	23.9	0.29
Juice	1 CARTON	62	110	0	0.00	2.0	26.0	0.0
Milk, 1% White	1 CARTON	18	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	2	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	71	115	150	0.00	8.0	21.0	0.0
Sausage Biscuit	1 SANDWICH	1	270	842	0.97	14.35	28.24	11.55
Weighted Daily Average			377	326	4.86	11.42	75.77	3.98
% of Calories						12.1%	80.4%	9.5%
Nutrient Guideline			450-600	640				

Wed - 10/30/2019								
HIGH SCHOOL BREAKFAS	Total	100						
Bagel Stuffed, Pillsbury	1 PKG	40	235	180	2.00	5.99	40.93	5.99
Elf Grahams	1 PKG	54	119	111	1.32	1.98	20.46	3.96
Cereal	1 BOWL	50	101	145	2.10	1.9	22.84	0.91
Fresh Whole Fruit	1 PIECE	36	94	2	4.13	0.73	23.9	0.29
Juice	1 CARTON	64	110	0	0.00	2.0	26.0	0.0
Milk, 1% White	1 CARTON	16	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	2	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	73	115	150	0.00	8.0	21.0	0.0
PANCAKE WRAP, MAPLE FLAV., TUR	1 Wrap	1	181	542	3.19	9.56	22.31	6.38
Weighted Daily Average			416	341	4.08	13.34	81.62	5.56
% of Calories						12.8%	78.5%	12.0%
Nutrient Guideline			450-600	640				

Weighted Average			391	339	4.31	12.55	76.33	5.15
						12.8%	78.0%	11.9%

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HIGH SCHOOL BREAKFAST

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Sodm (mg) Shortfall	Fiber (g) Overage	Protn (g)	Carb (g)	T-Fat (g)	Error Messages (if any)
Calories	391		450 - 600	87%		59					Correction Required - Calories are Low
Sodium 1 (mg)	339		640								
Sodium 2 (mg)	339		570								
Fiber (g)	4.31										
Protein (g)	12.55	12.83%									
Carbohydrate (g)	76.33	78.03%									
Total Fat (g)	5.15	11.85%									

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