

Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2021 thru Oct 27, 2021

HIGH SCHOOL BRKFST IN SCHOOL

Generated on: 9/17/2021 7:37:06 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 10/01/2021						
HIGH SCHOOL BRKFST IN	Total					
Donut, Glazed	1 DONUT	301	0	300	5.0	35.28
Taco, Egg & Cheese	1 TACO	140	85	360	7.0	15.0
Crumb Square	Crumb Square	176	20	134	2.1	29.0
Cracker, Jungle	1 PACKAGE	130	0	95	2.0	20.0
Cereal	1 BOWL	103	0	143	2.01	23.26
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Juice, Orange, 100%, 8 oz	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
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Weighted Daily Average		424	*58	460	14.70	74.21
% of Calories					13.9%	70.0%
Nutrient Guideline		450-600		640		

Tue - 10/05/2021						
HIGH SCHOOL BRKFST IN	Total					
Biscuit, 2 oz	1 BISCUIT	175	0	604	3.9	27.29
Gravy, Sausage - HS	2 oz.	46	1	232	0.48	5.11
Muffin	1 MUFFIN	109	24	74	1.86	17.71
Bar, Breakfas, soft, NG Straw	1 BAR	160	0	150	2.0	28.96
Cereal	1 BOWL	103	0	143	2.01	23.26
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
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
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Weighted Daily Average		400	*17	703	12.13	71.21
% of Calories					12.1%	71.2%
Nutrient Guideline		450-600		640		

Wed - 10/06/2021						
HIGH SCHOOL BRKFST IN	Total					
Bar, Honey Wheat	1 BAR	270	5	290	0.0	43.0
Bagel Stuffed, Pillsbury	1 PKG	235	10	180	5.99	40.93
Cracker, Elf Grahams	1 PKG	119	0	111	1.98	20.46
Cereal	1 BOWL	103	0	143	2.01	23.26
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
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
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Weighted Daily Average		458	*12	436	11.41	82.87
% of Calories					10.0%	72.3%
Nutrient Guideline		450-600		640		

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

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HIGH SCHOOL BRKFST IN SCHOOL

Generated on: 9/17/2021 7:37:06 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 10/07/2021						
HIGH SCHOOL BRKFST IN	Total					
Sausage Biscuit	1 SANDWICH	270	38	842	14.35	28.24
Yogurt, Yoplait, 4 oz	4 oz.	150	0	80	5.0	31.0
Muffin	1 MUFFIN	109	24	74	1.86	17.71
Cereal	1 BOWL	103	0	143	2.01	23.26
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
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
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Weighted Daily Average		416	*37	655	17.67	68.28
% of Calories					17.0%	65.6%
Nutrient Guideline		450-600		640		

Fri - 10/08/2021						
HIGH SCHOOL BRKFST IN	Total					
Taco, Egg & Cheese	1 TACO	140	85	360	7.0	15.0
Crumb Square	Crumb Square	176	20	134	2.1	29.0
Crackers, Animal	1 PACKAGE	130	0	110	2.0	21.0
Cereal	1 BOWL	103	0	143	2.01	23.26
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
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% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Weighted Daily Average		391	*58	467	13.57	67.26
% of Calories					13.9%	68.8%
Nutrient Guideline		450-600		640		

Mon - 10/11/2021						
HIGH SCHOOL BRKFST IN	Total					
Tornado, Turkey Sausage	1 TORNADO	180	30	280	7.0	22.0
Cinnamon Roll, with Icing, IW	1 ROLL	130	0	130	2.0	22.0
Cracker, Bug Bites	1 PACKAGE	120	0	115	2.0	21.0
Cereal	1 BOWL	103	0	143	2.01	23.26
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
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
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Banana Square	1 PIECE	281	34	201	4.5	46.5
Weighted Daily Average		380	*19	415	13.21	66.60
% of Calories					13.9%	70.2%
Nutrient Guideline		450-600		640		

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HIGH SCHOOL BRKFST IN SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 10/12/2021						
HIGH SCHOOL BRKFST IN	Total					
Biscuit, 2 oz	1 BISCUIT	175	0	604	3.9	27.29
Gravy, Sausage - HS	2 oz.	46	1	232	0.48	5.11
Muffin	1 MUFFIN	109	24	74	1.86	17.71
Bar, Breakfas, soft, NG Straw	1 BAR	160	0	150	2.0	28.96
Cereal	1 BOWL	103	0	143	2.01	23.26
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
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
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Weighted Daily Average		400	*17	703	12.13	71.21
% of Calories					12.1%	71.2%
Nutrient Guideline		450-600		640		

Wed - 10/13/2021						
HIGH SCHOOL BRKFST IN	Total					
Bar, Honey Wheat	1 BAR	270	5	290	0.0	43.0
Bagel Stuffed, Pillsbury	1 PKG	235	10	180	5.99	40.93
Cracker, Elf Grahams	1 PKG	119	0	111	1.98	20.46
Cereal	1 BOWL	103	0	143	2.01	23.26
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
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
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Weighted Daily Average		458	*12	436	11.41	82.87
% of Calories					10.0%	72.3%
Nutrient Guideline		450-600		640		

Thu - 10/14/2021						
HIGH SCHOOL BRKFST IN	Total					
Sausage Biscuit	1 SANDWICH	270	38	842	14.35	28.24
Yogurt, Yoplait, 4 oz	4 oz.	150	0	80	5.0	31.0
Muffin	1 MUFFIN	109	24	74	1.86	17.71
Cereal	1 BOWL	103	0	143	2.01	23.26
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
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
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
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HIGH SCHOOL BRKFST IN SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 10/15/2021						
HIGH SCHOOL BRKFST IN	Total					
Taco, Egg & Cheese	1 TACO	140	85	360	7.0	15.0
Crumb Square	Crumb Square	176	20	134	2.1	29.0
Crackers, Animal	1 PACKAGE	130	0	110	2.0	21.0
Cereal	1 BOWL	103	0	143	2.01	23.26
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
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% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Weighted Daily Average		391	*58	467	13.57	67.26
% of Calories					13.9%	68.8%
Nutrient Guideline		450-600		640		

Mon - 10/18/2021						
HIGH SCHOOL BRKFST IN	Total					
Tornado, Turkey Sausage	1 TORNADO	180	30	280	7.0	22.0
Cinnamon Roll, with Icing, IW	1 ROLL	130	0	130	2.0	22.0
Cracker, Bug Bites	1 PACKAGE	120	0	115	2.0	21.0
Cereal	1 BOWL	103	0	143	2.01	23.26
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
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
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Banana Square	1 PIECE	281	34	201	4.5	46.5
Weighted Daily Average		380	*19	415	13.21	66.60
% of Calories					13.9%	70.2%
Nutrient Guideline		450-600		640		

Tue - 10/19/2021						
HIGH SCHOOL BRKFST IN	Total					
Biscuit, 2 oz	1 BISCUIT	175	0	604	3.9	27.29
Gravy, Sausage - HS	2 oz.	46	1	232	0.48	5.11
Muffin	1 MUFFIN	109	24	74	1.86	17.71
Bar, Breakfas, soft, NG Straw	1 BAR	160	0	150	2.0	28.96
Cereal	1 BOWL	103	0	143	2.01	23.26
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Juice, 4 oz., elem.	1 CONTAINER	60	0	8	0.25	14.75
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HIGH SCHOOL BRKFST IN SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 10/20/2021						
HIGH SCHOOL BRKFST IN	Total					
Bar, Honey Wheat	1 BAR	270	5	290	0.0	43.0
Bagel Stuffed, Pillsbury	1 PKG	235	10	180	5.99	40.93
Cracker, Elf Grahams	1 PKG	119	0	111	1.98	20.46
Cereal	1 BOWL	103	0	143	2.01	23.26
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
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
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% of Calories					10.0%	72.3%
Nutrient Guideline		450-600		640		

Thu - 10/21/2021						
HIGH SCHOOL BRKFST IN	Total					
Sausage Biscuit	1 SANDWICH	270	38	842	14.35	28.24
Yogurt, Yoplait, 4 oz	4 oz.	150	0	80	5.0	31.0
Muffin	1 MUFFIN	109	24	74	1.86	17.71
Cereal	1 BOWL	103	0	143	2.01	23.26
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Juice, 4 oz., elem.	1 CONTAINER	60	0	8	0.25	14.75
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% of Calories					17.0%	65.6%
Nutrient Guideline		450-600		640		

Fri - 10/22/2021						
HIGH SCHOOL BRKFST IN	Total					
Taco, Egg & Cheese	1 TACO	140	85	360	7.0	15.0
Crumb Square	Crumb Square	176	20	134	2.1	29.0
Crackers, Animal	1 PACKAGE	130	0	110	2.0	21.0
Cereal	1 BOWL	103	0	143	2.01	23.26
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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 10/25/2021						
HIGH SCHOOL BRKFST IN	Total					
Tornado, Turkey Sausage	1 TORNADO	180	30	280	7.0	22.0
Cinnamon Roll, with Icing, IW	1 ROLL	130	0	130	2.0	22.0
Cracker, Bug Bites	1 PACKAGE	120	0	115	2.0	21.0
Cereal	1 BOWL	103	0	143	2.01	23.26
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% of Calories					13.9%	70.2%
Nutrient Guideline		450-600		640		

Tue - 10/26/2021						
HIGH SCHOOL BRKFST IN	Total					
Biscuit, 2 oz	1 BISCUIT	175	0	604	3.9	27.29
Gravy, Sausage - HS	2 oz.	46	1	232	0.48	5.11
Muffin	1 MUFFIN	109	24	74	1.86	17.71
Bar, Breakfas, soft, NG Straw	1 BAR	160	0	150	2.0	28.96
Cereal	1 BOWL	103	0	143	2.01	23.26
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% of Calories					12.1%	71.2%
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Wed - 10/27/2021						
HIGH SCHOOL BRKFST IN	Total					
Bar, Honey Wheat	1 BAR	270	5	290	0.0	43.0
Bagel Stuffed, Pillsbury	1 PKG	235	10	180	5.99	40.93
Cracker, Elf Grahams	1 PKG	119	0	111	1.98	20.46
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Weighted Daily Average		458	*12	436	11.41	82.87
% of Calories					10.0%	72.3%
Nutrient Guideline		450-600		640		

Weighted Average		412	*29	535	13.46	72.05
					13.1%	69.9%

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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	412		450 - 600	92%		38		Correction Required - Calories are Low
Cholesterol (mg)	29				Missing			
Sodium 1 (mg)	535		640					
Sodium 2 (mg)	535		570					
Protein (g)	13.46	13.06%						
Carbohydrate (g)	72.05	69.92%						

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