

# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2021 thru Oct 27, 2021

MIDDLE SCHOOL BRKFST IN SCHOOL

Generated on: 9/17/2021 7:36:35 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 10/01/2021						
MIDDLE SCHOOL BRKFST	Total					
Donut, Glazed	1 DONUT	301	0	300	5.0	35.28
Donut, Classroom Only	1 PACKAGE	248	0	281	5.4	31.32
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, 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		407	*6	391	12.00	67.80
% of Calories					11.8%	66.7%
Nutrient Guideline		400-550		600		

Tue - 10/05/2021						
MIDDLE SCHOOL BRKFST	Total					
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		322	*18	297	10.42	61.44
% of Calories					13.0%	76.4%
Nutrient Guideline		400-550		600		

Wed - 10/06/2021						
MIDDLE SCHOOL BRKFST	Total					
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		352	*10	324	11.98	66.82
% of Calories					13.6%	75.9%
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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MIDDLE SCHOOL BRKFST IN SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 10/07/2021						
MIDDLE SCHOOL BRKFST	Total					
Yogurt, Trix, 4 oz.	1 Container	99	0	49	2.97	19.8
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		305	*18	260	10.96	59.05
% of Calories					14.4%	77.4%
Nutrient Guideline		400-550		600		

Fri - 10/08/2021						
MIDDLE SCHOOL BRKFST	Total					
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% 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		348	*15	319	10.64	65.06
% of Calories					12.2%	74.8%
Nutrient Guideline		400-550		600		

Mon - 10/11/2021						
MIDDLE SCHOOL BRKFST	Total					
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
Weighted Daily Average		325	*6	320	10.59	61.81
% of Calories					13.0%	76.1%
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 - 10/12/2021						
MIDDLE SCHOOL BRKFST	Total					
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		322	*18	297	10.42	61.44
% of Calories					13.0%	76.4%
Nutrient Guideline		400-550		600		

Wed - 10/13/2021						
MIDDLE SCHOOL BRKFST	Total					
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
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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		352	*10	324	11.98	66.82
% of Calories					13.6%	75.9%
Nutrient Guideline		400-550		600		

Thu - 10/14/2021						
MIDDLE SCHOOL BRKFST	Total					
Yogurt, Trix, 4 oz.	1 Container	99	0	49	2.97	19.8
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
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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 - 10/15/2021						
MIDDLE SCHOOL BRKFST	Total					
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% 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		348	*15	319	10.64	65.06
% of Calories					12.2%	74.8%
Nutrient Guideline		400-550		600		

Mon - 10/18/2021						
MIDDLE SCHOOL BRKFST	Total					
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
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Weighted Daily Average		325	*6	320	10.59	61.81
% of Calories					13.0%	76.1%
Nutrient Guideline		400-550		600		

Tue - 10/19/2021						
MIDDLE SCHOOL BRKFST	Total					
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		322	*18	297	10.42	61.44
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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 10/20/2021						
MIDDLE SCHOOL BRKFST	Total					
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
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Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
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Weighted Daily Average		352	*10	324	11.98	66.82
% of Calories					13.6%	75.9%
Nutrient Guideline		400-550		600		

Thu - 10/21/2021						
MIDDLE SCHOOL BRKFST	Total					
Yogurt, Trix, 4 oz.	1 Container	99	0	49	2.97	19.8
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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Weighted Daily Average		305	*18	260	10.96	59.05
% of Calories					14.4%	77.4%
Nutrient Guideline		400-550		600		

Fri - 10/22/2021						
MIDDLE SCHOOL BRKFST	Total					
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
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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)
<b>Mon - 10/25/2021</b>						
MIDDLE SCHOOL BRKFST	Total					
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
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Weighted Daily Average		325	*6	320	10.59	61.81
% of Calories					13.0%	76.1%
Nutrient Guideline		400-550		600		

<b>Tue - 10/26/2021</b>						
MIDDLE SCHOOL BRKFST	Total					
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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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		322	*18	297	10.42	61.44
% of Calories					13.0%	76.4%
Nutrient Guideline		400-550		600		

<b>Wed - 10/27/2021</b>						
MIDDLE SCHOOL BRKFST	Total					
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
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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	335		400 - 550	84%		65		Correction Required - Calories are Low
Cholesterol (mg)	13				Missing			
Sodium 1 (mg)	310		600					
Sodium 2 (mg)	310		535					
Protein (g)	11.01	13.13%						
Carbohydrate (g)	63.26	75.44%						

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