

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 12/01/2022															
* Ele Breakfast	Total														
*Burrito Breakfast	1 Each	212	70	318	3.00	1.80	150.0	300	2.4	1	11.25	22.0	9.0	4.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Yogurt, Nonfat Recipe*	1 Each	90	0	51	0.00	0.00	300.0	0	0.9	15	3.0	19.0	0.0	0.00	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Non Fat*	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		404	60	478	4.88	2.66	680.5	1108	49.13	*33	20.21	59.98	9.28	4.33	*0.00
% of Calories										*32.4%	20.0%	59.4%	20.7%	9.6%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

Fri - 12/02/2022															
* Ele Breakfast	Total														
*Bagel, 3 Oz.*	1 Each	217	0	230	4.36	2.47	0.0	0	0.0	4	0.0	44.6	0.82	0.00	0.00
*Cheese, Cream*	1 Each	60	15	85	1.00	0.00	60.0	200	0.0	2	4.0	2.0	4.0	2.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Non Fat*	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		355	12	395	6.15	3.16	358.0	933	46.65	*25	10.53	63.18	4.15	1.83	*0.00
% of Calories										*27.8%	11.9%	71.2%	10.5%	4.6%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

Mon - 12/05/2022															
* Ele Breakfast	Total														
*Pizza, Breakfast*	1 EACH	182	19	373	2.49	1.76	181.0	49	6.25	3	11.0	22.0	5.47	2.36	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Non Fat*	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00

\*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.

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		314	22	481	4.50	2.63	478.8	920	51.34	*23	17.78	45.73	6.63	3.10	*0.00
% of Calories										*29.9%	22.6%	58.3%	19.0%	8.9%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

Tue - 12/06/2022															
* Ele Breakfast	Total														
*Raspberry Breakfast Square	1 Each	260	20	180	1.00	0.72	85.0	0	0.0	20	5.0	36.0	7.0	2.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Non Fat*	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		372	23	336	3.39	1.85	406.8	883	46.65	*36	13.28	56.23	7.78	2.83	*0.00
% of Calories										*38.9%	14.3%	60.4%	18.8%	6.8%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

Wed - 12/07/2022															
* Ele Breakfast	Total														
*Burrito Breakfast	1 Each	212	70	318	3.00	1.80	150.0	300	2.4	1	11.25	22.0	9.0	4.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Yogurt, Nonfat Recipe*	1 Each	90	0	51	0.00	0.00	300.0	0	0.9	15	3.0	19.0	0.0	0.00	0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Non Fat*	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		404	60	478	4.88	2.66	680.5	1108	49.13	*33	20.21	59.98	9.28	4.33	*0.00
% of Calories										*32.4%	20.0%	59.4%	20.7%	9.6%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

\*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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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 12/08/2022															
* Ele Breakfast	Total														
*Pillsbury Mini Cinnis	1 Each	240	0	300	2.00	1.44	40.0	0	0.0	15	5.0	40.0	8.0	2.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Non Fat*	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		369	8	426	4.60	2.43	377.6	931	53.15	*34	13.45	62.24	8.58	2.84	*0.00
% of Calories										*36.8%	14.6%	67.4%	20.9%	6.9%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 12/09/2022															
* Ele Breakfast	Total														
*Brk Bowl Pancakes Elementary*	Serving	330	70	500	4.00	3.78	100.0	500	0.0	11	16.0	35.0	14.0	3.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Yogurt, Nonfat Recipe*	1 Each	90	0	51	0.00	0.00	300.0	0	0.9	15	3.0	19.0	0.0	0.00	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Non Fat*	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		492	60	614	5.63	4.15	643.0	1258	47.33	*40	23.78	69.73	13.03	3.58	*0.00
% of Calories										*32.9%	19.3%	56.6%	23.8%	6.5%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 12/12/2022															
* Ele Breakfast	Total														
*Ultimate Brkfst Bar	1 Each	280	5	190	6.00	0.68	29.0	8	0.0	19	5.0	44.0	8.0	3.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Non Fat*	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		359	13	387	7.33	2.87	431.3	1048	48.51	*33	13.96	57.06	7.70	3.39	*0.00
% of Calories										*36.6%	15.6%	63.6%	19.3%	8.5%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 12/13/2022</b>															
* Ele Breakfast	Total														
*Vanilla Breakfast Square	1 Each	260	20	180	1.00	0.72	60.0	0	0.0	20	5.0	36.0	7.0	2.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Non Fat*	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		372	23	336	3.39	1.85	388.0	883	46.65	*36	13.28	56.23	7.78	2.83	*0.00
% of Calories										*38.9%	14.3%	60.4%	18.8%	6.8%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

<b>Wed - 12/14/2022</b>															
* Ele Breakfast	Total														
*Sandwich, Breakfast	1 Each	390	84	598	3.00	3.39	54.9	3	0.0	4	22.61	35.5	17.42	7.01	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Non Fat*	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		470	71	649	4.88	3.85	384.2	885	46.65	*24	26.48	55.86	15.59	6.59	*0.00
% of Calories										*20.6%	22.5%	47.5%	29.9%	12.6%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

<b>Thu - 12/15/2022</b>															
* Ele Breakfast	Total														
*Burrito Breakfast	1 Each	212	70	318	3.00	1.80	150.0	300	2.4	1	11.25	22.0	9.0	4.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Yogurt, Nonfat Recipe*	1 Each	90	0	51	0.00	0.00	300.0	0	0.9	15	3.0	19.0	0.0	0.00	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Non Fat*	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		404	60	478	4.88	2.66	680.5	1108	49.13	*33	20.21	59.98	9.28	4.33	*0.00
% of Calories										*32.4%	20.0%	59.4%	20.7%	9.6%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

Fri - 12/16/2022															
* Ele Breakfast	Total														
*Bagel, 3 Oz.*	1 Each	217	0	230	4.36	2.47	0.0	0	0.0	4	0.0	44.6	0.82	0.00	0.00
*Cheese, Cream*	1 Each	60	15	85	1.00	0.00	60.0	200	0.0	2	4.0	2.0	4.0	2.00	0.00
*Peanut Butter Cup	1 Each	180	0	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Non Fat*	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		400	12	435	6.65	3.34	363.0	933	46.65	*25	12.28	65.18	7.90	2.33	*0.00
% of Calories										*25.4%	12.3%	65.2%	17.8%	5.2%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

Mon - 12/19/2022															
* Ele Breakfast	Total														
*Pizza, Breakfast*	1 EACH	182	19	373	2.49	1.76	181.0	49	6.25	3	11.0	22.0	5.47	2.36	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Non Fat*	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		314	22	481	4.50	2.63	478.8	920	51.34	*23	17.78	45.73	6.63	3.10	*0.00
% of Calories										*29.9%	22.6%	58.3%	19.0%	8.9%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 12/20/2022															
* Ele Breakfast	Total														
*French Toast Sticks WG, Rich	1 Each	270	0	280	3.00	2.00	235.0	0	431.0	11	6.0	35.0	12.0	2.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Syrup, Maple*	1.5 oz	120	0	30	0.00	0.00	0.0	0	0.0	21	0.0	30.0	0.0	0.00	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Non Fat*	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		440	8	426	4.89	2.81	519.3	883	369.90	*40	14.03	70.48	11.53	2.83	*0.00
% of Calories										*36.3%	12.8%	64.1%	23.6%	5.8%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

Wed - 12/21/2022															
* Ele Breakfast	Total														
*Burrito Breakfast	1 Each	212	70	318	3.00	1.80	150.0	300	2.4	1	11.25	22.0	9.0	4.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Yogurt, Nonfat Recipe*	1 Each	90	0	51	0.00	0.00	300.0	0	0.9	15	3.0	19.0	0.0	0.00	0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Non Fat*	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		404	60	478	4.88	2.66	680.5	1108	49.13	*33	20.21	59.98	9.28	4.33	*0.00
% of Calories										*32.4%	20.0%	59.4%	20.7%	9.6%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

Thu - 12/22/2022															
* Ele Breakfast	Total														
*Pillsbury Mini Cinnis	1 Each	240	0	300	2.00	1.44	40.0	0	0.0	15	5.0	40.0	8.0	2.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Non Fat*	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		369	8	426	4.60	2.43	377.6	931	53.15	*34	13.45	62.24	8.58	2.84	*0.00
% of Calories										*36.8%	14.6%	67.4%	20.9%	6.9%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

Fri - 12/23/2022															
* Ele Breakfast	Total														
*Brk Bowl Pancakes Elementary*	Serving	330	70	500	4.00	3.78	100.0	500	0.0	11	16.0	35.0	14.0	3.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Yogurt, Nonfat Recipe*	1 Each	90	0	51	0.00	0.00	300.0	0	0.9	15	3.0	19.0	0.0	0.00	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Non Fat*	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		492	60	614	5.63	4.15	643.0	1258	47.33	*40	23.78	69.73	13.03	3.58	*0.00
% of Calories										*32.9%	19.3%	56.6%	23.8%	6.5%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

Mon - 12/26/2022															
* Ele Breakfast	Total														
*Pizza, Breakfast*	1 EACH	182	19	373	2.49	1.76	181.0	49	6.25	3	11.0	22.0	5.47	2.36	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Non Fat*	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		314	22	481	4.50	2.63	478.8	920	51.34	*23	17.78	45.73	6.63	3.10	*0.00
% of Calories										*29.9%	22.6%	58.3%	19.0%	8.9%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 12/27/2022															
* Ele Breakfast	Total														
*Vanilla Breakfast Square	1 Each	260	20	180	1.00	0.72	60.0	0	0.0	20	5.0	36.0	7.0	2.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Non Fat*	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		372	23	336	3.39	1.85	388.0	883	46.65	*36	13.28	56.23	7.78	2.83	*0.00
% of Calories										*38.9%	14.3%	60.4%	18.8%	6.8%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

Wed - 12/28/2022															
* Ele Breakfast	Total														
*Sandwich, Breakfast	1 Each	390	84	598	3.00	3.39	54.9	3	0.0	4	22.61	35.5	17.42	7.01	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Non Fat*	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		470	71	649	4.88	3.85	384.2	885	46.65	*24	26.48	55.86	15.59	6.59	*0.00
% of Calories										*20.6%	22.5%	47.5%	29.9%	12.6%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

Thu - 12/29/2022															
* Ele Breakfast	Total														
*Burrito Breakfast	1 Each	212	70	318	3.00	1.80	150.0	300	2.4	1	11.25	22.0	9.0	4.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Yogurt, Nonfat Recipe*	1 Each	90	0	51	0.00	0.00	300.0	0	0.9	15	3.0	19.0	0.0	0.00	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Non Fat*	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		404	60	478	4.88	2.66	680.5	1108	49.13	*33	20.21	59.98	9.28	4.33	*0.00
% of Calories										*32.4%	20.0%	59.4%	20.7%	9.6%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Fri - 12/30/2022</b>															
* Ele Breakfast	Total														
*Bagel, 3 Oz.*	1 Each	217	0	230	4.36	2.47	0.0	0	0.0	4	0.0	44.6	0.82	0.00	0.00
*Cheese, Cream*	1 Each	60	15	85	1.00	0.00	60.0	200	0.0	2	4.0	2.0	4.0	2.00	0.00
*Peanut Butter Cup	1 Each	180	0	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	0.00
*Cereal, Asst. w/String Cheese	1 Each	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Fruit, Fresh (.5 c serv)*	.5 Cups	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
*Juice, 100% Fruit	1 Each	60	0	9	0.00	0.00	20.0	500	60.0	12	0.0	14.8	0.0	0.00	0.00
*Milk, 1%*	8 oz	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
*Milk, Non Fat*	8 oz	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average		400	12	435	6.65	3.34	363.0	933	46.65	*25	12.28	65.18	7.90	2.33	*0.00
% of Calories										*25.4%	12.3%	65.2%	17.8%	5.2%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

Weighted Average		395	35	468	5.00	2.87	493.9	992	63.28	*31	17.49	59.21	9.24	3.55	*0.00
										*71.2%	17.7%	59.9%	21.0%	8.1%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	395		350 - 500	100%				
Cholesterol (mg)	35							
Sodium (mg)	468		540					
Fiber (g)	5.00							
Iron (mg)	2.87							
Calcium (mg)	493.9							
Vitamin A (IU)	992							
Sugars (g)	31	31.65%			Missing			
Vitamin C (mg)	63.28							
Protein (g)	17.49	17.69%						
Carbohydrate (g)	59.21	59.91%						
Total Fat (g)	9.24	21.03%	<=35.00%					
Saturated Fat (g)	3.55	8.09%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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