

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/01/2022															
*HS Breakfast	Total														
*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
*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
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
*Potato, Hash Brown Round	1 Each	100	0	105	1.00	0.00	0.0	0	3.6	0	1.0	16.0	3.5	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		442	10	499	6.77	3.34	456.0	1391	93.30	*40	14.80	76.47	9.56	2.91	*0.00
% of Calories										*36.0%	13.4%	69.1%	19.5%	5.9%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Fri - 12/02/2022															
*HS Breakfast	Total														
*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
*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
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
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
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		447	20	412	5.77	2.98	616.0	1391	91.95	*50	15.80	75.97	7.31	2.91	*0.00
% of Calories										*44.5%	14.1%	67.9%	14.7%	5.9%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Mon - 12/05/2022															
*HS Breakfast	Total														
*French Toast Sticks WG, Rich	Each (4 Sticks)	270	0	280	3.00	2.00	235.0	0	431.0	11	6.0	35.0	12.0	2.00	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
*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
*Potato, Hash Brown Round	1 Each	100	0	105	1.00	0.00	0.0	0	3.6	0	1.0	16.0	3.5	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 ¹ (g)
Weighted Daily Average		542	10	530	7.52	3.62	553.5	1391	309.70	*48	15.55	92.97	12.44	2.91	*0.00
% of Calories										*35.7%	11.5%	68.6%	20.6%	4.8%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Tue - 12/06/2022															
*HS 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
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
*Potato, Hash Brown Round	1 Each	100	0	105	1.00	0.00	0.0	0	3.6	0	1.0	16.0	3.5	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		453	45	534	7.52	3.52	511.0	1541	95.40	*33	18.18	71.47	10.94	3.91	*0.00
% of Calories										*28.9%	16.0%	63.1%	21.7%	7.8%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Wed - 12/07/2022															
*HS Breakfast	Total														
*Breakfast Sandwich, Loaded	1 Each	390	184	702	2.26	3.16	406.7	465	9.04	*1	26.98	33.14	16.69	5.83	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		468	102	648	6.40	4.20	639.4	1623	96.03	*33	25.29	65.04	12.16	4.83	*0.00
% of Calories										*28.1%	21.6%	55.6%	23.4%	9.3%	*0.0%
Nutrient Guideline		450-600		640									<=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 ¹ (g)
Thu - 12/08/2022															
*HS Breakfast	Total														
*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
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
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
*Potato, Hash Brown Round	1 Each	100	0	105	1.00	0.00	0.0	0	3.6	0	1.0	16.0	3.5	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		413	20	536	7.02	3.50	526.5	1415	96.43	*34	17.80	67.47	8.30	3.09	*0.00
% of Calories										*32.8%	17.2%	65.3%	18.1%	6.7%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Fri - 12/09/2022															
*HS Breakfast	Total														
Muffin, Blueberry WG, 3 oz.	1 Each	223	30	115	3.30	0.18	80.0	52	1.2	17	3.9	38.5	6.0	0.90	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		384	25	354	6.92	2.71	476.0	1417	92.10	*41	13.75	67.72	6.81	2.36	*0.00
% of Calories										*42.3%	14.3%	70.6%	16.0%	5.5%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Mon - 12/12/2022															
*HS Breakfast	Total														
*Bagel, WG 2.6 oz.	1 Each	200	0	360	4.00	2.70	20.0	0	3.6	5	9.0	39.0	2.0	0.50	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	1 Each	201	0	73	2.23	0.80	22.3	0	0.0	4	7.81	10.04	16.74	2.79	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
*Potato, Hash Brown Round	1 Each	100	0	105	1.00	0.00	0.0	0	3.6	0	1.0	16.0	3.5	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 ¹ (g)
Weighted Daily Average		513	14	595	8.83	4.17	466.6	1441	96.00	*36	20.00	82.98	12.62	3.36	*0.00
% of Calories										*28.5%	15.6%	64.8%	22.2%	5.9%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Tue - 12/13/2022															
*HS Breakfast	Total														
*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
*Mini Breakfast Bites, Apple	4 Each	270	0	160	3.00	1.50	20.0	0	0.0	2	4.0	41.0	10.0	4.50	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
*Potato, Hash Brown Round	1 Each	100	0	105	1.00	0.00	0.0	0	3.6	0	1.0	16.0	3.5	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		482	10	455	7.52	3.37	446.0	1391	94.20	*33	14.55	80.97	11.44	4.16	*0.00
% of Calories										*27.7%	12.1%	67.1%	21.3%	7.8%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Wed - 12/14/2022															
*HS Breakfast	Total														
*Breakfast Pizza Bagel	1 Each	192	15	363	1.80	1.59	217.0	0	3.8	4	11.65	23.0	5.71	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
*Potato, Hash Brown Round	1 Each	100	0	105	1.00	0.00	0.0	0	3.6	0	1.0	16.0	3.5	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		418	18	531	6.67	3.41	544.5	1391	95.20	*34	18.13	67.97	8.42	3.41	*0.00
% of Calories										*32.9%	17.3%	65.0%	18.1%	7.3%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/15/2022															
*HS 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
*Potato, Hash Brown Round	1 Each	100	0	105	1.00	0.00	0.0	0	3.6	0	1.0	16.0	3.5	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		442	10	499	6.77	3.34	456.0	1391	93.30	*40	14.80	76.47	9.56	2.91	*0.00
% of Calories										*36.0%	13.4%	69.1%	19.5%	5.9%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Fri - 12/16/2022															
*HS Breakfast	Total														
*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
*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
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
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
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		447	20	412	5.77	2.98	616.0	1391	91.95	*50	15.80	75.97	7.31	2.91	*0.00
% of Calories										*44.5%	14.1%	67.9%	14.7%	5.9%	*0.0%
Nutrient Guideline		450-600		640									<=35.0	<10.00	

Weighted Average		454	26	500	6.96	3.43	525.6	1431	112.13	*39	17.04	75.12	9.74	3.31	*0.00
										*77.9%	15.0%	66.1%	19.3%	6.5%	*0.0%

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Nutrient	Menu AVG	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 ¹ (g)	Error Messages (if any)
Calories	454		450 - 600		100%												
Cholesterol (mg)	26																
Sodium (mg)	500		640														
Fiber (g)	6.96																
Iron (mg)	3.43																
Calcium (mg)	525.6																
Vitamin A (IU)	1431																
Sugars (g)	39	34.61%				Missing											
Vitamin C (mg)	112.13																
Protein (g)	17.04	15.00%															
Carbohydrate (g)	75.12	66.12%															
Total Fat (g)	9.74	19.28%	<=35.00%														
Saturated Fat (g)	3.31	6.55%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.