

	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 - 12/01/2022															
*MS 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		400-550		600									<=35.0	<10.00	

Fri - 12/02/2022															
*MS 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
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		402	20	387	5.77	2.98	466.0	1391	91.50	*42	14.30	66.47	7.31	2.91	*0.00
% of Calories										*42.1%	14.2%	66.1%	16.4%	6.5%	*0.0%
Nutrient Guideline		400-550		600									<=35.0	<10.00	

Mon - 12/05/2022															
*MS 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		400-550		600									<=35.0	<10.00	

Tue - 12/06/2022															
*MS 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		400-550		600									<=35.0	<10.00	

Wed - 12/07/2022															
*MS 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		400-550		600									<=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															
*MS 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		400-550		600									<=35.0	<10.00	

Fri - 12/09/2022															
*MS 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		400-550		600									<=35.0	<10.00	

Mon - 12/12/2022															
*MS 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		400-550		600									<=35.0	<10.00	

Tue - 12/13/2022															
*MS 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	60	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		400-550		600									<=35.0	<10.00	

Wed - 12/14/2022															
*MS Breakfast	Total														
Bagel, T Ham & Cheese 2018	1 EACH	352	54	786	4.36	2.94	213.1	300	0.78	5	16.8	47.25	7.76	3.48	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		499	38	742	7.95	4.09	542.6	1541	93.70	*35	20.70	80.09	9.44	3.65	*0.00
% of Calories										*28.0%	16.6%	64.3%	17.0%	6.6%	*0.0%
Nutrient Guideline		400-550		600									<=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 - 12/15/2022															
*MS 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		428	45	508	7.27	3.52	511.0	1541	94.50	*33	17.93	67.47	10.06	3.91	*0.00
% of Calories										*30.5%	16.7%	63.0%	21.1%	8.2%	*0.0%
Nutrient Guideline		400-550		600									<=35.0	<10.00	

Fri - 12/16/2022															
*MS 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
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		402	20	387	5.77	2.98	466.0	1391	91.50	*42	14.30	66.47	7.31	2.91	*0.00
% of Calories										*42.1%	14.2%	66.1%	16.4%	6.5%	*0.0%
Nutrient Guideline		400-550		600									<=35.0	<10.00	

Weighted Average		450	31	520	7.21	3.55	497.8	1460	94.22	*37	17.64	72.96	9.88	3.45	*0.00
										*73.1%	15.7%	64.9%	19.8%	6.9%	*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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	450		400 - 550	100%													
Cholesterol (mg)	31																
Sodium (mg)	520		600														
Fiber (g)	7.21																
Iron (mg)	3.55																
Calcium (mg)	497.8																
Vitamin A (IU)	1460																
Sugars (g)	37	32.48%			Missing												
Vitamin C (mg)	94.22																
Protein (g)	17.64	15.68%															
Carbohydrate (g)	72.96	64.86%															
Total Fat (g)	9.88	19.76%	<=35.00%														
Saturated Fat (g)	3.45	6.90%	<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.