

	Portion Size	Reimb Qty	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 - 06/01/2023																
*HS Breakfast	Total	100														
*Pillsbury Mini Cinnis	1 Each	50	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	50	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	100	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	100	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	50	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	50	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	25	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 - 06/02/2023																
*HS Breakfast	Total	100														
*Cereal, Asst. w/String Cheese	1 Each	50	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	50	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	100	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	100	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	50	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	50	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	25	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 - 06/05/2023																
*HS Breakfast	Total	100														
*Cereal, Asst. w/String Cheese	1 Each	50	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*French Toast Sticks WG, Rich	Each (4 S ticks)	50	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	50	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	100	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	100	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	75	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	50	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	25	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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Base Menu Spreadsheet

*HS Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	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)
Weighted Daily Average % of Calories			542	10	530	7.52	3.62	553.5	1391	309.70	*48 *35.7%	15.55 11.5%	92.97 68.6%	12.44 20.6%	2.91 4.8%	*0.00 *0.0%
Nutrient Guideline			450-600		640									<=35.0	<10.00	

Tue - 06/06/2023																
*HS Breakfast	Total	100														
*Burrito Breakfast	1 Each	50	212	70	318	3.00	1.80	150.0	300	2.4	1	11.25	22.0	9.0	4.00	0.00
Cheese, Cream	1 Each	50	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	50	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	100	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	100	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	75	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	50	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	25	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 % of Calories			483	53	577	8.02	3.52	541.0	1641	95.40	*34 *27.9%	20.18 16.7%	72.47 60.0%	12.94 24.1%	4.91 9.1%	*0.00 *0.0%
Nutrient Guideline			450-600		640									<=35.0	<10.00	

Wed - 06/07/2023																
*HS Breakfast	Total	100														
*Cereal, Asst. w/String Cheese	1 Each	50	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
*Breakfast Sandwich, Loaded	1 Each	50	390	184	702	2.26	3.16	406.7	465	9.04	*1	26.98	33.14	16.69	5.83	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	100	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	100	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	50	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	25	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 % of Calories			468	102	648	6.40	4.20	639.4	1623	96.03	*33 *28.1%	25.29 21.6%	65.04 55.6%	12.16 23.4%	4.83 9.3%	*0.00 *0.0%
Nutrient Guideline			450-600		640									<=35.0	<10.00	

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	Portion Size	Reimb Qty	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 - 06/08/2023																
*HS Breakfast	Total	100														
*Pillsbury Mini Cinnis	1 Each	50	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	50	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
Cheese, Cream	1 Each	25	60	15	85	1.00	0.00	60.0	200	0.0	2	4.0	2.0	4.0	2.00	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	100	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	100	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	50	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	50	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	25	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			457	14	520	7.02	3.34	471.0	1441	93.30	*40	15.80	76.97	10.56	3.41	*0.00
% of Calories											*35.3%	13.8%	67.3%	20.8%	6.7%	*0.0%
Nutrient Guideline			450-600		640									<=35.0	<10.00	

Fri - 06/09/2023																
*HS Breakfast	Total	100														
*Cereal, Asst. w/String Cheese	1 Each	50	165	10	363	6.79	4.89	295.0	643	7.44	9	7.75	23.3	4.7	2.25	0.00
Muffin Top, Chocolate Chip	1 Each	50	235	29	108	3.10	1.20	4.0	820	1.4	17	3.9	41.0	6.0	0.90	0.00
Fruit, Fresh (.5 c serv)	.5 Cups	100	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	100	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	50	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	25	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			390	25	351	6.82	3.22	438.0	1801	92.20	*41	13.75	68.97	6.81	2.36	*0.00
% of Calories											*41.9%	14.1%	70.8%	15.7%	5.5%	*0.0%
Nutrient Guideline			450-600		640									<=35.0	<10.00	

Mon - 06/12/2023																
*HS Breakfast	Total	100														
*Bagel, WG 2.6 oz.	1 Each	50	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	25	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	25	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	50	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	100	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	100	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	75	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	50	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	25	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	Reimb Qty	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)
Weighted Daily Average % of Calories			513	14	595	8.83	4.17	466.6	1441	96.00	*36 *28.5%	20.00 15.6%	82.98 64.8%	12.62 22.2%	3.36 5.9%	*0.00 *0.0%
Nutrient Guideline			450-600		640									<=35.0	<10.00	

Tue - 06/13/2023																
*HS Breakfast	Total	100														
*Cereal, Asst. w/String Cheese	1 Each	50	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	50	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	100	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	100	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	75	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	50	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	25	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 % of Calories			482	10	455	7.52	3.37	446.0	1391	94.20	*33 *27.7%	14.55 12.1%	80.97 67.1%	11.44 21.3%	4.16 7.8%	*0.00 *0.0%
Nutrient Guideline			450-600		640									<=35.0	<10.00	

Wed - 06/14/2023																
*HS Breakfast	Total	100														
*Breakfast Pizza Bagel	1 Each	50	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	50	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	100	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	100	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	50	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	25	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 % of Calories			368	18	478	6.17	3.41	544.5	1391	93.40	*34 *37.3%	17.63 19.1%	59.97 65.1%	6.67 16.3%	3.41 8.3%	*0.00 *0.0%
Nutrient Guideline			450-600		640									<=35.0	<10.00	

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	Portion Size	Reimb Qty	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 - 06/15/2023																
*HS Breakfast	Total	100														
*Cereal, Asst. w/String Cheese	1 Each	50	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	50	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	100	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	100	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	50	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	50	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	25	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 - 06/16/2023																
*HS Breakfast	Total	100														
*Cereal, Asst. w/String Cheese	1 Each	50	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	50	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	100	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	100	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	50	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	50	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	25	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			457	26	498	6.95	3.46	520.3	1473	111.73	*40 *78.7%	17.00 14.9%	75.43 66.0%	9.95 19.6%	3.42 6.7%	*0.00 *0.0%
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Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target	Cholst (mg) Miss Data	Sodm (mg) Shortfall	Fiber (g) Overage	Iron (mg)	Calcmm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	457		450 - 600	100%													
Cholesterol (mg)	26																
Sodium (mg)	498		640														
Fiber (g)	6.95																
Iron (mg)	3.46																
Calcium (mg)	520.3																
Vitamin A (IU)	1473																
Sugars (g)	40	34.98%			Missing												
Vitamin C (mg)	111.73																
Protein (g)	17.00	14.88%															
Carbohydrate (g)	75.43	66.03%															
Total Fat (g)	9.95	19.59%	<=35.00%														
Saturated Fat (g)	3.42	6.73%	<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

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