

David Douglas

Jan 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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)
Mon - 01/07/2019																
Elementary Breakfast	Total	100														
Breakfast Bar Oatmeal or Apple	1 each	50	290	20	240	3.00	1.80	20.0	110	0.0	22	5.0	47.0	9.0	3.00	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			486	23	428	4.14	4.94	503.0	1858	78.69	59	12.90	90.38	8.15	2.75	0.00
% of Calories											48.4%	10.6%	74.4%	15.1%	5.1%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 01/08/2019																
Elementary Breakfast	Total	100														
Banana Apple Muffin	1 each	50	431	60	478	1.87	1.72	18.1	516	3.24	43	6.35	71.37	13.3	4.15	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			556	42	547	3.57	4.90	502.1	2061	80.32	69	13.58	102.56	10.30	3.33	0.00
% of Calories											49.6%	9.8%	73.8%	16.7%	5.4%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 01/09/2019																
Elementary Breakfast	Total	100														
Chicken & Biscuit	1 each	25	290	23	655	2.00	2.08	160.0	69	0.0	2	11.0	31.0	14.0	10.00	0.00
Cereal 2 1oz Avg	2 each	75	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			468	18	553	4.14	6.47	593.0	2046	81.39	53	13.90	86.00	8.02	3.81	0.00
% of Calories											44.9%	11.9%	73.4%	15.4%	7.3%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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Base Menu Spreadsheet

Elementary 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)
Thu - 01/10/2019																
Elementary Breakfast	Total	100														
Bagel Mini Pillsbury	1 each	50	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			461	18	398	3.64	4.76	503.0	1853	78.69	54	13.40	87.38	6.65	2.50	0.00
% of Calories											47.1%	11.6%	75.8%	13.0%	4.9%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 01/11/2019																
Elementary Breakfast	Total	100														
Waffles	1 Each	50	210	4	170	3.00	0.72	20.0	65	0.0	13	4.0	38.0	6.0	1.00	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			446	15	393	4.14	4.40	503.0	1836	78.69	54	12.40	85.88	6.65	1.75	0.00
% of Calories											48.7%	11.1%	77.0%	13.4%	3.5%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Mon - 01/14/2019																
Elementary Breakfast	Total	100														
Breakfast Bar Oatmeal or Apple	1 each	50	290	20	240	3.00	1.80	20.0	110	0.0	22	5.0	47.0	9.0	3.00	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			486	23	428	4.14	4.94	503.0	1858	78.69	59	12.90	90.38	8.15	2.75	0.00
% of Calories											48.4%	10.6%	74.4%	15.1%	5.1%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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Jan 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

	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)
Tue - 01/15/2019																
Elementary Breakfast	Total	100														
Banana Apple Muffin	1 each	50	431	60	478	1.87	1.72	18.1	516	3.24	43	6.35	71.37	13.3	4.15	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			556	42	547	3.57	4.90	502.1	2061	80.32	69	13.58	102.56	10.30	3.33	0.00
% of Calories											49.6%	9.8%	73.8%	16.7%	5.4%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 01/16/2019																
Elementary Breakfast	Total	100														
Turkey Ham & Cheese on Bun	1 each	50	220	28	500	4.00	1.62	180.0	130	0.0	6	12.5	29.0	7.75	3.50	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			451	26	558	4.64	4.85	583.0	1868	78.69	51	16.65	81.38	7.52	3.00	0.00
% of Calories											45.3%	14.8%	72.2%	15.0%	6.0%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Thu - 01/17/2019																
Elementary Breakfast	Total	100														
Strawberry Splash Pancakes	1 each	50	200	10	370	2.00	1.08	40.0	70	0.0	14	4.0	34.0	6.0	1.00	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00

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Jan 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

	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			441	18	493	3.64	4.58	513.0	1838	78.69	55 49.7%	12.40 11.2%	83.88 76.1%	6.65 13.6%	1.75 3.6%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 01/18/2019																
Elementary Breakfast	Total	100														
Frudel/Strudel	1 Each	50	210	0	290	2.00	1.08	0.0	55	0.0	11	5.0	36.5	6.0	1.50	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			446	13	453	3.64	4.58	493.0	1831	78.69	53 47.8%	12.90 11.6%	85.13 76.4%	6.65 13.4%	2.00 4.0%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 01/22/2019																
Elementary Breakfast	Total	100														
Banana Apple Muffin	1 each	50	431	60	478	1.87	1.72	18.1	516	3.24	43	6.35	71.37	13.3	4.15	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			556	42	547	3.57	4.90	502.1	2061	80.32	69 49.6%	13.58 9.8%	102.56 73.8%	10.30 16.7%	3.33 5.4%	0.00 0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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Portion Values - Detailed

	Portion Size	Reimb Qty	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)
Wed - 01/23/2019																
Elementary Breakfast	Total	100														
Pancake on a Stick	1 each	50	170	30	300	3.00	1.80	20.0	30	0.0	6	8.0	18.0	8.0	2.00	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			426	28	458	4.14	4.94	503.0	1818	78.69	51	14.40	75.88	7.65	2.25	0.00
% of Calories											47.7%	13.5%	71.3%	16.2%	4.8%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Thu - 01/24/2019																
Elementary Breakfast	Total	100														
Bagel Mini Pillsbury	1 each	50	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			461	18	398	3.64	4.76	503.0	1853	78.69	54	13.40	87.38	6.65	2.50	0.00
% of Calories											47.1%	11.6%	75.8%	13.0%	4.9%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Mon - 01/28/2019																
Elementary Breakfast	Total	100														
Breakfast Bar Oatmeal or Apple	1 each	75	290	20	240	3.00	1.80	20.0	110	0.0	22	5.0	47.0	9.0	3.00	0.00
Cereal 2 1oz Avg	2 each	25	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			503	28	407	3.89	3.48	448.0	1661	75.99	60	13.40	90.75	9.52	3.44	0.00
% of Calories											47.7%	10.6%	72.1%	17.0%	6.1%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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David Douglas

Jan 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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)
Tue - 01/29/2019																
Elementary Breakfast	Total	100														
Banana Apple Muffin	1 each	25	431	60	478	1.87	1.72	18.1	516	3.24	43	6.35	71.37	13.3	4.15	0.00
Cereal 2 1oz Avg	2 each	75	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			504	27	508	4.10	6.38	557.6	2157	82.21	63	12.74	96.09	7.85	2.35	0.00
% of Calories											49.8%	10.1%	76.3%	14.0%	4.2%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 01/30/2019																
Elementary Breakfast	Total	100														
Turkey Sausage Patty Biscuit	1 Each	25	150	30	360	1.00	2.00	30.0	41	0.0	2	10.0	13.0	7.0	3.00	0.00
Cereal 2 1oz Avg	2 each	75	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			433	20	479	3.89	6.45	560.5	2039	81.39	53	13.65	81.50	6.27	2.06	0.00
% of Calories											48.5%	12.6%	75.2%	13.0%	4.3%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Thu - 01/31/2019																
Elementary Breakfast	Total	100														
Strawberry Splash Pancakes	1 each	50	200	10	370	2.00	1.08	40.0	70	0.0	14	4.0	34.0	6.0	1.00	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			441	18	493	3.64	4.58	513.0	1838	78.69	55	12.40	83.88	6.65	1.75	0.00
% of Calories											49.7%	11.2%	76.1%	13.6%	3.6%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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David Douglas

Jan 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

	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)
Mon - 02/04/2019																
Elementary Breakfast	Total	100														
Breakfast Bar Oatmeal or Apple	1 each	50	290	20	240	3.00	1.80	20.0	110	0.0	22	5.0	47.0	9.0	3.00	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			486	23	428	4.14	4.94	503.0	1858	78.69	59	12.90	90.38	8.15	2.75	0.00
% of Calories											48.4%	10.6%	74.4%	15.1%	5.1%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 02/05/2019																
Elementary Breakfast	Total	100														
Banana Apple Muffin	1 each	50	431	60	478	1.87	1.72	18.1	516	3.24	43	6.35	71.37	13.3	4.15	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			556	42	547	3.57	4.90	502.1	2061	80.32	69	13.58	102.56	10.30	3.33	0.00
% of Calories											49.6%	9.8%	73.8%	16.7%	5.4%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 02/06/2019																
Elementary Breakfast	Total	100														
Chicken & Waffle	1 each	25	244	23	419	3.73	2.34	54.8	59	0.0	5	9.99	30.14	9.97	1.75	0.00
Cereal 2 1oz Avg	2 each	75	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00

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David Douglas

Jan 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

	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			457	18	494	4.57	6.54	566.7	2043	81.39	53	13.65	85.79	7.02	1.75	0.00
% of Calories											46.7%	11.9%	75.1%	13.8%	3.4%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Thu - 02/07/2019																
Elementary Breakfast	Total	100														
Bagel Mini Pillsbury	1 each	50	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			461	18	398	3.64	4.76	503.0	1853	78.69	54	13.40	87.38	6.65	2.50	0.00
% of Calories											47.1%	11.6%	75.8%	13.0%	4.9%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 02/08/2019																
Elementary Breakfast	Total	100														
Waffles	1 Each	50	210	4	170	3.00	0.72	20.0	65	0.0	13	4.0	38.0	6.0	1.00	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			446	15	393	4.14	4.40	503.0	1836	78.69	54	12.40	85.88	6.65	1.75	0.00
% of Calories											48.7%	11.1%	77.0%	13.4%	3.5%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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	Portion Size	Reimb Qty	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)
Mon - 02/11/2019																
Elementary Breakfast	Total	100														
Breakfast Bar Oatmeal or Apple	1 each	50	290	20	240	3.00	1.80	20.0	110	0.0	22	5.0	47.0	9.0	3.00	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			486	23	428	4.14	4.94	503.0	1858	78.69	59	12.90	90.38	8.15	2.75	0.00
% of Calories											48.4%	10.6%	74.4%	15.1%	5.1%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 02/12/2019																
Elementary Breakfast	Total	100														
Banana Apple Muffin	1 each	50	431	60	478	1.87	1.72	18.1	516	3.24	43	6.35	71.37	13.3	4.15	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			556	42	547	3.57	4.90	502.1	2061	80.32	69	13.58	102.56	10.30	3.33	0.00
% of Calories											49.6%	9.8%	73.8%	16.7%	5.4%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 02/13/2019																
Elementary Breakfast	Total	100														
Turkey Ham & Cheese on Bun	1 each	50	220	28	500	4.00	1.62	180.0	130	0.0	6	12.5	29.0	7.75	3.50	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			451	26	558	4.64	4.85	583.0	1868	78.69	51	16.65	81.38	7.52	3.00	0.00
% of Calories											45.3%	14.8%	72.2%	15.0%	6.0%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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David Douglas

Jan 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 02/14/2019																
Elementary Breakfast	Total	100														
Strawberry Splash Pancakes	1 each	50	200	10	370	2.00	1.08	40.0	70	0.0	14	4.0	34.0	6.0	1.00	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			441	18	493	3.64	4.58	513.0	1838	78.69	55	12.40	83.88	6.65	1.75	0.00
% of Calories											49.7%	11.2%	76.1%	13.6%	3.6%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 02/15/2019																
Elementary Breakfast	Total	100														
Frudel/Strudel	1 Each	50	210	0	290	2.00	1.08	0.0	55	0.0	11	5.0	36.5	6.0	1.50	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			446	13	453	3.64	4.58	493.0	1831	78.69	53	12.90	85.13	6.65	2.00	0.00
% of Calories											47.8%	11.6%	76.4%	13.4%	4.0%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 02/19/2019																
Elementary Breakfast	Total	100														
Banana Apple Muffin	1 each	50	431	60	478	1.87	1.72	18.1	516	3.24	43	6.35	71.37	13.3	4.15	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			556	42	547	3.57	4.90	502.1	2061	80.32	69	13.58	102.56	10.30	3.33	0.00
% of Calories											49.6%	9.8%	73.8%	16.7%	5.4%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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David Douglas

Jan 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

	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)
Wed - 02/20/2019																
Elementary Breakfast	Total	100														
Pancake on a Stick	1 each	50	170	30	300	3.00	1.80	20.0	30	0.0	6	8.0	18.0	8.0	2.00	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			426	28	458	4.14	4.94	503.0	1818	78.69	51	14.40	75.88	7.65	2.25	0.00
% of Calories											47.7%	13.5%	71.3%	16.2%	4.8%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Thu - 02/21/2019																
Elementary Breakfast	Total	100														
Bagel Mini Pillsbury	1 each	50	240	10	180	2.00	1.44	20.0	100	0.0	13	6.0	41.0	6.0	2.50	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			461	18	398	3.64	4.76	503.0	1853	78.69	54	13.40	87.38	6.65	2.50	0.00
% of Calories											47.1%	11.6%	75.8%	13.0%	4.9%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 02/22/2019																
Elementary Breakfast	Total	100														
French Toast	1 each	50	220	5	380	2.00	1.08	40.0	55	0.0	11	4.0	37.0	7.0	1.50	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	50	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00

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David Douglas

Jan 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

	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			420	15	494	3.32	4.49	511.5	1735	72.80	47	12.32	77.69	7.14	2.00	0.00
% of Calories											44.4%	11.7%	74.0%	15.3%	4.3%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Mon - 02/25/2019																
Elementary Breakfast	Total	100														
Breakfast Bar Oatmeal or Apple	1 each	75	290	20	240	3.00	1.80	20.0	110	0.0	22	5.0	47.0	9.0	3.00	0.00
Cereal 2 1oz Avg	2 each	25	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			503	28	407	3.89	3.48	448.0	1661	75.99	60	13.40	90.75	9.52	3.44	0.00
% of Calories											47.7%	10.6%	72.1%	17.0%	6.1%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 02/26/2019																
Elementary Breakfast	Total	100														
Banana Apple Muffin	1 each	25	431	60	478	1.87	1.72	18.1	516	3.24	43	6.35	71.37	13.3	4.15	0.00
Cereal 2 1oz Avg	2 each	75	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			504	27	508	4.10	6.38	557.6	2157	82.21	63	12.74	96.09	7.85	2.35	0.00
% of Calories											49.8%	10.1%	76.3%	14.0%	4.2%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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David Douglas

Jan 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

	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)
Wed - 02/27/2019																
Elementary Breakfast	Total	100														
Turkey Sausage Patty Biscuit	1 Each	25	150	30	360	1.00	2.00	30.0	41	0.0	2	10.0	13.0	7.0	3.00	0.00
Cereal 2 1oz Avg	2 each	75	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			433	20	479	3.89	6.45	560.5	2039	81.39	53	13.65	81.50	6.27	2.06	0.00
% of Calories											48.5%	12.6%	75.2%	13.0%	4.3%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Thu - 02/28/2019																
Elementary Breakfast	Total	100														
Strawberry Splash Pancakes	1 each	50	200	10	370	2.00	1.08	40.0	70	0.0	14	4.0	34.0	6.0	1.00	0.00
Cereal 2 1oz Avg	2 each	50	220	0	325	4.00	7.65	240.0	900	10.8	17	3.0	45.5	3.5	0.25	0.00
Fruit Avg	1/2 cup	100	62	0	7	0.64	0.17	3.0	191	11.8	13	0.15	15.38	0.02	0.00	0.00
Juice Avg	1 each	100	65	0	9	0.00	0.00	20.0	500	60.0	14	0.0	16.0	0.0	0.00	0.00
Milk White 1%	1 each	75	110	15	130	0.00	0.00	300.0	500	1.2	12	9.0	13.0	2.5	1.50	0.00
Milk Nonfat	1 each	25	86	5	128	0.00	0.18	500.0	1150	2.4	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average			441	18	493	3.64	4.58	513.0	1838	78.69	55	12.40	83.88	6.65	1.75	0.00
% of Calories											49.7%	11.2%	76.1%	13.6%	3.6%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Weighted Average			476	24	474	3.88	4.98	515.9	1909	79.16	57	13.38	88.70	7.83	2.55	0.00
											108.5%	11.3%	74.6%	14.8%	4.8%	0.0%

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Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	476		350 - 500	100%													
Cholesterol (mg)	24																
Sodium 1 (mg)	474		540														
Sodium 2 (mg)	474		485														
Fiber (g)	3.88																
Iron (mg)	4.98																
Calcium (mg)	515.9																
Vitamin A (IU)	1909																
Sugars (g)	57	48.22%															
Vitamin C (mg)	79.16																
Protein (g)	13.38	11.25%															
Carbohydrate (g)	88.70	74.57%															
Total Fat (g)	7.83	14.81%	<=30.00%														
Saturated Fat (g)	2.55	4.82%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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