

David Douglas

Jan 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Fir Ridge 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 - 01/07/2019																
Fir Ridge 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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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			501	15	488	4.14	5.21	503.0	1858	78.69	66	12.15	98.63	6.27	1.63	0.00
% of Calories											52.9%	9.7%	78.8%	11.3%	2.9%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Tue - 01/08/2019																
Fir Ridge 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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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			571	35	607	3.57	5.17	502.1	2061	80.32	77	12.83	110.81	8.43	2.20	0.00
% of Calories											53.6%	9.0%	77.6%	13.3%	3.5%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Wed - 01/09/2019																
Fir Ridge Breakfast	Total	100														
Chicken & Biscuit	1 each	50	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	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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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			501	17	695	3.64	5.35	573.0	1838	78.69	56	15.15	90.63	8.77	5.13	0.00
% of Calories											44.9%	12.1%	72.4%	15.8%	9.2%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

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David Douglas

Jan 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Fir Ridge 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																
Fir Ridge 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			450-600		640									<=30.0	<10.00	

Fri - 01/11/2019																
Fir Ridge 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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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	7	453	4.14	4.67	503.0	1836	78.69	62	11.65	94.13	4.77	0.63	0.00
% of Calories											53.6%	10.1%	81.7%	9.3%	1.2%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Mon - 01/14/2019																
Fir Ridge 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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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			501	15	488	4.14	5.21	503.0	1858	78.69	66	12.15	98.63	6.27	1.63	0.00
% of Calories											52.9%	9.7%	78.8%	11.3%	2.9%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

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Jan 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Fir Ridge 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																
Fir Ridge 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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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			571	35	607	3.57	5.17	502.1	2061	80.32	77	12.83	110.81	8.43	2.20	0.00
% of Calories											53.6%	9.0%	77.6%	13.3%	3.5%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Wed - 01/16/2019																
Fir Ridge 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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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			466	19	618	4.64	5.12	583.0	1868	78.69	59	15.90	89.63	5.65	1.88	0.00
% of Calories											50.3%	13.6%	76.9%	10.9%	3.6%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Thu - 01/17/2019																
Fir Ridge 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

Fir Ridge 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)
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			450-600		640									<=30.0	<10.00	

Fri - 01/18/2019																
Fir Ridge 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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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	5	513	3.64	4.85	493.0	1831	78.69	61	12.15	93.38	4.77	0.88	0.00
% of Calories											52.8%	10.5%	81.0%	9.3%	1.7%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Tue - 01/22/2019																
Fir Ridge 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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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			571	35	607	3.57	5.17	502.1	2061	80.32	77	12.83	110.81	8.43	2.20	0.00
% of Calories											53.6%	9.0%	77.6%	13.3%	3.5%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<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)
Wed - 01/23/2019																
Fir Ridge 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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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	20	518	4.14	5.21	503.0	1818	78.69	58	13.65	84.13	5.77	1.13	0.00
% of Calories											52.9%	12.4%	76.3%	11.8%	2.3%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Thu - 01/24/2019																
Fir Ridge 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			450-600		640									<=30.0	<10.00	

Mon - 01/28/2019																
Fir Ridge 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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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			501	15	488	4.14	5.21	503.0	1858	78.69	66	12.15	98.63	6.27	1.63	0.00
% of Calories											52.9%	9.7%	78.8%	11.3%	2.9%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

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David Douglas

Jan 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Fir Ridge 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 - 01/29/2019																
Fir Ridge 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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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			571	35	607	3.57	5.17	502.1	2061	80.32	77	12.83	110.81	8.43	2.20	0.00
% of Calories											53.6%	9.0%	77.6%	13.3%	3.5%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Wed - 01/30/2019																
Fir Ridge Breakfast	Total	100														
Turkey Sausage Patty Biscuit	1 Each	50	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	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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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			431	20	548	3.14	5.31	508.0	1824	78.69	56	14.65	81.63	5.27	1.63	0.00
% of Calories											52.3%	13.6%	75.8%	11.0%	3.4%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Thu - 01/31/2019																
Fir Ridge 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			450-600		640									<=30.0	<10.00	

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David Douglas

Jan 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Fir Ridge 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)
Fri - 02/01/2019																
Fir Ridge 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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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	5	513	3.64	4.85	493.0	1831	78.69	61	12.15	93.38	4.77	0.88	0.00
% of Calories											52.8%	10.5%	81.0%	9.3%	1.7%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Mon - 02/04/2019																
Fir Ridge 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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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			501	15	488	4.14	5.21	503.0	1858	78.69	66	12.15	98.63	6.27	1.63	0.00
% of Calories											52.9%	9.7%	78.8%	11.3%	2.9%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Tue - 02/05/2019																
Fir Ridge 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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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

Fir Ridge 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			571	35	607	3.57	5.17	502.1	2061	80.32	77	12.83	110.81	8.43	2.20	0.00
% of Calories											53.6%	9.0%	77.6%	13.3%	3.5%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Wed - 02/06/2019																
Fir Ridge Breakfast	Total	100														
Chicken & Waffle	1 each	50	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	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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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			478	17	577	4.50	5.48	520.4	1833	78.69	58	14.64	90.20	6.76	1.00	0.00
% of Calories											48.4%	12.3%	75.5%	12.7%	1.9%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Thu - 02/07/2019																
Fir Ridge 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			450-600		640									<=30.0	<10.00	

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David Douglas

Jan 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Fir Ridge 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)
Fri - 02/08/2019																
Fir Ridge 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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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	7	453	4.14	4.67	503.0	1836	78.69	62	11.65	94.13	4.77	0.63	0.00
% of Calories											53.6%	10.1%	81.7%	9.3%	1.2%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Mon - 02/11/2019																
Fir Ridge 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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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			501	15	488	4.14	5.21	503.0	1858	78.69	66	12.15	98.63	6.27	1.63	0.00
% of Calories											52.9%	9.7%	78.8%	11.3%	2.9%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Tue - 02/12/2019																
Fir Ridge 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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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			571	35	607	3.57	5.17	502.1	2061	80.32	77	12.83	110.81	8.43	2.20	0.00
% of Calories											53.6%	9.0%	77.6%	13.3%	3.5%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

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David Douglas

Jan 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Fir Ridge 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)
Wed - 02/13/2019																
Fir Ridge 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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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			466	19	618	4.64	5.12	583.0	1868	78.69	59	15.90	89.63	5.65	1.88	0.00
% of Calories											50.3%	13.6%	76.9%	10.9%	3.6%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Thu - 02/14/2019																
Fir Ridge 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			450-600		640									<=30.0	<10.00	

Fri - 02/15/2019																
Fir Ridge 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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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	5	513	3.64	4.85	493.0	1831	78.69	61	12.15	93.38	4.77	0.88	0.00
% of Calories											52.8%	10.5%	81.0%	9.3%	1.7%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

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David Douglas

Jan 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Fir Ridge 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)
Tue - 02/19/2019																
Fir Ridge 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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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			571	35	607	3.57	5.17	502.1	2061	80.32	77	12.83	110.81	8.43	2.20	0.00
% of Calories											53.6%	9.0%	77.6%	13.3%	3.5%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Wed - 02/20/2019																
Fir Ridge 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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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	20	518	4.14	5.21	503.0	1818	78.69	58	13.65	84.13	5.77	1.13	0.00
% of Calories											52.9%	12.4%	76.3%	11.8%	2.3%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Thu - 02/21/2019																
Fir Ridge 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

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David Douglas

Jan 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Fir Ridge 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			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			450-600		640									<=30.0	<10.00	

Fri - 02/22/2019																
Fir Ridge Breakfast	Total	100														
CINNAMON ROLL w frosting	1 Each	50	494	8	307	1.38	1.84	76.2	953	5.68	52	6.95	80.74	15.67	6.86	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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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			603	9	521	3.33	5.23	531.1	2280	81.53	81	13.12	115.50	9.61	3.56	0.00
% of Calories											54.0%	8.7%	76.6%	14.4%	5.3%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Mon - 02/25/2019																
Fir Ridge 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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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			501	15	488	4.14	5.21	503.0	1858	78.69	66	12.15	98.63	6.27	1.63	0.00
% of Calories											52.9%	9.7%	78.8%	11.3%	2.9%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

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Jan 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Fir Ridge 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)
Tue - 02/26/2019																
Fir Ridge 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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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			571	35	607	3.57	5.17	502.1	2061	80.32	77	12.83	110.81	8.43	2.20	0.00
% of Calories											53.6%	9.0%	77.6%	13.3%	3.5%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Wed - 02/27/2019																
Fir Ridge Breakfast	Total	100														
Turkey Sausage Patty Biscuit	1 Each	50	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	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 Chocolate Fat Free	1 each	75	130	5	210	0.00	0.36	300.0	500	1.2	22	8.0	24.0	0.0	0.00	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			431	20	548	3.14	5.31	508.0	1824	78.69	56	14.65	81.63	5.27	1.63	0.00
% of Calories											52.3%	13.6%	75.8%	11.0%	3.4%	0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Thu - 02/28/2019																
Fir Ridge 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			450-600		640									<=30.0	<10.00	

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Jan 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Fir Ridge Breakfast

Portion Values - Detailed

Page 14

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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 Average			493	19	526	3.80	5.03	511.0	1904	79.13	64 116.4%	13.05 10.6%	95.52 77.5%	6.68 12.2%	1.87 3.4%	0.00 0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	493		450 - 600	100%				
Cholesterol (mg)	19							
Sodium 1 (mg)	526		640					
Sodium 2 (mg)	526		570					
Fiber (g)	3.80							
Iron (mg)	5.03							
Calcium (mg)	511.0							
Vitamin A (IU)	1904							
Sugars (g)	64	51.72%						
Vitamin C (mg)	79.13							
Protein (g)	13.05	10.59%						
Carbohydrate (g)	95.52	77.51%						
Total Fat (g)	6.68	12.21%	<=30.00%					
Saturated Fat (g)	1.87	3.41%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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