

	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 - 09/03/2019																
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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			463	23	426	4.14	4.91	502.1	1836	70.99	54	12.89	84.96	8.15	2.75	0.00
% of Calories											46.8%	11.1%	73.3%	15.8%	5.3%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 09/04/2019																
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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			435	18	492	4.57	6.51	565.8	2020	73.69	49	13.64	80.37	7.02	1.75	0.00
% of Calories											44.9%	12.6%	74.0%	14.5%	3.6%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Thu - 09/05/2019																
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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			438	18	396	3.64	4.73	502.1	1831	70.99	50	13.39	81.96	6.65	2.50	0.00
% of Calories											45.4%	12.2%	74.8%	13.6%	5.1%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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David Douglas

Sep 1, 2019 thru Oct 31, 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)
Fri - 09/06/2019																
Elementary Breakfast	Total	100														
French Toast Sticks 4	4 each	50	260	0	300	3.00	1.82	34.0	22	0.0	9	6.0	38.0	10.0	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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			448	13	456	4.14	4.92	509.1	1792	70.99	48	13.39	80.46	8.65	2.25	0.00
% of Calories											42.6%	11.9%	71.8%	17.4%	4.5%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Mon - 09/09/2019																
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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			463	23	426	4.14	4.91	502.1	1836	70.99	54	12.89	84.96	8.15	2.75	0.00
% of Calories											46.8%	11.1%	73.3%	15.8%	5.3%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 09/10/2019																
Elementary Breakfast	Total	100														
Peach Muffin	1 each	50	364	31	470	0.91	1.79	122.6	278	0.65	29	5.69	54.78	13.76	2.73	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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			501	28	541	3.09	4.91	553.4	1919	71.32	58	13.24	88.85	10.53	2.62	0.00
% of Calories											46.1%	10.6%	71.0%	18.9%	4.7%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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David Douglas

Sep 1, 2019 thru Oct 31, 2019

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)
Wed - 09/11/2019																
Elementary Breakfast	Total	100														
Turkey Ham & Cheese on Bun	1 each	30	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	70	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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			428	21	521	4.64	6.03	594.1	2000	73.15	49	14.74	79.26	6.67	2.35	0.00
% of Calories											45.3%	13.8%	74.0%	14.0%	4.9%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Thu - 09/12/2019																
Elementary Breakfast	Total	100														
Strawberry Splash Pancakes	1 each	30	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	70	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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			422	16	482	4.04	5.86	552.1	1982	73.15	51	12.19	80.76	6.15	1.60	0.00
% of Calories											48.1%	11.5%	76.5%	13.1%	3.4%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 09/13/2019																
Elementary Breakfast	Total	100														
Frudel/Strudel	1 Each	70	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	30	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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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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	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			421	13	444	3.24	3.24	444.1	1639	68.83	48	13.29	77.91	7.15	2.25	0.00
% of Calories											45.1%	12.6%	73.9%	15.3%	4.8%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Mon - 09/16/2019																
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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			463	23	426	4.14	4.91	502.1	1836	70.99	54	12.89	84.96	8.15	2.75	0.00
% of Calories											46.8%	11.1%	73.3%	15.8%	5.3%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 09/17/2019																
Elementary Breakfast	Total	100														
Pumpkin Muffin	1 each	50	360	65	336	1.15	1.82	61.3	606	0.96	35	6.84	60.13	10.49	2.25	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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			499	45	474	3.21	4.92	522.8	2083	71.48	61	13.81	91.53	8.89	2.38	0.00
% of Calories											48.7%	11.1%	73.4%	16.1%	4.3%	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)
Wed - 09/18/2019																
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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			403	28	456	4.14	4.91	502.1	1796	70.99	46	14.39	70.46	7.65	2.25	0.00
% of Calories											45.8%	14.3%	69.9%	17.1%	5.0%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Thu - 09/19/2019																
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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			438	18	396	3.64	4.73	502.1	1831	70.99	50	13.39	81.96	6.65	2.50	0.00
% of Calories											45.4%	12.2%	74.8%	13.6%	5.1%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 09/20/2019																
Elementary 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	50	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			546	17	456	3.01	4.86	529.1	2173	71.79	65	13.80	96.85	11.47	4.68	0.00
% of Calories											47.7%	10.1%	71.0%	18.9%	7.7%	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)	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 - 09/23/2019																
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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			481	28	404	3.89	3.45	447.1	1638	68.29	55	13.39	85.34	9.52	3.44	0.00
% of Calories											46.1%	11.1%	71.0%	17.8%	6.4%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 09/24/2019																
Elementary Breakfast	Total	100														
Gingerbread Muffin	1 each	25	471	45	799	1.75	1.83	29.5	766	1.21	48	4.55	73.75	17.64	10.90	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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			491	24	587	4.07	6.38	559.5	2197	74.00	59	12.28	91.27	8.93	4.04	0.00
% of Calories											48.3%	10.0%	74.3%	16.4%	7.4%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 09/25/2019																
Elementary Breakfast	Total	100														
Turkey Sausage Patty & Biscuit	1 Each	25	270	30	540	2.00	1.80	170.0	10	0.0	2	10.0	27.0	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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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	20	522	4.14	6.37	594.6	2008	73.69	48	13.64	79.59	8.02	3.81	0.00
% of Calories											43.5%	12.4%	72.2%	16.4%	7.8%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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David Douglas

Sep 1, 2019 thru Oct 31, 2019

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 - 09/26/2019																
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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			418	18	491	3.64	4.55	512.1	1816	70.99	50	12.39	78.46	6.65	1.75	0.00
% of Calories											48.0%	11.8%	75.0%	14.3%	3.8%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Mon - 09/30/2019																
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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			463	23	426	4.14	4.91	502.1	1836	70.99	54	12.89	84.96	8.15	2.75	0.00
% of Calories											46.8%	11.1%	73.3%	15.8%	5.3%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 10/01/2019																
Elementary Breakfast	Total	100														
Blueberry Muffin	1 each	50	358	31	470	0.94	1.73	122.8	280	0.41	27	5.59	53.03	13.91	2.73	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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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

Sep 1, 2019 thru Oct 31, 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			498	28	540	3.11	4.88	553.5	1921	71.20	57	13.19	87.98	10.60	2.62	0.00
% of Calories											45.7%	10.6%	70.7%	19.2%	4.7%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 10/02/2019																
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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			435	18	492	4.57	6.51	565.8	2020	73.69	49	13.64	80.37	7.02	1.75	0.00
% of Calories											44.9%	12.6%	74.0%	14.5%	3.6%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Thu - 10/03/2019																
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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			438	18	396	3.64	4.73	502.1	1831	70.99	50	13.39	81.96	6.65	2.50	0.00
% of Calories											45.4%	12.2%	74.8%	13.6%	5.1%	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)
Fri - 10/04/2019																
Elementary Breakfast	Total	100														
French Toast Sticks 4	4 each	50	260	0	300	3.00	1.82	34.0	22	0.0	9	6.0	38.0	10.0	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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			448	13	456	4.14	4.92	509.1	1792	70.99	48	13.39	80.46	8.65	2.25	0.00
% of Calories											42.6%	11.9%	71.8%	17.4%	4.5%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Mon - 10/07/2019																
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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			463	23	426	4.14	4.91	502.1	1836	70.99	54	12.89	84.96	8.15	2.75	0.00
% of Calories											46.8%	11.1%	73.3%	15.8%	5.3%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 10/08/2019																
Elementary Breakfast	Total	100														
Pear Muffin	1 each	50	363	31	470	0.99	1.78	123.9	283	0.47	28	5.67	54.39	13.77	2.73	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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			500	28	541	3.13	4.90	554.0	1922	71.23	57	13.23	88.66	10.53	2.62	0.00
% of Calories											45.7%	10.6%	70.9%	19.0%	4.7%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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David Douglas

Sep 1, 2019 thru Oct 31, 2019

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)
Wed - 10/09/2019																
Elementary Breakfast	Total	100														
Turkey Ham & Cheese on Bun	1 each	30	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	70	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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			428	21	521	4.64	6.03	594.1	2000	73.15	49	14.74	79.26	6.67	2.35	0.00
% of Calories											45.3%	13.8%	74.0%	14.0%	4.9%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Thu - 10/10/2019																
Elementary Breakfast	Total	100														
Strawberry Splash Pancakes	1 each	30	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	70	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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			422	16	482	4.04	5.86	552.1	1982	73.15	51	12.19	80.76	6.15	1.60	0.00
% of Calories											48.1%	11.5%	76.5%	13.1%	3.4%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Mon - 10/14/2019																
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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			463	23	426	4.14	4.91	502.1	1836	70.99	54	12.89	84.96	8.15	2.75	0.00
% of Calories											46.8%	11.1%	73.3%	15.8%	5.3%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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David Douglas

Sep 1, 2019 thru Oct 31, 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 - 10/15/2019																
Elementary Breakfast	Total	100														
Carrot Muffin	1 each	50	329	37	476	1.59	2.08	156.4	1206	1.73	16	6.2	43.16	14.89	2.92	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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			483	31	544	3.43	5.05	570.3	2383	71.86	51	13.49	83.04	11.09	2.71	0.00
% of Calories											42.5%	11.2%	68.8%	20.7%	5.1%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 10/16/2019																
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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			403	28	456	4.14	4.91	502.1	1796	70.99	46	14.39	70.46	7.65	2.25	0.00
% of Calories											45.8%	14.3%	69.9%	17.1%	5.0%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Thu - 10/17/2019																
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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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

Sep 1, 2019 thru Oct 31, 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			438	18	396	3.64	4.73	502.1	1831	70.99	50	13.39	81.96	6.65	2.50	0.00
% of Calories											45.4%	12.2%	74.8%	13.6%	5.1%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Fri - 10/18/2019																
Elementary Breakfast	Total	100														
French Toast Sticks 4	4 each	50	260	0	300	3.00	1.82	34.0	22	0.0	9	6.0	38.0	10.0	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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			448	13	456	4.14	4.92	509.1	1792	70.99	48	13.39	80.46	8.65	2.25	0.00
% of Calories											42.6%	11.9%	71.8%	17.4%	4.5%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Mon - 10/21/2019																
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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			481	28	404	3.89	3.45	447.1	1638	68.29	55	13.39	85.34	9.52	3.44	0.00
% of Calories											46.1%	11.1%	71.0%	17.8%	6.4%	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)	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 - 10/22/2019																
Elementary Breakfast	Total	100														
Peach Muffin	1 each	25	364	31	470	0.91	1.79	122.6	278	0.65	29	5.69	54.78	13.76	2.73	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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			465	20	505	3.86	6.37	582.7	2075	73.86	55	12.56	86.53	7.96	2.00	0.00
% of Calories											47.1%	10.8%	74.5%	15.4%	3.9%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Wed - 10/23/2019																
Elementary Breakfast	Total	100														
Turkey Sausage Patty & Biscuit	1 Each	25	270	30	540	2.00	1.80	170.0	10	0.0	2	10.0	27.0	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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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	20	522	4.14	6.37	594.6	2008	73.69	48	13.64	79.59	8.02	3.81	0.00
% of Calories											43.5%	12.4%	72.2%	16.4%	7.8%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Thu - 10/24/2019																
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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			418	18	491	3.64	4.55	512.1	1816	70.99	50	12.39	78.46	6.65	1.75	0.00
% of Calories											48.0%	11.8%	75.0%	14.3%	3.8%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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David Douglas

Sep 1, 2019 thru Oct 31, 2019

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)
Fri - 10/25/2019																
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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			423	13	451	3.64	4.55	492.1	1808	70.99	49	12.89	79.71	6.65	2.00	0.00
% of Calories											46.0%	12.2%	75.3%	14.1%	4.3%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Mon - 10/28/2019																
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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			463	23	426	4.14	4.91	502.1	1836	70.99	54	12.89	84.96	8.15	2.75	0.00
% of Calories											46.8%	11.1%	73.3%	15.8%	5.3%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

Tue - 10/29/2019																
Elementary Breakfast	Total	100														
Orange Muffin	1 each	50	372	37	642	0.48	1.78	145.3	218	11.95	30	6.05	55.86	13.74	2.07	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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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	31	627	2.88	4.90	564.7	1890	76.97	58	13.41	89.39	10.52	2.29	0.00
% of Calories											46.2%	10.6%	70.9%	18.8%	4.1%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	

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David Douglas

Sep 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

Page 15

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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 - 10/30/2019																
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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			435	18	492	4.57	6.51	565.8	2020	73.69	49	13.64	80.37	7.02	1.75	0.00
% of Calories											44.9%	12.6%	74.0%	14.5%	3.6%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	
Thu - 10/31/2019																
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	39	0	5	0.64	0.14	2.1	168	4.1	9	0.14	9.96	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			438	18	396	3.64	4.73	502.1	1831	70.99	50	13.39	81.96	6.65	2.50	0.00
% of Calories											45.4%	12.2%	74.8%	13.6%	5.1%	0.0%
Nutrient Guideline			350-500		540									<=30.0	<10.00	
Weighted Average			454	21	470	3.87	5.11	526.3	1901	71.71	52	13.29	82.84	8.07	2.55	0.00
											103.2%	11.7%	73.0%	16.0%	5.0%	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	454		350 - 500	100%													
Cholesterol (mg)	21																
Sodium 1 (mg)	470		540														
Sodium 2 (mg)	470		485														
Fiber (g)	3.87																
Iron (mg)	5.11																
Calcium (mg)	526.3																
Vitamin A (IU)	1901																
Sugars (g)	52	45.86%															
Vitamin C (mg)	71.71																
Protein (g)	13.29	11.72%															
Carbohydrate (g)	82.84	73.03%															
Total Fat (g)	8.07	16.01%	<=30.00%														
Saturated Fat (g)	2.55	5.05%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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.

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