

David Douglas

Sep 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Fir Ridge Breakfast

Portion Values - Detailed

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Generated on: 7/3/2019 11:49:31 AM

	Portion Size	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															
Fir Ridge Breakfast	Total														
Breakfast Bar Oatmeal or Apple	1 each	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	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	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	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	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	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	15	486	4.14	5.18	502.1	1836	70.99	62	12.14	93.21	6.27	1.63	0.00
% of Calories										51.6%	10.2%	77.9%	11.8%	3.1%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

Wed - 09/04/2019															
Fir Ridge Breakfast	Total														
Chicken & Waffle	1 each	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	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	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	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	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	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		456	17	575	4.50	5.45	519.5	1810	70.99	53	14.63	84.78	6.76	1.00	0.00
% of Calories										46.8%	12.8%	74.4%	13.4%	2.0%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

Thu - 09/05/2019															
Fir Ridge Breakfast	Total														
Bagel Mini Pillsbury	1 each	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	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	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	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	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	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		450-600		640									<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Base Menu Spreadsheet

Fir Ridge Breakfast

Portion Values - Detailed

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	Portion Size	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															
Fir Ridge Breakfast	Total														
French Toast Sticks 4	4 each	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	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	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	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	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	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	5	516	4.14	5.19	509.1	1792	70.99	55	12.64	88.71	6.77	1.13	0.00
% of Calories										47.7%	10.9%	76.6%	13.2%	2.2%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

Mon - 09/09/2019															
Fir Ridge Breakfast	Total														
Breakfast Bar Oatmeal or Apple	1 each	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	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	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	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	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	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	15	486	4.14	5.18	502.1	1836	70.99	62	12.14	93.21	6.27	1.63	0.00
% of Calories										51.6%	10.2%	77.9%	11.8%	3.1%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

Tue - 09/10/2019															
Fir Ridge Breakfast	Total														
Peach Muffin	1 each	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	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	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	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	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	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		516	20	601	3.09	5.18	553.4	1919	71.32	65	12.49	97.10	8.65	1.49	0.00
% of Calories										50.6%	9.7%	75.3%	15.1%	2.6%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

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Base Menu Spreadsheet

Fir Ridge Breakfast

Portion Values - Detailed

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	Portion Size	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															
Fir Ridge Breakfast	Total														
Turkey Ham & Cheese on Bun	1 each	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	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	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	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	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	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		443	19	616	4.64	5.09	582.1	1846	70.99	54	15.89	84.21	5.65	1.88	0.00
% of Calories										48.7%	14.3%	76.0%	11.5%	3.8%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

Thu - 09/12/2019															
Fir Ridge Breakfast	Total														
Strawberry Splash Pancakes	1 each	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	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	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	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	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	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		450-600		640									<=30.0	<10.00	

Fri - 09/13/2019															
Fir Ridge Breakfast	Total														
Frudel/Strudel	1 Each	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	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	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	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	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	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	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	5	511	3.64	4.82	492.1	1808	70.99	56	12.14	87.96	4.77	0.88	0.00
% of Calories										51.3%	11.1%	80.2%	9.8%	1.8%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

Mon - 09/16/2019															
Fir Ridge Breakfast	Total														
Breakfast Bar Oatmeal or Apple	1 each	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	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	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	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	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	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	15	486	4.14	5.18	502.1	1836	70.99	62	12.14	93.21	6.27	1.63	0.00
% of Calories										51.6%	10.2%	77.9%	11.8%	3.1%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

Tue - 09/17/2019															
Fir Ridge Breakfast	Total														
Pumpkin Muffin	1 each	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	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	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	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	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	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		514	37	534	3.21	5.19	522.8	2083	71.48	68	13.06	99.78	7.02	1.25	0.00
% of Calories										53.1%	10.2%	77.7%	12.3%	2.2%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

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Portion Values - Detailed

	Portion Size	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 - 09/18/2019															
Fir Ridge Breakfast	Total														
Pancake on a Stick	1 each	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	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	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	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	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	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	20	516	4.14	5.18	502.1	1796	70.99	54	13.64	78.71	5.77	1.13	0.00
% of Calories										51.3%	13.0%	75.2%	12.4%	2.4%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

Thu - 09/19/2019															
Fir Ridge Breakfast	Total														
Bagel Mini Pillsbury	1 each	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	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	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	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	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	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		450-600		640									<=30.0	<10.00	

Fri - 09/20/2019															
Fir Ridge Breakfast	Total														
French Toast Sticks 4	4 each	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	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	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	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	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	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	5	516	4.14	5.19	509.1	1792	70.99	55	12.64	88.71	6.77	1.13	0.00
% of Calories										47.7%	10.9%	76.6%	13.2%	2.2%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

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	Portion Size	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															
Fir Ridge Breakfast	Total														
Breakfast Bar Oatmeal or Apple	1 each	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	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	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	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	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	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	15	486	4.14	5.18	502.1	1836	70.99	62	12.14	93.21	6.27	1.63	0.00
% of Calories										51.6%	10.2%	77.9%	11.8%	3.1%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

Tue - 09/24/2019															
Fir Ridge Breakfast	Total														
Gingerbread Muffin	1 each	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	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	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	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	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	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		569	28	765	3.51	5.20	506.8	2164	71.60	74	11.92	106.58	10.60	5.58	0.00
% of Calories										52.4%	8.4%	75.0%	16.8%	8.8%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

Wed - 09/25/2019															
Fir Ridge Breakfast	Total														
Turkey Sausage Patty Biscuit	1 Each	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	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	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	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	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	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		408	20	546	3.14	5.28	507.1	1801	70.99	52	14.64	76.21	5.27	1.63	0.00
% of Calories										50.6%	14.3%	74.6%	11.6%	3.6%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

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David Douglas

Sep 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Fir Ridge Breakfast

Portion Values - Detailed

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	Portion Size	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															
Fir Ridge Breakfast	Total														
Strawberry Splash Pancakes	1 each	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	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	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	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	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	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		450-600		640									<=30.0	<10.00	

Fri - 09/27/2019															
Fir Ridge Breakfast	Total														
Frudel/Strudel	1 Each	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	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	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	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	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	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	5	511	3.64	4.82	492.1	1808	70.99	56	12.14	87.96	4.77	0.88	0.00
% of Calories										51.3%	11.1%	80.2%	9.8%	1.8%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

Mon - 09/30/2019															
Fir Ridge Breakfast	Total														
Breakfast Bar Oatmeal or Apple	1 each	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	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	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	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	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	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	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		478	15	486	4.14	5.18	502.1	1836	70.99	62	12.14	93.21	6.27	1.63	0.00
% of Calories										51.6%	10.2%	77.9%	11.8%	3.1%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

Tue - 10/01/2019															
Fir Ridge Breakfast	Total														
Blueberry Muffin	1 each	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	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	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	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	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	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		513	20	600	3.11	5.15	553.5	1921	71.20	64	12.44	96.23	8.73	1.49	0.00
% of Calories										50.2%	9.7%	75.1%	15.3%	2.6%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

Wed - 10/02/2019															
Fir Ridge Breakfast	Total														
Chicken & Waffle	1 each	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	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	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	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	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	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		456	17	575	4.50	5.45	519.5	1810	70.99	53	14.63	84.78	6.76	1.00	0.00
% of Calories										46.8%	12.8%	74.4%	13.4%	2.0%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

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	Portion Size	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 - 10/03/2019															
Fir Ridge Breakfast	Total														
Bagel Mini Pillsbury	1 each	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	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	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	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	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	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		450-600		640									<=30.0	<10.00	

Fri - 10/04/2019															
Fir Ridge Breakfast	Total														
French Toast Sticks 4	4 each	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	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	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	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	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	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	5	516	4.14	5.19	509.1	1792	70.99	55	12.64	88.71	6.77	1.13	0.00
% of Calories										47.7%	10.9%	76.6%	13.2%	2.2%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

Mon - 10/07/2019															
Fir Ridge Breakfast	Total														
Breakfast Bar Oatmeal or Apple	1 each	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	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	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	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	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	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	15	486	4.14	5.18	502.1	1836	70.99	62	12.14	93.21	6.27	1.63	0.00
% of Calories										51.6%	10.2%	77.9%	11.8%	3.1%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

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David Douglas

Sep 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Fir Ridge Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/08/2019															
Fir Ridge Breakfast	Total														
Pear Muffin	1 each	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	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	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	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	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	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		515	20	601	3.13	5.17	554.0	1922	71.23	65	12.48	96.90	8.66	1.49	0.00
% of Calories										50.2%	9.7%	75.3%	15.1%	2.6%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

Wed - 10/09/2019															
Fir Ridge Breakfast	Total														
Turkey Ham & Cheese on Bun	1 each	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	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	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	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	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	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		443	19	616	4.64	5.09	582.1	1846	70.99	54	15.89	84.21	5.65	1.88	0.00
% of Calories										48.7%	14.3%	76.0%	11.5%	3.8%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

Mon - 10/14/2019															
Fir Ridge Breakfast	Total														
Breakfast Bar Oatmeal or Apple	1 each	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	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	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	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	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	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	15	486	4.14	5.18	502.1	1836	70.99	62	12.14	93.21	6.27	1.63	0.00
% of Calories										51.6%	10.2%	77.9%	11.8%	3.1%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

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	Portion Size	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															
Fir Ridge Breakfast	Total														
Carrot Muffin	1 each	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	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	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	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	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	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		498	24	604	3.43	5.32	570.3	2383	71.86	59	12.74	91.29	9.22	1.59	0.00
% of Calories										47.3%	10.2%	73.4%	16.7%	2.9%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

Wed - 10/16/2019															
Fir Ridge Breakfast	Total														
Pancake on a Stick	1 each	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	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	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	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	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	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	20	516	4.14	5.18	502.1	1796	70.99	54	13.64	78.71	5.77	1.13	0.00
% of Calories										51.3%	13.0%	75.2%	12.4%	2.4%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

Thu - 10/17/2019															
Fir Ridge Breakfast	Total														
Bagel Mini Pillsbury	1 each	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	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	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	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	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	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	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		450-600		640									<=30.0	<10.00	

Fri - 10/18/2019															
Fir Ridge Breakfast	Total														
CINNAMON ROLL w frosting	1 Each	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	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	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	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	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	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		580	9	519	3.33	5.20	530.2	2257	73.83	77	13.12	110.08	9.61	3.56	0.00
% of Calories										53.0%	9.0%	75.9%	14.9%	5.5%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

Mon - 10/21/2019															
Fir Ridge Breakfast	Total														
Breakfast Bar Oatmeal or Apple	1 each	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	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	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	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	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	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	15	486	4.14	5.18	502.1	1836	70.99	62	12.14	93.21	6.27	1.63	0.00
% of Calories										51.6%	10.2%	77.9%	11.8%	3.1%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

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	Portion Size	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															
Fir Ridge Breakfast	Total														
Peach Muffin	1 each	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	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	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	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	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	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		516	20	601	3.09	5.18	553.4	1919	71.32	65	12.49	97.10	8.65	1.49	0.00
% of Calories										50.6%	9.7%	75.3%	15.1%	2.6%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

Wed - 10/23/2019															
Fir Ridge Breakfast	Total														
Turkey Sausage Patty Biscuit	1 Each	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	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	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	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	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	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		408	20	546	3.14	5.28	507.1	1801	70.99	52	14.64	76.21	5.27	1.63	0.00
% of Calories										50.6%	14.3%	74.6%	11.6%	3.6%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

Thu - 10/24/2019															
Fir Ridge Breakfast	Total														
Strawberry Splash Pancakes	1 each	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	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	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	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	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	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		450-600		640									<=30.0	<10.00	

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	Portion Size	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															
Fir Ridge Breakfast	Total														
Frudel/Strudel	1 Each	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	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	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	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	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	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	5	511	3.64	4.82	492.1	1808	70.99	56	12.14	87.96	4.77	0.88	0.00
% of Calories										51.3%	11.1%	80.2%	9.8%	1.8%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

Mon - 10/28/2019															
Fir Ridge Breakfast	Total														
Breakfast Bar Oatmeal or Apple	1 each	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	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	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	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	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	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	15	486	4.14	5.18	502.1	1836	70.99	62	12.14	93.21	6.27	1.63	0.00
% of Calories										51.6%	10.2%	77.9%	11.8%	3.1%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

Tue - 10/29/2019															
Fir Ridge Breakfast	Total														
Orange Muffin	1 each	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	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	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	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	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	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		519	24	687	2.88	5.17	564.7	1890	76.97	66	12.66	97.64	8.64	1.16	0.00
% of Calories										50.6%	9.8%	75.2%	15.0%	2.0%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	

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David Douglas

Base Menu Spreadsheet

Portion Values - Detailed

Page 15

Sep 1, 2019 thru Oct 31, 2019

Fir Ridge Breakfast

Generated on: 7/3/2019 11:49:32 AM

	Portion Size	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															
Fir Ridge Breakfast	Total														
Chicken & Waffle	1 each	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	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	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	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	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	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		456	17	575	4.50	5.45	519.5	1810	70.99	53	14.63	84.78	6.76	1.00	0.00
% of Calories										46.8%	12.8%	74.4%	13.4%	2.0%	0.0%
Nutrient Guideline		450-600		640									<=30.0	<10.00	
Thu - 10/31/2019															
Fir Ridge Breakfast	Total														
Bagel Mini Pillsbury	1 each	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	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	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	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	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	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		450-600		640									<=30.0	<10.00	
Weighted Average		466	16	524	3.80	5.08	517.5	1871	71.28	58	13.01	88.77	6.77	1.70	0.00
										111.7%	11.2%	76.2%	13.1%	3.3%	0.0%

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David Douglas

Sep 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Fir Ridge Breakfast

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	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)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	466		450 - 600	100%													
Cholesterol (mg)	16																
Sodium 1 (mg)	524		640														
Sodium 2 (mg)	524		570														
Fiber (g)	3.80																
Iron (mg)	5.08																
Calcium (mg)	517.5																
Vitamin A (IU)	1871																
Sugars (g)	58	49.64%															
Vitamin C (mg)	71.28																
Protein (g)	13.01	11.17%															
Carbohydrate (g)	88.77	76.20%															
Total Fat (g)	6.77	13.09%	<=30.00%														
Saturated Fat (g)	1.70	3.29%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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