Lee County Schools

Nov 1, 2019 thru Nov 30, 2019

Base Menu Spreadsheet

Combined: K-5 Breakfast/Breakfast 9-12

Portion Values - Detailed

Generated on: 10/24/2019 11:41:52 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)
Fri - 11/01/2019															
K-5 Breakfast	Total														
Sausage Pancake/Stick, MS1690	1 stick	210	25	310	1.00	1.08	20.0	45	0.0	9	6.0	22.0	10.0	3.00	0.00
Biscuit & Gravy MS16	1 biscuit	235	0	720	1.00	1.44	80.0	10	0.0	3	4.0	30.0	10.0	5.00	0.00
Cereal, Fruit Loop, 1G,MS16	1 bowl pac	110	0	170	3.00	3.60	0.0	400	12.0	8	2.0	24.0	1.0	0.50	0.00
Toaster Past., Blueberry	1pastry	180	0	180	2.99	1.80	99.8	499	0.0	15	2.0	37.92	2.49	1.00	0.00
Potatoes, Hashbrown, 1 patty	1/4 cup	128	0	128	1.97	0.35	0.0	0	1.18	0	0.98	13.78	7.88	2.10	0.16
Fruit, Chilled, Canned 1/2	1/2 Cup	62	0	5	1.64	0.33	6.1	206	2.3	13	0.38	16.54	0.06	0.01	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Syrup, Pancake, PC MS1566	1 packet	119	0	29	0.00	0.00	0.0	0	0.0	29	0.0	30.0	0.0	0.00	0.00
Breakfast 9-12	Total														
Grab & Go Breakfast	2 items	2090	0	2439	32.77	55.05	1670.7	6488	49.2	145	28.16	431.14	35.02	7.71	0.00
Sausage Pancake/Stick, MS1690	1 stick	210	25	310	1.00	1.08	20.0	45	0.0	9	6.0	22.0	10.0	3.00	0.00
Biscuit & Gravy MS16	1 biscuit	235	0	720	1.00	1.44	80.0	10	0.0	3	4.0	30.0	10.0	5.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	160	0	105	1.00	0.36	20.0	70	0.0	14	3.0	26.0	4.5	1.00	0.00
Yogurt, HP,NF Strwbry,#110401	4 oz Servin	100	6	45	0.00	0.00	0.0	0	0.0	13	9.03	16.06	0.0	0.00	0.00
Potatoes, Hashbrown, 1 patty	1/4 cup	128	0	128	1.97	0.35	0.0	0	1.18	0	0.98	13.78	7.88	2.10	0.16
Fruit, Chilled, Canned 1/2	1/2 Cup	62	0	5	1.64	0.33	6.1	206	2.3	13	0.38	16.54	0.06	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Syrup, Pancake, PC MS1566	1 packet	119	0	29	0.00	0.00	0.0	0	0.0	29	0.0	30.0	0.0	0.00	0.00
Weighted Daily Average		475	16	584	4.61	3.03	364.7	868	22.40	46	13.02	79.79	11.84	4.49	0.05
% of Calories										38.8%	11.0%	67.2%	22.5%	8.5%	0.1%
Nutrient Guideline		373-523		563									<=30.0	<10.00	

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

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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 - 11/04/2019															
K-5 Breakfast	Total														
Sausage & Biscuit 2WGR, MS1687	1 Each	299	35	716	2.00	2.15	99.8	1000	0.0	3	13.89	27.0	14.91	4.97	0.00
French Toast Stix, WGR, MS1626	3 sticks	270	10	290	2.00	1.08	60.0	55	0.0	11	7.0	43.0	8.0	1.00	0.00
Breakfast Bread,Banana,MS1634	1 slice	280	0	220	2.00	1.08	80.0	100	0.0	25	5.0	44.0	10.0	2.00	0.00
Cereals, Assorted, MS1622	1 bowl pac	100	0	167	1.12	5.15	95.0	433	5.0	7	1.46	21.33	1.46	0.17	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Fruit Cocktail MS1248	1/2 cup	58	0	5	1.41	0.38	10.3	299	3.85	13	0.51	14.91	0.09	0.01	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Fresh Bananas MS1220	1 each	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Jelly, Assorted, PC MS1526	1 packet	33	0	0	0.00	0.00	0.0	28	0.79	6	0.0	8.67	0.0	0.00	0.00
Breakfast 9-12	Total														
Grab & Go Breakfast	2 items	2090	0	2439	32.77	55.05	1670.7	6488	49.2	145	28.16	431.14	35.02	7.71	0.00
Biscuit,Egg & Sausage	1 Each	354	109	911	1.00	2.15	118.8	118	0.03	2	16.55	24.76	19.36	7.83	0.04
French Toast Stix, WGR, MS1626	3 sticks	306	10	291	2.00	1.09	61.7	102	0.01	20	7.04	52.09	8.02	1.01	0.00
Burrito, Breakfast,WGR MS1683	1 burrito	155	54	210	2.42	1.28	101.2	253	1.78	*N/A*	8.25	15.88	6.97	3.01	0.01
Potatoes, Hashbrown, 1 patty	1/4 cup	128	0	128	1.97	0.35	0.0	0	1.18	0	0.98	13.78	7.88	2.10	0.16
Fruit, Chilled, Canned 1/2	1/2 Cup	62	0	5	1.64	0.33	6.1	206	2.3	13	0.38	16.54	0.06	0.01	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	108	16	129	0.00	0.00	322.8	538	1.29	12	8.61	11.83	2.69	1.61	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	130	5	180	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.BrMS1702	1/2 pint	120	0	100	0.00	0.00	300.0	500	3.6	21	8.0	21.0	0.0	0.00	0.00
Jelly, Assorted, PC MS1526	1 packet	33	0	0	0.00	0.00	0.0	28	0.79	6	0.0	8.67	0.0	0.00	0.00
Weighted Daily Average		431	25	475	3.93	2.93	378.1	1016	17.72	*41	14.59	72.55	10.09	3.20	0.01
% of Calories										*37.6%	13.5%	67.3%	21.1%	6.7%	0.0%
Nutrient Guideline		373-523		563									<=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 - 11/05/2019															
K-5 Breakfast	Total														
Breakfast Pizza, WW #1119	1 piece	180	55	450	1.00	1.44	150.0	100	0.0	5	10.0	16.0	8.0	3.50	0.00
Breakfast Bread, Z,2WGR,MS1631	1 slice	270	0	220	2.00	1.08	100.0	100	1.2	25	5.0	43.0	10.0	2.00	0.00
Cereals, Assorted, MS1622	1 bowl pac	100	0	167	1.12	5.15	95.0	433	5.0	7	1.46	21.33	1.46	0.17	0.00
Muffin Variety 1GR MS1635	1 muffin loa	163	0	112	1.00	0.96	40.0	70	0.0	14	3.0	26.0	5.0	0.83	0.00
Fresh Apple MS1206	1 each	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Chilled Pears Diced MS1283	1/2 cup	78	0	7	2.18	0.38	6.8	57	0.95	11	0.26	20.69	0.04	0.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Jelly, Assorted, PC MS1526	1 packet	33	0	0	0.00	0.00	0.0	28	0.79	6	0.0	8.67	0.0	0.00	0.00
Breakfast 9-12	Total														
Grab & Go Breakfast	2 items	2090	0	2439	32.77	55.05	1670.7	6488	49.2	145	28.16	431.14	35.02	7.71	0.00
Breakfast Pizza,Sausage,MS1684	1 slice	220	15	460	3.00	1.80	150.0	300	0.0	8	10.0	27.0	8.0	2.00	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	240	0	300	2.00	1.44	20.0	50	0.0	10	5.0	40.0	7.0	2.00	0.00
Donuts, Powdered WGR	1 pack	270	0	230	2.00	0.72	60.0	0	0.0	21	4.0	41.0	11.0	3.00	0.00
Potatoes, Hashbrown, 1 patty	1/4 cup	128	0	128	1.97	0.35	0.0	0	1.18	0	0.98	13.78	7.88	2.10	0.16
Fruit, Chilled, Canned 1/2	1/2 Cup	62	0	5	1.64	0.33	6.1	206	2.3	13	0.38	16.54	0.06	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Syrup, Pancake, PC MS1566	1 packet	119	0	29	0.00	0.00	0.0	0	0.0	29	0.0	30.0	0.0	0.00	0.00
Sauce, Hot, PC MS1552	1 packet	0	0	65	0.00	0.00	0.0	0	1.2	0	0.0	0.0	0.0	0.00	0.00
Ketchup PC MS1528	1 packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		407	15	400	3.88	3.26	400.7	830	17.45	45	12.57	71.17	9.13	2.80	0.01
% of Calories										44.1%	12.3%	69.9%	20.2%	6.2%	0.0%
Nutrient Guideline		373-523		563									<=30.0	<10.00	

Wed - 11/06/2019															
K-5 Breakfast	Total														
Biscuit Bacon,Egg,CheeseMS1682	1 serving	343	98	939	1.00	1.47	99.8	256	0.03	2	12.5	24.99	20.6	9.35	0.04
Frudel, 2WGR, Apple, MS1627	1 frudel	210	0	280	2.00	1.08	0.0	82	0.0	16	5.0	36.0	6.0	1.50	0.00
Cereals Variety, 2 Grain	1Bowl	203	0	263	3.67	16.20	160.0	685	8.0	17	4.67	44.33	1.5	0.00	0.00
Chilled Peach Slices MS1274	1/2 cup	65	0	6	1.56	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	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)
Breakfast 9-12	Total														
Grab & Go Breakfast	2 items	2090	0	2439	32.77	55.05	1670.7	6488	49.2	145	28.16	431.14	35.02	7.71	0.00
Biscuit Bacon,Egg,CheeseMS1682	1 serving	343	98	939	1.00	1.47	99.8	256	0.03	2	12.5	24.99	20.6	9.35	0.04
Frudel, 2WGR, Apple, MS1627	1 frudel	210	0	280	2.00	1.08	0.0	82	0.0	16	5.0	36.0	6.0	1.50	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	150	0	105	1.00	1.80	20.0	70	0.0	14	3.0	26.0	4.5	0.50	0.00
Yogurt, Greek,H.P, Nf. Blbry.	4 oz.	100	6	45	0.00	0.00	0.0	0	0.0	13	9.03	16.06	0.0	0.00	0.00
Potatoes, Hashbrown, 1 patty	1/4 cup	128	0	128	1.97	0.35	0.0	0	1.18	0	0.98	13.78	7.88	2.10	0.16
Chilled Peach Slices MS1274	1/2 cup	65	0	6	1.56	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Weighted Daily Average		426	36	602	3.81	6.25	376.0	1012	19.64	40	15.23	68.53	10.99	4.40	0.02
% of Calories										37.6%	14.3%	64.4%	23.2%	9.3%	0.0%
Nutrient Guideline		373-523		563									<=30.0	<10.00	

Thu - 11/07/2019															
K-5 Breakfast	Total														
Chicken Pat & Biscuit, MS1685	1 serving	244	0	533	2.58	2.54	109.2	1050	0.02	4	11.11	34.33	11.11	2.31	0.00
French Toast Stix, WGR, MS1626	3 sticks	306	10	291	2.00	1.09	61.7	102	0.01	20	7.04	52.09	8.02	1.01	0.00
Cereals, Assorted, MS1622	1 bowl pac	100	0	167	1.12	5.15	95.0	433	5.0	7	1.46	21.33	1.46	0.17	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Fruit, Oranges, Mandarin	1/2 cup	102	0	10	1.17	0.62	11.7	1402	33.06	26	0.75	27.03	0.17	0.02	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Jelly, Assorted, PC MS1526	1 packet	33	0	0	0.00	0.00	0.0	28	0.79	6	0.0	8.67	0.0	0.00	0.00
Syrup, Pancake, PC MS1566	1 packet	119	0	29	0.00	0.00	0.0	0	0.0	29	0.0	30.0	0.0	0.00	0.00
Breakfast 9-12	Total														
Grab & Go Breakfast	2 items	2090	0	2439	32.77	55.05	1670.7	6488	49.2	145	28.16	431.14	35.02	7.71	0.00
Chicken Pat & Biscuit, 000562	1 serving	254	0	633	1.58	2.18	109.2	60	0.02	3	11.11	31.33	12.11	4.31	0.00
Donuts, Chocolate Covered, WGR	1 pack	320	0	270	2.00	1.80	40.0	0	0.0	19	5.0	41.0	15.0	7.00	0.00
Yogurt Parfait, Briggs, MS1691	1 parfait	300	3	101	3.96	1.45	126.3	642	53.39	40	7.38	64.37	2.06	1.05	0.00
Potatoes, Hashbrown, 1 patty	1/4 cup	128	0	128	1.97	0.35	0.0	0	1.18	0	0.98	13.78	7.88	2.10	0.16
Fruit, Chilled, Canned 3/4	3/4 Cup	94	0	7	2.47	0.50	9.1	309	3.45	19	0.57	24.82	0.08	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Jelly, Assorted, PC MS1526	1 packet	33	0	0	0.00	0.00	0.0	28	0.79	6	0.0	8.67	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		448	10	470	4.17	3.39	395.0	1420	30.63	49	14.14	82.12	9.17	2.94	0.01
% of Calories										43.5%	12.6%	73.3%	18.4%	5.9%	0.0%
Nutrient Guideline		373-523		563									<=30.0	<10.00	
Fri - 11/08/2019															
K-5 Breakfast	Total														
Sausage Pancake/Stick, MS1690	1 stick	210	25	310	1.00	1.08	20.0	45	0.0	9	6.0	22.0	10.0	3.00	0.00
Biscuit & Gravy MS16	1 biscuit	235	0	720	1.00	1.44	80.0	10	0.0	3	4.0	30.0	10.0	5.00	0.00
Yogurt, Greek,H.P, Nf. Blbry.	4 oz.	100	6	45	0.00	0.00	0.0	0	0.0	13	9.03	16.06	0.0	0.00	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	150	0	105	1.00	1.80	20.0	70	0.0	14	3.0	26.0	4.5	0.50	0.00
Potatoes, Hashbrown, 1 patty	1/4 cup	128	0	128	1.97	0.35	0.0	0	1.18	0	0.98	13.78	7.88	2.10	0.16
Fruit, Chilled, Canned 1/2	1/2 Cup	62	0	5	1.64	0.33	6.1	206	2.3	13	0.38	16.54	0.06	0.01	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Syrup, Pancake, PC MS1566	1 packet	119	0	29	0.00	0.00	0.0	0	0.0	29	0.0	30.0	0.0	0.00	0.00
Breakfast 9-12	Total														
Grab & Go Breakfast	2 items	2090	0	2439	32.77	55.05	1670.7	6488	49.2	145	28.16	431.14	35.02	7.71	0.00
Sausage Pancake/Stick, MS1690	1 stick	210	25	310	1.00	1.08	20.0	45	0.0	9	6.0	22.0	10.0	3.00	0.00
Biscuit & Gravy MS16	1 biscuit	235	0	720	1.00	1.44	80.0	10	0.0	3	4.0	30.0	10.0	5.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	160	0	105	1.00	0.36	20.0	70	0.0	14	3.0	26.0	4.5	1.00	0.00
Yogurt, HP,NF Strwbry,#110401	4 oz Servin	100	6	45	0.00	0.00	0.0	0	0.0	13	9.03	16.06	0.0	0.00	0.00
Potatoes, Hashbrown, 1 patty	1/4 cup	128	0	128	1.97	0.35	0.0	0	1.18	0	0.98	13.78	7.88	2.10	0.16
Fruit, Chilled, Canned 1/2	1/2 Cup	62	0	5	1.64	0.33	6.1	206	2.3	13	0.38	16.54	0.06	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Syrup, Pancake, PC MS1566	1 packet	119	0	29	0.00	0.00	0.0	0	0.0	29	0.0	30.0	0.0	0.00	0.00
Weighted Daily Average		488	17	551	3.92	2.75	355.5	770	20.75	50	15.59	81.38	11.64	4.12	0.04
% of Calories										41.3%	12.8%	66.7%	21.5%	7.6%	0.1%
Nutrient Guideline		373-523		563									<=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 - 11/11/2019															
K-5 Breakfast	Total														
Sausage & Biscuit 2WGR, MS1687	1 Each	299	35	716	2.00	2.15	99.8	1000	0.0	3	13.89	27.0	14.91	4.97	0.00
French Toast Stix, WGR, MS1626	3 sticks	270	10	290	2.00	1.08	60.0	55	0.0	11	7.0	43.0	8.0	1.00	0.00
Breakfast Bread,Banana,MS1634	1 slice	280	0	220	2.00	1.08	80.0	100	0.0	25	5.0	44.0	10.0	2.00	0.00
Cereals, Assorted, MS1622	1 bowl pac	100	0	167	1.12	5.15	95.0	433	5.0	7	1.46	21.33	1.46	0.17	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Fruit Cocktail MS1248	1/2 cup	58	0	5	1.41	0.38	10.3	299	3.85	13	0.51	14.91	0.09	0.01	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Fresh Bananas MS1220	1 each	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Jelly, Assorted, PC MS1526	1 packet	33	0	0	0.00	0.00	0.0	28	0.79	6	0.0	8.67	0.0	0.00	0.00
Breakfast 9-12	Total														
Grab & Go Breakfast	2 items	2090	0	2439	32.77	55.05	1670.7	6488	49.2	145	28.16	431.14	35.02	7.71	0.00
Biscuit,Egg & Sausage	1 Each	354	109	911	1.00	2.15	118.8	118	0.03	2	16.55	24.76	19.36	7.83	0.04
French Toast Stix, WGR, MS1626	3 sticks	306	10	291	2.00	1.09	61.7	102	0.01	20	7.04	52.09	8.02	1.01	0.00
Burrito, Breakfast,WGR MS1683	1 burrito	155	54	210	2.42	1.28	101.2	253	1.78	*N/A*	8.25	15.88	6.97	3.01	0.01
Potatoes, Hashbrown, 1 patty	1/4 cup	128	0	128	1.97	0.35	0.0	0	1.18	0	0.98	13.78	7.88	2.10	0.16
Fruit, Chilled, Canned 1/2	1/2 Cup	62	0	5	1.64	0.33	6.1	206	2.3	13	0.38	16.54	0.06	0.01	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	108	16	129	0.00	0.00	322.8	538	1.29	12	8.61	11.83	2.69	1.61	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	130	5	180	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.BrMS1702	1/2 pint	120	0	100	0.00	0.00	300.0	500	3.6	21	8.0	21.0	0.0	0.00	0.00
Jelly, Assorted, PC MS1526	1 packet	33	0	0	0.00	0.00	0.0	28	0.79	6	0.0	8.67	0.0	0.00	0.00
Weighted Daily Average		431	25	475	3.93	2.93	378.1	1016	17.72	*41	14.59	72.55	10.09	3.20	0.01
% of Calories										*37.6%	13.5%	67.3%	21.1%	6.7%	0.0%
Nutrient Guideline		373-523		563									<=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 - 11/12/2019															
K-5 Breakfast	Total														
Breakfast Pizza, WW #1119	1 piece	180	55	450	1.00	1.44	150.0	100	0.0	5	10.0	16.0	8.0	3.50	0.00
Waffles, Mini, 2WGR, MS1645	1 pouch	200	0	220	4.00	2.70	100.0	500	0.0	10	4.0	35.0	5.0	1.50	0.00
Cereals, Assorted, MS1622	1 bowl pac	100	0	167	1.12	5.15	95.0	433	5.0	7	1.46	21.33	1.46	0.17	0.00
Toaster Pastry Variety	1 each	180	0	185	3.00	1.80	100.0	500	0.0	15	2.5	38.0	2.75	1.00	0.00
Fresh Apple MS1206	1 each	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Chilled Pears Diced MS1283	1/2 cup	78	0	7	2.18	0.38	6.8	57	0.95	11	0.26	20.69	0.04	0.00	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Syrup, Pancake, PC MS1566	1 packet	119	0	29	0.00	0.00	0.0	0	0.0	29	0.0	30.0	0.0	0.00	0.00
Breakfast 9-12	Total														
Grab & Go Breakfast	2 items	2090	0	2439	32.77	55.05	1670.7	6488	49.2	145	28.16	431.14	35.02	7.71	0.00
Breakfast Pizza,Sausage,MS1684	1 slice	220	15	460	3.00	1.80	150.0	300	0.0	8	10.0	27.0	8.0	2.00	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	240	0	300	2.00	1.44	20.0	50	0.0	10	5.0	40.0	7.0	2.00	0.00
Donuts, Powdered WGR	1 pack	270	0	230	2.00	0.72	60.0	0	0.0	21	4.0	41.0	11.0	3.00	0.00
Potatoes, Hashbrown, 1 patty	1/4 cup	128	0	128	1.97	0.35	0.0	0	1.18	0	0.98	13.78	7.88	2.10	0.16
Fruit, Chilled, Canned 1/2	1/2 Cup	62	0	5	1.64	0.33	6.1	206	2.3	13	0.38	16.54	0.06	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Syrup, Pancake, PC MS1566	1 packet	119	0	29	0.00	0.00	0.0	0	0.0	29	0.0	30.0	0.0	0.00	0.00
Sauce, Hot, PC MS1552	1 packet	0	0	65	0.00	0.00	0.0	0	1.2	0	0.0	0.0	0.0	0.00	0.00
Ketchup PC MS1528	1 packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		395	22	446	4.41	3.68	418.9	964	17.10	42	12.98	70.27	7.78	2.96	0.01
% of Calories										42.5%	13.2%	71.2%	17.7%	6.8%	0.0%
Nutrient Guideline		373-523		563									<=30.0	<10.00	

Wed - 11/13/2019															
K-5 Breakfast	Total														
Biscuit Bacon,Egg,CheeseMS1682	1 serving	343	98	939	1.00	1.47	99.8	256	0.03	2	12.5	24.99	20.6	9.35	0.04
Frudel, 2WGR, Apple, MS1627	1 frudel	210	0	280	2.00	1.08	0.0	82	0.0	16	5.0	36.0	6.0	1.50	0.00
Cereals Variety, 2 Grain	1Bowl	203	0	263	3.67	16.20	160.0	685	8.0	17	4.67	44.33	1.5	0.00	0.00
Chilled Peach Slices MS1274	1/2 cup	65	0	6	1.56	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	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)
Breakfast 9-12	Total														
Grab & Go Breakfast	2 items	2090	0	2439	32.77	55.05	1670.7	6488	49.2	145	28.16	431.14	35.02	7.71	0.00
Biscuit Bacon,Egg,CheeseMS1682	1 serving	343	98	939	1.00	1.47	99.8	256	0.03	2	12.5	24.99	20.6	9.35	0.04
Frudel, 2WGR, Apple, MS1627	1 frudel	210	0	280	2.00	1.08	0.0	82	0.0	16	5.0	36.0	6.0	1.50	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	150	0	105	1.00	1.80	20.0	70	0.0	14	3.0	26.0	4.5	0.50	0.00
Yogurt, Greek,H.P, Nf. Blbry.	4 oz.	100	6	45	0.00	0.00	0.0	0	0.0	13	9.03	16.06	0.0	0.00	0.00
Potatoes, Hashbrown, 1 patty	1/4 cup	128	0	128	1.97	0.35	0.0	0	1.18	0	0.98	13.78	7.88	2.10	0.16
Chilled Peach Slices MS1274	1/2 cup	65	0	6	1.56	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Weighted Daily Average		436	38	615	4.12	6.01	376.9	1016	21.78	41	15.46	70.32	11.36	4.57	0.02
% of Calories										37.6%	14.2%	64.4%	23.4%	9.4%	0.0%
Nutrient Guideline		373-523		563									<=30.0	<10.00	

Thu - 11/14/2019															
K-5 Breakfast	Total														
Chicken Pat & Biscuit, MS1685	1 serving	244	0	533	2.58	2.54	109.2	1050	0.02	4	11.11	34.33	11.11	2.31	0.00
French Toast Stix, WGR, MS1626	3 sticks	306	10	291	2.00	1.09	61.7	102	0.01	20	7.04	52.09	8.02	1.01	0.00
Cereals, Assorted, MS1622	1 bowl pac	100	0	167	1.12	5.15	95.0	433	5.0	7	1.46	21.33	1.46	0.17	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Fruit, Oranges, Mandarin	1/2 cup	102	0	10	1.17	0.62	11.7	1402	33.06	26	0.75	27.03	0.17	0.02	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Jelly, Assorted, PC MS1526	1 packet	33	0	0	0.00	0.00	0.0	28	0.79	6	0.0	8.67	0.0	0.00	0.00
Syrup, Pancake, PC MS1566	1 packet	119	0	29	0.00	0.00	0.0	0	0.0	29	0.0	30.0	0.0	0.00	0.00
Breakfast 9-12	Total														
Grab & Go Breakfast	2 items	2090	0	2439	32.77	55.05	1670.7	6488	49.2	145	28.16	431.14	35.02	7.71	0.00
Chicken Pat & Biscuit, 000562	1 serving	254	0	633	1.58	2.18	109.2	60	0.02	3	11.11	31.33	12.11	4.31	0.00
Donuts, Chocolate Covered, WGR	1 pack	320	0	270	2.00	1.80	40.0	0	0.0	19	5.0	41.0	15.0	7.00	0.00
Yogurt Parfait, Briggs, MS1691	1 parfait	300	3	101	3.96	1.45	126.3	642	53.39	40	7.38	64.37	2.06	1.05	0.00
Potatoes, Hashbrown, 1 patty	1/4 cup	128	0	128	1.97	0.35	0.0	0	1.18	0	0.98	13.78	7.88	2.10	0.16
Fruit, Chilled, Canned 3/4	3/4 Cup	94	0	7	2.47	0.50	9.1	309	3.45	19	0.57	24.82	0.08	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Jelly, Assorted, PC MS1526	1 packet	33	0	0	0.00	0.00	0.0	28	0.79	6	0.0	8.67	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		448	10	470	4.17	3.39	395.0	1420	30.63	49	14.14	82.12	9.17	2.94	0.01
% of Calories										43.5%	12.6%	73.3%	18.4%	5.9%	0.0%
Nutrient Guideline		373-523		563									<=30.0	<10.00	
Fri - 11/15/2019															
K-5 Breakfast	Total														
Sausage Pancake/Stick, MS1690	1 stick	210	25	310	1.00	1.08	20.0	45	0.0	9	6.0	22.0	10.0	3.00	0.00
Biscuit & Gravy MS16	1 biscuit	235	0	720	1.00	1.44	80.0	10	0.0	3	4.0	30.0	10.0	5.00	0.00
Cereals, Assorted, MS1622	1 bowl pac	100	0	167	1.12	5.15	95.0	433	5.0	7	1.46	21.33	1.46	0.17	0.00
Toaster Past., Blueberry	1pastry	180	0	180	2.99	1.80	99.8	499	0.0	15	2.0	37.92	2.49	1.00	0.00
Potatoes, Hashbrown, 1 patty	1/4 cup	128	0	128	1.97	0.35	0.0	0	1.18	0	0.98	13.78	7.88	2.10	0.16
Fruit, Chilled, Canned 1/2	1/2 Cup	62	0	5	1.64	0.33	6.1	206	2.3	13	0.38	16.54	0.06	0.01	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Syrup, Pancake, PC MS1566	1 packet	119	0	29	0.00	0.00	0.0	0	0.0	29	0.0	30.0	0.0	0.00	0.00
Breakfast 9-12	Total														
Grab & Go Breakfast	2 items	2090	0	2439	32.77	55.05	1670.7	6488	49.2	145	28.16	431.14	35.02	7.71	0.00
Sausage Pancake/Stick, MS1690	1 stick	210	25	310	1.00	1.08	20.0	45	0.0	9	6.0	22.0	10.0	3.00	0.00
Biscuit & Gravy MS16	1 biscuit	235	0	720	1.00	1.44	80.0	10	0.0	3	4.0	30.0	10.0	5.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	160	0	105	1.00	0.36	20.0	70	0.0	14	3.0	26.0	4.5	1.00	0.00
Yogurt, HP,NF Strwbry,#110401	4 oz Servin	100	6	45	0.00	0.00	0.0	0	0.0	13	9.03	16.06	0.0	0.00	0.00
Potatoes, Hashbrown, 1 patty	1/4 cup	128	0	128	1.97	0.35	0.0	0	1.18	0	0.98	13.78	7.88	2.10	0.16
Fruit, Chilled, Canned 1/2	1/2 Cup	62	0	5	1.64	0.33	6.1	206	2.3	13	0.38	16.54	0.06	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Syrup, Pancake, PC MS1566	1 packet	119	0	29	0.00	0.00	0.0	0	0.0	29	0.0	30.0	0.0	0.00	0.00
Weighted Daily Average		452	15	528	4.35	3.48	383.1	929	21.72	47	12.45	78.78	10.23	3.83	0.04
% of Calories										41.2%	11.0%	69.7%	20.3%	7.6%	0.1%
Nutrient Guideline		373-523		563									<=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 - 11/18/2019															
K-5 Breakfast	Total														
Sausage & Biscuit 2WGR, MS1687	1 Each	299	35	716	2.00	2.15	99.8	1000	0.0	3	13.89	27.0	14.91	4.97	0.00
French Toast Stix, WGR, MS1626	3 sticks	270	10	290	2.00	1.08	60.0	55	0.0	11	7.0	43.0	8.0	1.00	0.00
Breakfast Bread,Banana,MS1634	1 slice	280	0	220	2.00	1.08	80.0	100	0.0	25	5.0	44.0	10.0	2.00	0.00
Cereals, Assorted, MS1622	1 bowl pac	100	0	167	1.12	5.15	95.0	433	5.0	7	1.46	21.33	1.46	0.17	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Fruit Cocktail MS1248	1/2 cup	58	0	5	1.41	0.38	10.3	299	3.85	13	0.51	14.91	0.09	0.01	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Fresh Bananas MS1220	1 each	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Jelly, Assorted, PC MS1526	1 packet	33	0	0	0.00	0.00	0.0	28	0.79	6	0.0	8.67	0.0	0.00	0.00
Breakfast 9-12	Total														
Grab & Go Breakfast	2 items	2090	0	2439	32.77	55.05	1670.7	6488	49.2	145	28.16	431.14	35.02	7.71	0.00
Biscuit,Egg & Sausage	1 Each	354	109	911	1.00	2.15	118.8	118	0.03	2	16.55	24.76	19.36	7.83	0.04
French Toast Stix, WGR, MS1626	3 sticks	306	10	291	2.00	1.09	61.7	102	0.01	20	7.04	52.09	8.02	1.01	0.00
Burrito, Breakfast,WGR MS1683	1 burrito	155	54	210	2.42	1.28	101.2	253	1.78	*N/A*	8.25	15.88	6.97	3.01	0.01
Potatoes, Hashbrown, 1 patty	1/4 cup	128	0	128	1.97	0.35	0.0	0	1.18	0	0.98	13.78	7.88	2.10	0.16
Fruit, Chilled, Canned 1/2	1/2 Cup	62	0	5	1.64	0.33	6.1	206	2.3	13	0.38	16.54	0.06	0.01	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Milk, LF White 1/2 pt,PFMS1708	1/2 pint	108	16	129	0.00	0.00	322.8	538	1.29	12	8.61	11.83	2.69	1.61	0.00
Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	130	5	180	0.00	0.00	300.0	500	0.0	22	8.0	24.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.BrMS1702	1/2 pint	120	0	100	0.00	0.00	300.0	500	3.6	21	8.0	21.0	0.0	0.00	0.00
Jelly, Assorted, PC MS1526	1 packet	33	0	0	0.00	0.00	0.0	28	0.79	6	0.0	8.67	0.0	0.00	0.00
Weighted Daily Average		431	25	475	3.93	2.93	378.1	1016	17.72	*41	14.59	72.55	10.09	3.20	0.01
% of Calories										*37.6%	13.5%	67.3%	21.1%	6.7%	0.0%
Nutrient Guideline		373-523		563									<=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 - 11/19/2019															
K-5 Breakfast	Total														
Burrito, Breakfast,WGR MS1683	1 burrito	155	54	210	2.42	1.28	101.2	253	1.78	*N/A*	8.25	15.88	6.97	3.01	0.01
Mini Pancakes	1 each	220	5	340	3.00	1.44	60.0	0	0.0	15	5.0	36.0	7.0	1.00	0.00
Cereals, Assorted, MS1622	1 bowl pac	100	0	167	1.12	5.15	95.0	433	5.0	7	1.46	21.33	1.46	0.17	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Chilled Pears Diced MS1283	1/2 cup	78	0	7	2.18	0.38	6.8	57	0.95	11	0.26	20.69	0.04	0.00	0.00
Fresh Apple MS1206	1 each	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Sauce, Hot, PC MS1552	1 packet	0	0	65	0.00	0.00	0.0	0	1.2	0	0.0	0.0	0.0	0.00	0.00
Syrup, Pancake, PC MS1566	1 packet	119	0	29	0.00	0.00	0.0	0	0.0	29	0.0	30.0	0.0	0.00	0.00
Breakfast 9-12	Total														
Grab & Go Breakfast	2 items	2090	0	2439	32.77	55.05	1670.7	6488	49.2	145	28.16	431.14	35.02	7.71	0.00
Breakfast Pizza,Sausage,MS1684	1 slice	220	15	460	3.00	1.80	150.0	300	0.0	8	10.0	27.0	8.0	2.00	0.00
Buns, Mini Cinnis,2WGR, MS1605	1 pouch	240	0	300	2.00	1.44	20.0	50	0.0	10	5.0	40.0	7.0	2.00	0.00
Donuts, Powdered WGR	1 pack	270	0	230	2.00	0.72	60.0	0	0.0	21	4.0	41.0	11.0	3.00	0.00
Potatoes, Hashbrown, 1 patty	1/4 cup	128	0	128	1.97	0.35	0.0	0	1.18	0	0.98	13.78	7.88	2.10	0.16
Fruit, Chilled, Canned 1/2	1/2 Cup	62	0	5	1.64	0.33	6.1	206	2.3	13	0.38	16.54	0.06	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Syrup, Pancake, PC MS1566	1 packet	119	0	29	0.00	0.00	0.0	0	0.0	29	0.0	30.0	0.0	0.00	0.00
Sauce, Hot, PC MS1552	1 packet	0	0	65	0.00	0.00	0.0	0	1.2	0	0.0	0.0	0.0	0.00	0.00
Ketchup PC MS1528	1 packet	10	0	85	0.00	0.00	0.0	10	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		390	19	409	4.68	3.49	398.3	922	17.51	*41	12.35	70.42	7.72	2.64	0.01
% of Calories										*42.1%	12.7%	72.2%	17.8%	6.1%	0.0%
Nutrient Guideline		373-523		563									<=30.0	<10.00	

Wed - 11/20/2019															
K-5 Breakfast	Total														
Biscuit Bacon,Egg,CheeseMS1682	1 serving	343	98	939	1.00	1.47	99.8	256	0.03	2	12.5	24.99	20.6	9.35	0.04
Frudel, 2WGR, Apple, MS1627	1 frudel	210	0	280	2.00	1.08	0.0	82	0.0	16	5.0	36.0	6.0	1.50	0.00
Cereals Variety, 2 Grain	1Bowl	203	0	263	3.67	16.20	160.0	685	8.0	17	4.67	44.33	1.5	0.00	0.00
Chilled Peach Slices MS1274	1/2 cup	65	0	6	1.56	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	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)
Breakfast 9-12	Total														
Grab & Go Breakfast	2 items	2090	0	2439	32.77	55.05	1670.7	6488	49.2	145	28.16	431.14	35.02	7.71	0.00
Biscuit Bacon,Egg,CheeseMS1682	1 serving	343	98	939	1.00	1.47	99.8	256	0.03	2	12.5	24.99	20.6	9.35	0.04
Frudel, 2WGR, Apple, MS1627	1 frudel	210	0	280	2.00	1.08	0.0	82	0.0	16	5.0	36.0	6.0	1.50	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	150	0	105	1.00	1.80	20.0	70	0.0	14	3.0	26.0	4.5	0.50	0.00
Yogurt, Greek,H.P, Nf. Blbry.	4 oz.	100	6	45	0.00	0.00	0.0	0	0.0	13	9.03	16.06	0.0	0.00	0.00
Potatoes, Hashbrown, 1 patty	1/4 cup	128	0	128	1.97	0.35	0.0	0	1.18	0	0.98	13.78	7.88	2.10	0.16
Chilled Peach Slices MS1274	1/2 cup	65	0	6	1.56	0.43	3.6	426	2.88	16	0.54	17.49	0.04	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Weighted Daily Average		436	38	615	4.12	6.01	376.9	1016	21.78	41	15.46	70.32	11.36	4.57	0.02
% of Calories										37.6%	14.2%	64.4%	23.4%	9.4%	0.0%
Nutrient Guideline		373-523		563									<=30.0	<10.00	

Thu - 11/21/2019															
K-5 Breakfast	Total														
Chicken Pat & Biscuit, 000562	1 serving	254	0	633	1.58	2.18	109.2	60	0.02	3	11.11	31.33	12.11	4.31	0.00
Burrito, Breakfast,WGR MS1683	1 burrito	155	54	210	2.42	1.28	101.2	253	1.78	*N/A*	8.25	15.88	6.97	3.01	0.01
Mini Pancakes	1 each	220	5	340	3.00	1.44	60.0	0	0.0	15	5.0	36.0	7.0	1.00	0.00
Cereals, Assorted, MS1622	1 bowl pac	100	0	167	1.12	5.15	95.0	433	5.0	7	1.46	21.33	1.46	0.17	0.00
Toaster Past,Strbr,1WGRMS1641	1 pastry	180	0	180	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Fruit, Oranges, Mandarin	1/2 cup	102	0	10	1.17	0.62	11.7	1402	33.06	26	0.75	27.03	0.17	0.02	0.00
Fresh Apple MS1206	1 each	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Sauce, Hot, PC MS1552	1 packet	0	0	65	0.00	0.00	0.0	0	1.2	0	0.0	0.0	0.0	0.00	0.00
Breakfast 9-12	Total														
Grab & Go Breakfast	2 items	2090	0	2439	32.77	55.05	1670.7	6488	49.2	145	28.16	431.14	35.02	7.71	0.00
Chicken Pat & Biscuit, 000562	1 serving	254	0	633	1.58	2.18	109.2	60	0.02	3	11.11	31.33	12.11	4.31	0.00
Donuts, Chocolate Covered, WGR	1 pack	320	0	270	2.00	1.80	40.0	0	0.0	19	5.0	41.0	15.0	7.00	0.00
Yogurt Parfait, Briggs, MS1691	1 parfait	300	3	101	3.96	1.45	126.3	642	53.39	40	7.38	64.37	2.06	1.05	0.00
Potatoes, Hashbrown, 1 patty	1/4 cup	128	0	128	1.97	0.35	0.0	0	1.18	0	0.98	13.78	7.88	2.10	0.16
Fruit, Chilled, Canned 3/4	3/4 Cup	94	0	7	2.47	0.50	9.1	309	3.45	19	0.57	24.82	0.08	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Jelly, Assorted, PC MS1526	1 packet	33	0	0	0.00	0.00	0.0	28	0.79	6	0.0	8.67	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		406	17	483	4.12	3.16	393.4	1191	26.29	*42	14.17	70.28	9.39	3.55	0.01
% of Calories										*41.4%	14.0%	69.2%	20.8%	7.9%	0.0%
Nutrient Guideline		373-523		563									<=30.0	<10.00	
Fri - 11/22/2019															
K-5 Breakfast	Total														
Sausage Pancake/Stick, MS1690	1 stick	210	25	310	1.00	1.08	20.0	45	0.0	9	6.0	22.0	10.0	3.00	0.00
Biscuit & Gravy MS16	1 biscuit	235	0	720	1.00	1.44	80.0	10	0.0	3	4.0	30.0	10.0	5.00	0.00
Yogurt, Greek,H.P, Nf. Blbry.	4 oz.	100	6	45	0.00	0.00	0.0	0	0.0	13	9.03	16.06	0.0	0.00	0.00
Muffin Loaf,Blubry,1WGR,MS1630	1 loaf	150	0	105	1.00	1.80	20.0	70	0.0	14	3.0	26.0	4.5	0.50	0.00
Potatoes, Hashbrown, 1 patty	1/4 cup	128	0	128	1.97	0.35	0.0	0	1.18	0	0.98	13.78	7.88	2.10	0.16
Fruit, Chilled, Canned 1/2	1/2 Cup	62	0	5	1.64	0.33	6.1	206	2.3	13	0.38	16.54	0.06	0.01	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Syrup, Pancake, PC MS1566	1 packet	119	0	29	0.00	0.00	0.0	0	0.0	29	0.0	30.0	0.0	0.00	0.00
Breakfast 9-12	Total														
Grab & Go Breakfast	2 items	2090	0	2439	32.77	55.05	1670.7	6488	49.2	145	28.16	431.14	35.02	7.71	0.00
Sausage Pancake/Stick, MS1690	1 stick	210	25	310	1.00	1.08	20.0	45	0.0	9	6.0	22.0	10.0	3.00	0.00
Biscuit & Gravy MS16	1 biscuit	235	0	720	1.00	1.44	80.0	10	0.0	3	4.0	30.0	10.0	5.00	0.00
Muffin Loaf ChocChip1GR MS1633	1 muffin	160	0	105	1.00	0.36	20.0	70	0.0	14	3.0	26.0	4.5	1.00	0.00
Yogurt, HP,NF Strwbry,#110401	4 oz Servin	100	6	45	0.00	0.00	0.0	0	0.0	13	9.03	16.06	0.0	0.00	0.00
Potatoes, Hashbrown, 1 patty	1/4 cup	128	0	128	1.97	0.35	0.0	0	1.18	0	0.98	13.78	7.88	2.10	0.16
Fruit, Chilled, Canned 1/2	1/2 Cup	62	0	5	1.64	0.33	6.1	206	2.3	13	0.38	16.54	0.06	0.01	0.00
Fresh Fruit Bowl VarietyMS1244	1 each	84	0	1	3.65	0.22	20.1	120	23.13	13	0.87	21.72	0.24	0.05	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	65	0	0	0.00	0.30	3.3	77	32.7	13	0.03	15.5	0.0	0.00	0.00
Milk, Assorted,1/2 pt. Borden	1/2 pint	110	8	134	0.00	0.04	300.0	500	0.6	16	8.0	15.9	1.75	1.05	0.00
Syrup, Pancake, PC MS1566	1 packet	119	0	29	0.00	0.00	0.0	0	0.0	29	0.0	30.0	0.0	0.00	0.00
Weighted Daily Average		488	17	551	3.92	2.75	355.5	770	20.75	50	15.59	81.38	11.64	4.12	0.04
% of Calories										41.3%	12.8%	66.7%	21.5%	7.6%	0.1%
Nutrient Guideline		373-523		563									<=30.0	<10.00	
Mon - 11/25/2019															
K-5 Breakfast	Total														
Holiday	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast 9-12	Total														
Holiday	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	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		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		373-523		563									<=30.0	<10.00	
Tue - 11/26/2019															
K-5 Breakfast Holiday	Total 1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast 9-12 Holiday	Total 1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		373-523		563									<=30.0	<10.00	
Wed - 11/27/2019															
K-5 Breakfast Holiday	Total 1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast 9-12 Holiday	Total 1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		373-523		563									<=30.0	<10.00	
Thu - 11/28/2019															
K-5 Breakfast Holiday	Total 1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast 9-12 Holiday	Total 1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		373-523		563									<=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 - 11/29/2019															
K-5 Breakfast Holiday	Total 1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast 9-12 Holiday	Total 1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		373-523		563									<=30.0	<10.00	

Weighted Average		437	22	509	4.13	3.72	382.8	1011	21.35	*44 *90.7%	14.18 13.0%	74.66 68.3%	10.11 20.8%	3.59 7.4%	0.02 0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	437		373 - 523	100%				
Cholesterol (mg)	22							
Sodium 1 (mg)	509		563					
Sodium 2 (mg)	509		505				4	Correction Required - Sodium too High
Fiber (g)	4.13							
Iron (mg)	3.72							
Calcium (mg)	382.8							
Vitamin A (IU)	1011							
Sugars (g)	44	40.31%			Missing			
Vitamin C (mg)	21.35							
Protein (g)	14.18	12.98%						
Carbohydrate (g)	74.66	68.35%						
Total Fat (g)	10.11	20.82%	<=30.00%					
Saturated Fat (g)	3.59	7.40%	<10.00%					
Trans Fat[1] (g)	0.02	0.04%						

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