

Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Aug 6, 2020 thru Aug 31, 2020

Combined: K-5 Breakfast/Breakfast 9-12

Generated on: 8/4/2020 8:12:07 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 08/06/2020															
K-5 Breakfast	Total														
Grab & Go Brkfst. #1	2 Items	264	0	304	4.24	6.79	212.1	812	5.92	18	3.62	54.55	4.27	0.96	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
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
Breakfast 9-12	Total														
Grab & Go Brkfst. #1	2 Items	264	0	304	4.24	6.79	212.1	812	5.92	18	3.62	54.55	4.27	0.96	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
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
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		418	4	515	3.08	2.72	238.9	442	18.01	32	11.90	63.71	14.38	6.02	0.01
% of Calories										30.8%	11.4%	60.9%	30.9%	13.0%	0.0%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

	Portion Size	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 - 08/07/2020															
K-5 Breakfast	Total														
Grab & Go Brkfst. #1	2 Items	264	0	304	4.24	6.79	212.1	812	5.92	18	3.62	54.55	4.27	0.96	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
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
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 Brkfst. #1	2 Items	264	0	304	4.24	6.79	212.1	812	5.92	18	3.62	54.55	4.27	0.96	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
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
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		357	27	392	2.21	1.87	189.1	494	18.33	34	10.10	53.20	11.06	3.53	0.01
% of Calories										38.2%	11.3%	59.6%	27.9%	8.9%	0.0%
Nutrient Guideline		400-550		590									<=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

Portion Values - Detailed

Aug 6, 2020 thru Aug 31, 2020

Combined: K-5 Breakfast/Breakfast 9-12

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 08/10/2020															
K-5 Breakfast	Total														
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
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
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
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
Breakfast 9-12	Total														
Grab & Go Brkfst. #1	2 Items	264	0	304	4.24	6.79	212.1	812	5.92	18	3.62	54.55	4.27	0.96	0.00
Sausage & Biscuit MS1687	1 Each	309	35	816	1.00	1.79	99.8	10	0.0	2	13.89	24.0	15.91	6.97	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 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
Weighted Daily Average		511	43	721	4.02	2.68	375.5	686	28.22	*37	17.81	70.99	17.30	6.36	0.06
% of Calories										*29.4%	13.9%	55.6%	30.5%	11.2%	0.1%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

Tue - 08/11/2020															
K-5 Breakfast	Total														
Grab & Go Brkfst. #1	2 Items	264	0	304	4.24	6.79	212.1	812	5.92	18	3.62	54.55	4.27	0.96	0.00
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
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
Breakfast 9-12	Total														
Grab & Go Brkfst. #1	2 Items	264	0	304	4.24	6.79	212.1	812	5.92	18	3.62	54.55	4.27	0.96	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
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
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
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

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Portion Values - Detailed

Page 3

Aug 6, 2020 thru Aug 31, 2020

Combined: K-5 Breakfast/Breakfast 9-12

Generated on: 8/4/2020 8:12:07 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		382	22	473	3.40	3.33	339.3	766	22.48	35	12.45	64.90	8.49	2.98	0.01
% of Calories										36.3%	13.0%	68.0%	20.0%	7.0%	0.0%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

Wed - 08/12/2020															
K-5 Breakfast															
Muffins & Yogurt Choice,MS1686	1 serving	80	5	65	0.00	0.00	150.0	283	0.0	13	4.0	16.0	0.0	0.00	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
Chilled Peach Diced,1/2 Cup	1/2 cup	68	0	6	1.63	0.45	3.8	443	3.01	16	0.56	18.22	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
Breakfast 9-12															
Grab & Go Brkfst. #1															
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
Muffins & Yogurt Choice,MS1686	1 serving	80	5	65	0.00	0.00	150.0	283	0.0	13	4.0	16.0	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
Fresh Grapefruit Halves,MS1227	1/2 each	41	0	0	1.41	0.12	15.4	1187	44.03	9	0.81	10.34	0.13	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
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		347	54	580	1.28	1.18	329.1	1017	31.69	31	13.59	46.88	11.46	5.26	0.03
% of Calories										35.6%	15.7%	54.1%	29.8%	13.7%	0.1%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

Thu - 08/13/2020															
K-5 Breakfast															
Grab & Go Brkfst. #2	1 Item	257	1	256	2.10	1.23	46.8	139	0.12	18	5.11	40.96	9.11	2.50	0.00
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
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
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)	Calc (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 Brkfst. #1	2 Items	264	0	304	4.24	6.79	212.1	812	5.92	18	3.62	54.55	4.27	0.96	0.00
Chickens 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, 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
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		413	6	469	3.23	1.97	293.7	786	21.90	38	12.78	67.56	12.39	3.72	0.01
% of Calories										37.2%	12.4%	65.5%	27.0%	8.1%	0.0%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

Fri - 08/14/2020															
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
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
Fresh Oranges MS1268	1 each	61	0	0	3.07	0.13	51.4	292	68.94	6	1.22	15.22	0.16	0.03	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
Breakfast 9-12	Total														
Grab & Go Brkfst. #2	1 Item	257	1	256	2.10	1.23	46.8	139	0.12	18	5.11	40.96	9.11	2.50	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
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
Fresh Oranges MS1268	1 each	61	0	0	3.07	0.13	51.4	292	68.94	6	1.22	15.22	0.16	0.03	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		425	34	437	3.94	1.52	345.7	786	65.64	*37	14.57	62.82	12.91	4.41	0.04
% of Calories										*34.5%	13.7%	59.1%	27.3%	9.3%	0.1%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

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Mon - 08/17/2020															
K-5 Breakfast	Total														
Pancakes, Mini, 2WGR, MS1637	1 pouch	220	5	340	3.00	1.44	60.0	0	0.0	15	5.0	36.0	7.0	1.00	0.00
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
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
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 Brkfst. #1	2 Items	264	0	304	4.24	6.79	212.1	812	5.92	18	3.62	54.55	4.27	0.96	0.00
Sausage & Biscuit MS1687	1 Each	309	35	816	1.00	1.79	99.8	10	0.0	2	13.89	24.0	15.91	6.97	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
Fresh Grapefruit Halves, MS1227	1/2 each	41	0	0	1.41	0.12	15.4	1187	44.03	9	0.81	10.34	0.13	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
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
Weighted Daily Average		448	23	659	3.43	3.39	362.1	1086	32.39	36	15.47	67.25	13.14	4.54	0.03
% of Calories										32.4%	13.8%	60.1%	26.4%	9.1%	0.1%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

Tue - 08/18/2020															
K-5 Breakfast	Total														
Grab & Go Brkfst. #1	2 Items	264	0	304	4.24	6.79	212.1	812	5.92	18	3.62	54.55	4.27	0.96	0.00
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
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
Breakfast 9-12	Total														
Grab & Go Brkfst. #1	2 Items	264	0	304	4.24	6.79	212.1	812	5.92	18	3.62	54.55	4.27	0.96	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
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
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
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	21	502	4.26	4.86	428.7	1048	24.22	39	13.17	71.09	8.35	2.83	0.02
% of Calories										37.9%	12.9%	69.9%	18.5%	6.3%	0.0%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

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Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Aug 6, 2020 thru Aug 31, 2020

Combined: K-5 Breakfast/Breakfast 9-12

Generated on: 8/4/2020 8:12:07 AM

	Portion Size	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 - 08/19/2020															
K-5 Breakfast	Total														
Muffins & Yogurt Choice,MS1686	1 serving	80	5	65	0.00	0.00	150.0	283	0.0	13	4.0	16.0	0.0	0.00	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
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
Breakfast 9-12	Total														
Grab & Go Brkfst. #2	1 Item	257	1	256	2.10	1.23	46.8	139	0.12	18	5.11	40.96	9.11	2.50	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
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
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
Weighted Daily Average		416	55	647	2.52	1.29	348.3	713	22.83	35	14.98	57.25	14.31	6.12	0.04
% of Calories										33.9%	14.4%	55.0%	30.9%	13.2%	0.1%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

Thu - 08/20/2020															
K-5 Breakfast	Total														
Grab & Go Brkfst. #2	1 Item	257	1	256	2.10	1.23	46.8	139	0.12	18	5.11	40.96	9.11	2.50	0.00
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
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
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 Brkfst. #1	2 Items	264	0	304	4.24	6.79	212.1	812	5.92	18	3.62	54.55	4.27	0.96	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
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
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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Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Aug 6, 2020 thru Aug 31, 2020

Combined: K-5 Breakfast/Breakfast 9-12

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		436	7	567	3.51	3.53	362.9	1340	27.29	40	14.75	73.88	11.79	3.71	0.02
% of Calories										36.6%	13.5%	67.7%	24.3%	7.7%	0.0%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

Fri - 08/21/2020															
K-5 Breakfast	Total														
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
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
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
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
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
Breakfast 9-12	Total														
Grab & Go Brkfst. #2	1 Item	257	1	256	2.10	1.23	46.8	139	0.12	18	5.11	40.96	9.11	2.50	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
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
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
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		425	22	492	2.82	1.56	279.4	537	24.44	39	12.61	64.93	12.73	4.45	0.03
% of Calories										36.5%	11.9%	61.1%	27.0%	9.4%	0.1%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

Mon - 08/24/2020															
K-5 Breakfast	Total														
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
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
Fresh Grapefruit Halves, MS1227	1/2 each	41	0	0	1.41	0.12	15.4	1187	44.03	9	0.81	10.34	0.13	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
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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Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Aug 6, 2020 thru Aug 31, 2020

Combined: K-5 Breakfast/Breakfast 9-12

Generated on: 8/4/2020 8:12:07 AM

	Portion Size	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)
Breakfast 9-12	Total														
Grab & Go Brkfst. #1	2 Items	264	0	304	4.24	6.79	212.1	812	5.92	18	3.62	54.55	4.27	0.96	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 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 Grapefruit Halves,MS1227	1/2 each	41	0	0	1.41	0.12	15.4	1187	44.03	9	0.81	10.34	0.13	0.02	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		401	27	453	3.67	3.04	317.4	1283	39.85	*31	13.27	64.01	10.81	3.25	0.04
% of Calories										*31.0%	13.2%	63.8%	24.2%	7.3%	0.1%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

Tue - 08/25/2020															
K-5 Breakfast	Total														
Grab & Go Brkfst. #1	2 Items	264	0	304	4.24	6.79	212.1	812	5.92	18	3.62	54.55	4.27	0.96	0.00
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
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
Breakfast 9-12	Total														
Grab & Go Brkfst. #2	1 Item	257	1	256	2.10	1.23	46.8	139	0.12	18	5.11	40.96	9.11	2.50	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
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
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
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		342	34	489	2.77	1.99	282.9	538	20.90	30	12.97	51.28	9.64	3.48	0.01
% of Calories										35.1%	15.2%	60.0%	25.4%	9.2%	0.0%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

Wed - 08/26/2020															
K-5 Breakfast	Total														
Muffins & Yogurt Choice,MS1686	1 serving	80	5	65	0.00	0.00	150.0	283	0.0	13	4.0	16.0	0.0	0.00	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
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

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Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Aug 6, 2020 thru Aug 31, 2020

Combined: K-5 Breakfast/Breakfast 9-12

	Portion Size	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)
Breakfast 9-12	Total														
Grab & Go Brkfst. #1	2 Items	264	0	304	4.24	6.79	212.1	812	5.92	18	3.62	54.55	4.27	0.96	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
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
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
Weighted Daily Average		423	57	679	3.03	2.73	385.7	877	24.22	35	14.79	60.81	13.45	5.93	0.03
% of Calories										33.3%	14.0%	57.6%	28.6%	12.6%	0.1%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

Thu - 08/27/2020															
K-5 Breakfast	Total														
Grab & Go Brkfst. #2	1 Item	257	1	256	2.10	1.23	46.8	139	0.12	18	5.11	40.96	9.11	2.50	0.00
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
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
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 Brkfst. #2	1 Item	257	1	256	2.10	1.23	46.8	139	0.12	18	5.11	40.96	9.11	2.50	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
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
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		404	5	561	2.90	2.39	287.6	1118	25.73	34	14.51	65.19	12.43	3.72	0.01
% of Calories										33.8%	14.4%	64.6%	27.7%	8.3%	0.0%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

Fri - 08/28/2020															
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
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
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
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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Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Aug 6, 2020 thru Aug 31, 2020

Combined: K-5 Breakfast/Breakfast 9-12

Generated on: 8/4/2020 8:12:08 AM

	Portion Size	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)
Breakfast 9-12	Total														
Grab & Go Brkfst. #1	2 Items	264	0	304	4.24	6.79	212.1	812	5.92	18	3.62	54.55	4.27	0.96	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
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
Fresh Oranges MS1268	1 each	61	0	0	3.07	0.13	51.4	292	68.94	6	1.22	15.22	0.16	0.03	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		382	34	398	3.53	2.74	343.3	810	40.83	*35	13.13	60.64	9.89	3.57	0.01
% of Calories										*36.4%	13.7%	63.5%	23.3%	8.4%	0.0%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

Mon - 08/31/2020															
K-5 Breakfast	Total														
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
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
Fresh Grapefruit Halves, MS1227	1/2 each	41	0	0	1.41	0.12	15.4	1187	44.03	9	0.81	10.34	0.13	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
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 Brkfst. #2	1 Item	257	1	256	2.10	1.23	46.8	139	0.12	18	5.11	40.96	9.11	2.50	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
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
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		420	14	448	3.59	2.19	322.8	1049	27.51	38	13.32	68.92	10.66	3.22	0.02
% of Calories										36.3%	12.7%	65.6%	22.8%	6.9%	0.0%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

Weighted Average		409	27	527	3.18	2.50	324.0	854	28.69	*35	13.67	63.07	11.96	4.28	0.02
										*77.9%	13.4%	61.7%	26.3%	9.4%	0.1%

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Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 6, 2020 thru Aug 31, 2020

Combined: K-5 Breakfast/Breakfast 9-12

Generated on: 8/4/2020 8:12:08 AM

Nutrient	Menu AVG	Portion Size	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)	Error Messages (if any)
Calories	409		400 - 550		100%												
Cholesterol (mg)	27																
Sodium 1 (mg)	527		590														
Sodium 2 (mg)	527		528														
Fiber (g)	3.18																
Iron (mg)	2.50																
Calcium (mg)	324.0																
Vitamin A (IU)	854																
Sugars (g)	35	34.62%				Missing											
Vitamin C (mg)	28.69																
Protein (g)	13.67	13.38%															
Carbohydrate (g)	63.07	61.73%															
Total Fat (g)	11.96	26.33%		<=30.00%													
Saturated Fat (g)	4.28	9.43%		<10.00%													
Trans Fat ¹ (g)	0.02	0.05%															

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