

# Lee County Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Nov 1, 2020 thru Nov 30, 2020

Combined: K-8 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 <sup>1</sup> (g)
<b>Mon - 11/02/2020</b>															
K-8 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, 1/2 pt. Borden, Assorted	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 (673)	1 Item	241	5	266	2.19	3.53	74.6	280	2.08	*17	5.26	39.42	7.81	2.16	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
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, 1/2 pt. Borden, Assorted	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		493	26	588	3.97	2.45	335.6	621	27.93	*41	15.44	72.94	15.95	5.35	0.06
% of Calories										*33.5%	12.5%	59.2%	29.1%	9.8%	0.1%
Nutrient Guideline		425-550		590									<=30.0	<10.00	

<b>Tue - 11/03/2020</b>															
K-8 Breakfast	Total														
Grab & Go Brkfst. #1(543)	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
Yogurt Parfait, MS1691, Strby	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
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, 1/2 pt. Borden, Assorted	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(543)	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
Yogurt Parfait, MS1691, Strby	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 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, 1/2 pt. Borden, Assorted	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		396	32	462	3.62	3.95	415.8	973	31.28	41	13.68	69.12	7.63	3.12	0.01
% of Calories										41.4%	13.8%	69.8%	17.3%	7.1%	0.0%
Nutrient Guideline		425-550		590									<=30.0	<10.00	

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Lee County Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Nov 1, 2020 thru Nov 30, 2020

Combined: K-8 Breakfast/Breakfast 9-12

Generated on: 10/22/2020 8:46:33 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 <sup>1</sup> (g)
<b>Wed - 11/04/2020</b>															
K-8 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
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, 1/2 pt. Borden, Assorted	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 (673)	1 Item	241	5	266	2.19	3.53	74.6	280	2.08	*17	5.26	39.42	7.81	2.16	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, 1/2 pt. Borden, Assorted	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		422	55	650	2.29	1.85	353.8	809	23.00	*37	15.04	59.38	13.99	6.04	0.04
% of Calories										*35.0%	14.3%	56.3%	29.8%	12.9%	0.1%
Nutrient Guideline		425-550		590									<=30.0	<10.00	

<b>Thu - 11/05/2020</b>															
K-8 Breakfast	Total														
Grab & Go Brkfst. #1(543)	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
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, 1/2 pt. Borden, Assorted	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(543)	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, 1/2 pt. Borden, Assorted	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		414	5	561	3.83	5.03	364.3	1220	28.79	37	12.75	73.53	9.78	3.40	0.01
% of Calories										36.1%	12.3%	71.0%	21.3%	7.4%	0.0%
Nutrient Guideline		425-550		590									<=30.0	<10.00	

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### Portion Values - Detailed

Nov 1, 2020 thru Nov 30, 2020

Combined: K-8 Breakfast/Breakfast 9-12

Generated on: 10/22/2020 8:46:33 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 <sup>1</sup> (g)
Fri - 11/06/2020															
K-8 Breakfast	Total														
Grab & Go Brkfst. #2 (673)	1 Item	241	5	266	2.19	3.53	74.6	280	2.08	*17	5.26	39.42	7.81	2.16	0.00
Pancakes, WG or WGR USDA	2 Pancake	265	6	313	2.00	1.08	20.0	200	0.0	35	4.0	54.0	4.0	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 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, 1/2 pt. Borden, Assorted	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 (673)	1 Item	241	5	266	2.19	3.53	74.6	280	2.08	*17	5.26	39.42	7.81	2.16	0.00
Pancakes, WG or WGR USDA	2 Pancake	265	6	313	2.00	1.08	20.0	200	0.0	35	4.0	54.0	4.0	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 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, 1/2 pt. Borden, Assorted	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		401	9	380	3.92	2.47	221.9	670	52.23	*47	9.34	75.07	7.85	1.82	0.02
% of Calories										*46.5%	9.3%	74.9%	17.6%	4.1%	0.1%
Nutrient Guideline		425-550		590									<=30.0	<10.00	

Mon - 11/09/2020															
K-8 Breakfast	Total														
Grab & Go Brkfst. #2 (673)	1 Item	241	5	266	2.19	3.53	74.6	280	2.08	*17	5.26	39.42	7.81	2.16	0.00
Monte Crisco Biscuit	1 Biscuit S and.	374	45	975	1.13	*1.15	*287.0	*227	*2.4	13	19.14	38.08	17.34	9.67	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, 1/2 pt. Borden, Assorted	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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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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### Portion Values - Detailed

Nov 1, 2020 thru Nov 30, 2020

Combined: K-8 Breakfast/Breakfast 9-12

Generated on: 10/22/2020 8:46:33 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 <sup>1</sup> (g)
Breakfast 9-12	Total														
Grab & Go Brkfst. #2 (673)	1 Item	241	5	266	2.19	3.53	74.6	280	2.08	*17	5.26	39.42	7.81	2.16	0.00
Monte Crisco Biscuit	1 Biscuit S and.	374	45	975	1.13	*1.15	*287.0	*227	*2.4	13	19.14	38.08	17.34	9.67	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, 1/2 pt. Borden, Assorted	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		444	28	688	2.75	*2.78	*330.2	*650	*20.30	*37	16.18	65.78	14.23	6.52	0.02
% of Calories										*33.0%	14.6%	59.2%	28.8%	13.2%	0.0%
Nutrient Guideline		425-550		590									<=30.0	<10.00	

Tue - 11/10/2020															
K-8 Breakfast	Total														
Grab & Go Brkfst. #1(543)	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
Yogurt Parfait, MS1691, Strby	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
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, 1/2 pt. Borden, Assorted	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(543)	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
Yogurt Parfait, MS1691, Strby	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 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, 1/2 pt. Borden, Assorted	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		394	27	423	3.85	3.95	384.0	963	35.23	42	12.69	71.16	7.01	2.83	0.01
% of Calories										42.7%	12.9%	72.3%	16.0%	6.5%	0.0%
Nutrient Guideline		425-550		590									<=30.0	<10.00	

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Nov 1, 2020 thru Nov 30, 2020

Combined: K-8 Breakfast/Breakfast 9-12

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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 <sup>1</sup> (g)
Wed - 11/11/2020															
K-8 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, 1/2 pt. Borden, Assorted	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 (673)	1 Item	241	5	266	2.19	3.53	74.6	280	2.08	*17	5.26	39.42	7.81	2.16	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, 1/2 pt. Borden, Assorted	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		402	55	636	2.87	1.79	325.0	695	20.57	*34	14.24	55.67	13.87	5.94	0.04
% of Calories										*33.4%	14.2%	55.3%	31.0%	13.3%	0.1%
Nutrient Guideline		425-550		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 <sup>1</sup> (g)
Thu - 11/12/2020															
K-8 Breakfast															
	Total														
Grab & Go Brkfst. #1(543)	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
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, 1/2 pt. Borden, Assorted	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(543)	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, 1/2 pt. Borden, Assorted	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		410	5	554	3.83	5.03	349.3	1197	28.79	37	12.35	73.17	9.69	3.35	0.01
% of Calories										36.0%	12.0%	71.4%	21.3%	7.3%	0.0%
Nutrient Guideline		425-550		590									<=30.0	<10.00	

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Lee County Schools

Nov 1, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Combined: K-8 Breakfast/Breakfast 9-12

Portion Values - Detailed

	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 <sup>1</sup> (g)
Fri - 11/13/2020															
K-8 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, 1/2 pt. Borden, Assorted	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 (673)	1 Item	241	5	266	2.19	3.53	74.6	280	2.08	*17	5.26	39.42	7.81	2.16	0.00
Pancakes, WG or WGR USDA	2 Pancake	265	6	313	2.00	1.08	20.0	200	0.0	35	4.0	54.0	4.0	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 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, 1/2 pt. Borden, Assorted	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		398	12	519	3.07	2.07	231.0	535	39.37	*39	9.75	67.33	10.10	3.50	0.02
% of Calories										*38.8%	9.8%	67.6%	22.8%	7.9%	0.1%
Nutrient Guideline		425-550		590									<=30.0	<10.00	

Mon - 11/16/2020															
K-8 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
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, 1/2 pt. Borden, Assorted	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 (673)	1 Item	241	5	266	2.19	3.53	74.6	280	2.08	*17	5.26	39.42	7.81	2.16	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
Grapefruit, Fresh, Whole USDA	1/2 each	106	0	0	3.65	0.30	39.8	3078	114.21	24	2.09	26.83	0.33	0.05	0.00
Milk, 1/2 pt. Borden, Assorted	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		397	30	428	3.58	2.23	303.1	1572	47.13	*36	14.31	63.60	10.42	3.26	0.01
% of Calories										*36.4%	14.4%	64.0%	23.6%	7.4%	0.0%
Nutrient Guideline		425-550		590									<=30.0	<10.00	

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# Lee County Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Nov 1, 2020 thru Nov 30, 2020

Combined: K-8 Breakfast/Breakfast 9-12

Generated on: 10/22/2020 8:46:34 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 <sup>1</sup> (g)
<b>Tue - 11/17/2020</b>															
K-8 Breakfast	Total														
Grab & Go Brkfst. #1(543)	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
Yogurt Parfait, MS1691, Strby	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
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, 1/2 pt. Borden, Assorted	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(543)	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
Yogurt Parfait, MS1691, Strby	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 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, 1/2 pt. Borden, Assorted	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		399	27	430	3.85	3.95	399.0	988	35.26	43	13.09	71.95	7.10	2.88	0.01
% of Calories										42.9%	13.1%	72.1%	16.0%	6.5%	0.0%
Nutrient Guideline		425-550		590									<=30.0	<10.00	

<b>Wed - 11/18/2020</b>															
K-8 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, 1/2 pt. Borden, Assorted	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 (673)	1 Item	241	5	266	2.19	3.53	74.6	280	2.08	*17	5.26	39.42	7.81	2.16	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, 1/2 pt. Borden, Assorted	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

Nov 1, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Combined: K-8 Breakfast/Breakfast 9-12

Portion Values - Detailed

	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 <sup>1</sup> (g)
Weighted Daily Average		374	50	576	2.67	1.69	312.5	671	20.45	*33	13.34	53.39	12.16	5.27	0.03
% of Calories										*35.7%	14.3%	57.1%	29.3%	12.7%	0.1%
Nutrient Guideline		425-550		590									<=30.0	<10.00	

Thu - 11/19/2020															
K-8 Breakfast															
Grab & Go Brkfst. #1(543)	Total														
Chicken Pat & Biscuit, 000562	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
Fruit, Oranges, Mandarin	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
Fruit Juice, Assorted, MS1246	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
Milk, 1/2 pt. Borden, Assorted	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
Jelly, Assorted, PC MS1526	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
	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															
Grab & Go Brkfst. #1(543)	Total														
Chicken Pat & Biscuit, 000562	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
Potatoes, Hashbrown, 1 patty	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
Fruit, Chilled, Canned 1/2	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	1/2 Cup	62	0	5	1.64	0.33	6.1	206	2.3	13	0.38	16.54	0.06	0.01	0.00
Milk, 1/2 pt. Borden, Assorted	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
	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		410	5	554	3.83	5.03	349.3	1197	28.79	37	12.35	73.17	9.69	3.35	0.01
% of Calories										36.0%	12.0%	71.4%	21.3%	7.3%	0.0%
Nutrient Guideline		425-550		590									<=30.0	<10.00	

Fri - 11/20/2020															
K-8 Breakfast															
Grab & Go Brkfst. #2 (673)	Total														
Pancakes, WG or WGR USDA	1 Item	241	5	266	2.19	3.53	74.6	280	2.08	*17	5.26	39.42	7.81	2.16	0.00
Potatoes, Hashbrown, 1 patty	2 Pancake	265	6	313	2.00	1.08	20.0	200	0.0	35	4.0	54.0	4.0	0.00	0.00
Fruit Juice, Assorted, MS1246	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
Milk, 1/2 pt. Borden, Assorted	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
	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
	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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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Lee County Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Nov 1, 2020 thru Nov 30, 2020

Combined: K-8 Breakfast/Breakfast 9-12

Generated on: 10/22/2020 8:46:34 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 <sup>1</sup> (g)
Breakfast 9-12	Total														
Grab & Go Brkfst. #2 (673)	1 Item	241	5	266	2.19	3.53	74.6	280	2.08	*17	5.26	39.42	7.81	2.16	0.00
Pancakes, WG or WGR USDA	2 Pancake	265	6	313	2.00	1.08	20.0	200	0.0	35	4.0	54.0	4.0	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 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, 1/2 pt. Borden, Assorted	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		401	9	380	3.92	2.47	221.9	670	52.23	*47	9.34	75.07	7.85	1.82	0.02
% of Calories										*46.5%	9.3%	74.9%	17.6%	4.1%	0.1%
Nutrient Guideline		425-550		590									<=30.0	<10.00	

Mon - 11/23/2020															
K-8 Breakfast	Total														
Holiday-No Students	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Thanksgiving Break	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Breakfast 9-12	Total														
Holiday-No Students	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Thanksgiving Break	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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		425-550		590									<=30.0	<10.00	

Tue - 11/24/2020															
K-8 Breakfast	Total														
Holiday-No Students	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Thanksgiving Break	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Breakfast 9-12	Total														
Holiday-No Students	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Thanksgiving Break	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

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# Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 10

Nov 1, 2020 thru Nov 30, 2020

Combined: K-8 Breakfast/Breakfast 9-12

Generated on: 10/22/2020 8:46:34 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		425-550		590						0.0%	0.0%	0.0%	<=30.0	<10.00	

Wed - 11/25/2020															
K-8 Breakfast	Total														
Holiday-No Students	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Thanksgiving Break	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Breakfast 9-12	Total														
Holiday-No Students	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Thanksgiving Break	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		425-550		590						0.0%	0.0%	0.0%	<=30.0	<10.00	

Thu - 11/26/2020															
K-8 Breakfast	Total														
Holiday-No Students	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Thanksgiving Break	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Breakfast 9-12	Total														
Holiday-No Students	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Thanksgiving Break	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		425-550		590						0.0%	0.0%	0.0%	<=30.0	<10.00	

Fri - 11/27/2020															
K-8 Breakfast	Total														
Holiday-No Students	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Thanksgiving Break	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

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# Lee County Schools

Nov 1, 2020 thru Nov 30, 2020

## Base Menu Spreadsheet

Combined: K-8 Breakfast/Breakfast 9-12

### Portion Values - Detailed

	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 <sup>1</sup> (g)
Breakfast 9-12	Total														
Holiday-No Students	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Thanksgiving Break	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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		425-550		590									<=30.0	<10.00	

Mon - 11/30/2020															
K-8 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, 1/2 pt. Borden, Assorted	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 (673)	1 Item	241	5	266	2.19	3.53	74.6	280	2.08	*17	5.26	39.42	7.81	2.16	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, 1/2 pt. Borden, Assorted	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
Weighted Daily Average		444	20	426	3.05	1.99	275.8	555	22.70	*42	12.48	72.64	12.10	3.25	0.02
% of Calories										*38.0%	11.3%	65.5%	24.5%	6.6%	0.0%
Nutrient Guideline		425-550		590									<=30.0	<10.00	

Weighted Average		413	25	516	3.43	*3.05	*323.3	*874	*32.13	*39	12.90	68.31	10.59	3.86	0.02
										*85.8%	12.5%	66.2%	23.1%	8.4%	0.0%

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# Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Nov 1, 2020 thru Nov 30, 2020

Combined: K-8 Breakfast/Breakfast 9-12

Generated on: 10/22/2020 8:46:34 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 <sup>1</sup> (g)	Error Messages (if any)
Calories	413		425 - 550		97%			12									Correction Required - Calories are Low
Cholesterol (mg)	25																
Sodium 1 (mg)	516		590														
Sodium 2 (mg)	516		528														
Fiber (g)	3.43																
Iron (mg)	3.05					Missing											
Calcium (mg)	323.3					Missing											
Vitamin A (IU)	874					Missing											
Sugars (g)	39	38.13%				Missing											
Vitamin C (mg)	32.13					Missing											
Protein (g)	12.90	12.51%															
Carbohydrate (g)	68.31	66.24%															
Total Fat (g)	10.59	23.10%		<=30.00%													
Saturated Fat (g)	3.86	8.41%		<10.00%													
Trans Fat <sup>1</sup> (g)	0.02	0.05%															

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