

Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Dec 1, 2020 thru Dec 19, 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)
Tue - 12/01/2020															
K-5 Breakfast															
Grab & Go Brkfst. #1(543)	Total														
Brkfst.Pizza, w/Bacon/Sausage	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
Yogurt Parfait, MS1691, Strby	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 parfait	300	3	101	3.96	1.45	126.3	642	53.39	40	7.38	64.37	2.06	1.05	0.00
Fruit Juice, Assorted, MS1246	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
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
Breakfast 9-12															
Grab & Go Brkfst. #1(543)	Total														
Brkfst.Pizza, w/Bacon/Sausage	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
Yogurt Parfait, MS1691, Strby	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
Potatoes, Hashbrown, 1 patty	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
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
Ketchup PC MS1528	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	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		400-550		590									<=30.0	<10.00	

Wed - 12/02/2020															
K-5 Breakfast															
Grab & Go Brkfst. #2 (673)	Total														
Muffins & Yogurt Choice,MS1686	1 Item	243	5	268	2.18	3.36	73.5	264	1.93	*17	5.38	39.67	7.83	2.07	0.00
Biscuit Bacon,Egg,CheeseMS1682	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
Chilled Peach Diced,1/2 Cup	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
Fruit Juice, Assorted, MS1246	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
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
Breakfast 9-12															
Grab & Go Brkfst. #2 (673)	Total														
Biscuit Bacon,Egg,CheeseMS1682	1 Item	243	5	268	2.18	3.36	73.5	264	1.93	*17	5.38	39.67	7.83	2.07	0.00
Muffins & Yogurt Choice,MS1686	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
Potato Rounds, Baked, MS1095	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
Fresh Apple MS1206	3/4 cup	223	0	326	1.71	0.00	0.0	0	0.0	*0	1.71	27.43	12.0	1.71	0.00
Fruit Juice, Assorted, MS1246	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
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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1- Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lee County Schools

Dec 1, 2020 thru Dec 19, 2020

Base Menu Spreadsheet

Combined: K-5 Breakfast/Breakfast 9-12

Portion Values - Detailed

Page 2

Generated on: 11/9/2020 11:19:58 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		399	54	640	2.23	1.93	304.8	721	22.59	*33	13.90	55.28	13.74	5.79	0.02
% of Calories										*33.1%	13.9%	55.4%	31.0%	13.0%	0.0%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

Thu - 12/03/2020															
K-5 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
	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(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		425	6	574	3.83	5.04	394.3	1270	28.85	39	13.55	75.12	9.95	3.50	0.01
% of Calories										36.7%	12.8%	70.7%	21.1%	7.4%	0.0%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

Fri - 12/04/2020															
K-5 Breakfast															
Grab & Go Brkfst. #2 (673)	Total														
Pancakes, WG or WGR USDA	1 Item	243	5	268	2.18	3.36	73.5	264	1.93	*17	5.38	39.67	7.83	2.07	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
Fresh Oranges MS1268	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 each	61	0	0	3.07	0.13	51.4	292	68.94	6	1.22	15.22	0.16	0.03	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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Dec 1, 2020 thru Dec 19, 2020

Combined: K-5 Breakfast/Breakfast 9-12

Generated on: 11/9/2020 11:19:58 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. #2 (673)	1 Item	243	5	268	2.18	3.36	73.5	264	1.93	*17	5.38	39.67	7.83	2.07	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
Potato Rounds, Baked, MS1095	3/4 cup	223	0	326	1.71	0.00	0.0	0	0.0	*0	1.71	27.43	12.0	1.71	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, 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		442	10	426	3.98	2.41	240.1	659	37.47	*50	10.35	82.10	9.00	1.97	0.01
% of Calories										*45.4%	9.4%	74.3%	18.3%	4.0%	0.0%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

Mon - 12/07/2020															
K-5 Breakfast	Total														
Grab & Go Brkfst. #2 (673)	1 Item	243	5	268	2.18	3.36	73.5	264	1.93	*17	5.38	39.67	7.83	2.07	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	243	5	268	2.18	3.36	73.5	264	1.93	*17	5.38	39.67	7.83	2.07	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
Potato Rounds, Baked, MS1095	3/4 cup	223	0	326	1.71	0.00	0.0	0	0.0	*0	1.71	27.43	12.0	1.71	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 Variety MS1244	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		419	61	657	2.56	2.39	268.5	524	28.37	*29	15.29	55.71	14.69	5.41	0.02
% of Calories										*27.6%	14.6%	53.2%	31.6%	11.6%	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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Dec 1, 2020 thru Dec 19, 2020

Combined: K-5 Breakfast/Breakfast 9-12

Generated on: 11/9/2020 11:19:58 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)
Tue - 12/08/2020															
K-5 Breakfast															
Grab & Go Brkfst. #1(543)	Total														
Brkfst.Pizza, w/Bacon/Sausage	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
Yogurt Parfait, MS1691, Strby	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 parfait	300	3	101	3.96	1.45	126.3	642	53.39	40	7.38	64.37	2.06	1.05	0.00
Fruit Juice, Assorted, MS1246	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
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
Breakfast 9-12															
Grab & Go Brkfst. #1(543)	Total														
Brkfst.Pizza, w/Bacon/Sausage	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
Yogurt Parfait, MS1691, Strby	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
Potato Rounds, Baked, MS1095	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
Fruit, Chilled, Canned 1/2	3/4 cup	223	0	326	1.71	0.00	0.0	0	0.0	*0	1.71	27.43	12.0	1.71	0.00
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
Ketchup PC MS1528	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	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		401	27	438	3.83	3.92	384.0	963	35.14	*42	12.74	72.18	7.32	2.80	0.00
% of Calories										*41.9%	12.7%	72.0%	16.4%	6.3%	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)
Wed - 12/09/2020															
K-5 Breakfast															
Grab & Go Brkfst. #2 (673)	Total														
Biscuit Bacon,Egg,CheeseMS1682	1 Item	243	5	268	2.18	3.36	73.5	264	1.93	*17	5.38	39.67	7.83	2.07	0.00
Muffins & Yogurt Choice,MS1686	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 serving	80	5	65	0.00	0.00	150.0	283	0.0	13	4.0	16.0	0.0	0.00	0.00
Fruit Juice, Assorted, MS1246	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
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
Breakfast 9-12															
Grab & Go Brkfst. #2 (673)	Total														
Biscuit Bacon,Egg,CheeseMS1682	1 Item	243	5	268	2.18	3.36	73.5	264	1.93	*17	5.38	39.67	7.83	2.07	0.00
Muffins & Yogurt Choice,MS1686	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
Potato Rounds, Baked, MS1095	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
Fresh Apple MS1206	3/4 cup	223	0	326	1.71	0.00	0.0	0	0.0	*0	1.71	27.43	12.0	1.71	0.00
Fruit Juice, Assorted, MS1246	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
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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lee County Schools

Dec 1, 2020 thru Dec 19, 2020

Base Menu Spreadsheet

Combined: K-5 Breakfast/Breakfast 9-12

Portion Values - Detailed

Page 5

Generated on: 11/9/2020 11:19:58 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		372	45	551	2.19	1.86	292.9	698	22.61	*33	12.68	54.18	11.79	4.86	0.02
% of Calories										*36.0%	13.6%	58.3%	28.5%	11.8%	0.0%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

Thu - 12/10/2020															
K-5 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
Potato Rounds, Baked, MS1095	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	3/4 cup	223	0	326	1.71	0.00	0.0	0	0.0	*0	1.71	27.43	12.0	1.71	0.00
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		479	6	644	4.17	5.13	411.9	1315	28.97	*40	14.12	82.76	12.25	3.74	0.00
% of Calories										*33.8%	11.8%	69.2%	23.0%	7.0%	0.0%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

Fri - 12/11/2020															
K-5 Breakfast															
Grab & Go Brkfst. #2 (673)	Total														
Cinnamon Roll, WGR New	1 Item	243	5	268	2.18	3.36	73.5	264	1.93	*17	5.38	39.67	7.83	2.07	0.00
Potatoes, Hashbrown, 1 patty	1 Roll	270	0	360	3.00	1.44	19.7	0	0.0	11	6.0	36.0	12.0	5.00	0.00
Fresh Oranges MS1268	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 each	61	0	0	3.07	0.13	51.4	292	68.94	6	1.22	15.22	0.16	0.03	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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Dec 1, 2020 thru Dec 19, 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. #2 (673)	1 Item	243	5	268	2.18	3.36	73.5	264	1.93	*17	5.38	39.67	7.83	2.07	0.00
Cinnamon Roll, WGR New	1 Roll	270	0	360	3.00	1.44	19.7	0	0.0	11	6.0	36.0	12.0	5.00	0.00
Potato Rounds, Baked, MS1095	3/4 cup	223	0	326	1.71	0.00	0.0	0	0.0	*0	1.71	27.43	12.0	1.71	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, 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		498	8	528	5.34	2.54	316.6	741	65.83	*38	13.52	77.96	15.82	5.38	0.02
% of Calories										*30.2%	10.9%	62.6%	28.6%	9.7%	0.0%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

Mon - 12/14/2020															
K-5 Breakfast	Total														
Grab & Go Brkfst. #2 (673)	1 Item	243	5	268	2.18	3.36	73.5	264	1.93	*17	5.38	39.67	7.83	2.07	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
Breakfast 9-12	Total														
Grab & Go Brkfst. #2 (673)	1 Item	243	5	268	2.18	3.36	73.5	264	1.93	*17	5.38	39.67	7.83	2.07	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
Potato Rounds, Baked, MS1095	3/4 cup	223	0	326	1.71	0.00	0.0	0	0.0	*0	1.71	27.43	12.0	1.71	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
Weighted Daily Average		488	31	775	3.05	*2.56	*362.1	*716	*20.71	*40	17.86	72.43	15.56	7.05	0.00
% of Calories										*32.8%	14.6%	59.3%	28.7%	13.0%	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
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Dec 1, 2020 thru Dec 19, 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)
Tue - 12/15/2020															
K-5 Breakfast															
Grab & Go Brkfst. #1(543)	Total														
Brkfst.Pizza, w/Bacon/Sausage	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
Yogurt Parfait, MS1691, Strby	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 parfait	300	3	101	3.96	1.45	126.3	642	53.39	40	7.38	64.37	2.06	1.05	0.00
Fruit Juice, Assorted, MS1246	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
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
Breakfast 9-12															
Grab & Go Brkfst. #1(543)	Total														
Brkfst.Pizza, w/Bacon/Sausage	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
Yogurt Parfait, MS1691, Strby	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
Potato Rounds, Baked, MS1095	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
Fruit, Chilled, Canned 1/2	3/4 cup	223	0	326	1.71	0.00	0.0	0	0.0	*0	1.71	27.43	12.0	1.71	0.00
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
Ketchup PC MS1528	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	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		403	32	477	3.60	3.93	415.8	973	31.19	*41	13.74	70.14	7.94	3.09	0.00
% of Calories										*40.7%	13.6%	69.6%	17.7%	6.9%	0.0%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

Wed - 12/16/2020															
K-5 Breakfast															
Grab & Go Brkfst. #2 (673)	Total														
Biscuit Bacon,Egg,CheeseMS1682	1 Item	243	5	268	2.18	3.36	73.5	264	1.93	*17	5.38	39.67	7.83	2.07	0.00
Muffins & Yogurt Choice,MS1686	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 serving	80	5	65	0.00	0.00	150.0	283	0.0	13	4.0	16.0	0.0	0.00	0.00
Fruit Juice, Assorted, MS1246	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
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
Breakfast 9-12															
Grab & Go Brkfst. #2 (673)	Total														
Biscuit Bacon,Egg,CheeseMS1682	1 Item	243	5	268	2.18	3.36	73.5	264	1.93	*17	5.38	39.67	7.83	2.07	0.00
Potato Rounds, Baked, MS1095	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	3/4 cup	223	0	326	1.71	0.00	0.0	0	0.0	*0	1.71	27.43	12.0	1.71	0.00
Fruit Juice, Assorted, MS1246	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
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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Dec 1, 2020 thru Dec 19, 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		422	50	645	2.42	2.03	333.4	771	22.75	*35	14.47	59.66	14.18	5.66	0.02
% of Calories										*33.5%	13.7%	56.5%	30.2%	12.1%	0.0%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

Thu - 12/17/2020															
K-5 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
Potato Rounds, Baked, MS1095	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	3/4 cup	223	0	326	1.71	0.00	0.0	0	0.0	*0	1.71	27.43	12.0	1.71	0.00
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
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
Weighted Daily Average		446	6	630	3.69	4.67	386.6	1217	28.39	*38	14.25	76.64	11.45	3.81	0.00
% of Calories										*34.4%	12.8%	68.8%	23.1%	7.7%	0.0%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

Fri - 12/18/2020															
K-5 Breakfast															
Grab & Go Brkfst. #2 (673)	Total														
Biscuit & Gravy MS16	1 Item	243	5	268	2.18	3.36	73.5	264	1.93	*17	5.38	39.67	7.83	2.07	0.00
Potatoes, Hashbrown, 1 patty	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
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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Lee County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Dec 1, 2020 thru Dec 19, 2020

Combined: K-5 Breakfast/Breakfast 9-12

Generated on: 11/9/2020 11:19:58 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. #2 (673)	1 Item	243	5	268	2.18	3.36	73.5	264	1.93	*17	5.38	39.67	7.83	2.07	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
Potato Rounds, Baked, MS1095	3/4 cup	223	0	326	1.71	0.00	0.0	0	0.0	*0	1.71	27.43	12.0	1.71	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
Weighted Daily Average		359	7	577	2.01	1.91	287.8	574	21.53	*30	9.78	56.88	10.19	4.13	0.01
% of Calories										*34.0%	10.9%	63.4%	25.5%	10.3%	0.0%
Nutrient Guideline		400-550		590									<=30.0	<10.00	

Weighted Average		425	27	573	3.32	*3.16	*343.9	*865	*30.41	*38	13.57	68.58	11.54	4.31	0.01
										*80.3%	12.8%	64.6%	24.4%	9.1%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	425		400 - 550	100%				
Cholesterol (mg)	27							
Sodium 1 (mg)	573		590					
Sodium 2 (mg)	573		528				46	Correction Required - Sodium too High
Fiber (g)	3.32							
Iron (mg)	3.16				Missing			
Calcium (mg)	343.9				Missing			
Vitamin A (IU)	865				Missing			
Sugars (g)	38	35.69%			Missing			
Vitamin C (mg)	30.41				Missing			
Protein (g)	13.57	12.77%						
Carbohydrate (g)	68.58	64.57%						
Total Fat (g)	11.54	24.43%	<=30.00%					
Saturated Fat (g)	4.31	9.12%	<10.00%					
Trans Fat ¹ (g)	0.01	0.02%						

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.