

	Portion Size	Reimb Qty	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 - 03/01/2017																
BREAKFAST K-12	Total	10														
FRENCH TOAST	1 EACH	5	158	78	251	1.21	1.91	109.9	167	0.06	4	7.31	22.72	3.94	1.31	0.04
SYRUP,PANCAKE & WAFFLE, SF,PC	SERVING -2 OZ	5	25	0	51	0.00	0.00	0.0	0	0.0	*N/A*	0.0	5.06	0.0	0.00	*N/A*
CREAM OF WHEAT	1/2 CUP	5	60	0	169	0.69	5.52	121.2	0	0.0	0	1.92	12.1	0.23	0.04	0.00
BROWN SUGAR MELT-OATMEAL TOPPI	PACKET	5	50	0	5	0.00	0.36	0.0	0	0.0	*N/A*	0.0	12.04	0.0	0.00	0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
JUICE, ASSORT (APL,O/P,GR)	SERVING -4 OZ	10	60	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	15.0	0.0	0.00	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVIT A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			315	41	347	2.49	*4.18	*278.6	*454	*16.97	*7 *8.3%	9.11 11.6%	63.11 80.1%	2.22 6.3%	0.71 2.0%	*0.02 *0.1%
Nutrient Guideline			554		1000	8.67	3.00	257.00	985	13.00		10.00		<=30.0	<10.00	

Thu - 03/02/2017																
BREAKFAST K-12	Total	10														
EGG,HARD-BOILED, 1 EA	1 EACH	10	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
SAUSAGE PATTIES	2 ea.	10	196	62	431	0.00	0.84	7.7	34	0.0	*N/A*	12.71	0.0	15.78	4.23	*N/A*
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVIT A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			383	251	585	1.54	1.72	195.7	664	16.93	*5 *5.3%	23.50 24.6%	22.71 23.7%	21.22 49.9%	5.90 13.9%	*0.00 *0.0%
Nutrient Guideline			554		1000	8.67	3.00	257.00	985	13.00		10.00		<=30.0	<10.00	

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NMSVH

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

BREAKFAST K-12

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/03/2017																
BREAKFAST K-12	Total	10														
BREAKFAST CROISSANT SANDWICH	SERVING	10	442	233	1006	1.00	2.87	233.8	807	1.37	*0	21.51	37.16	22.96	11.16	*1.02
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
JUICE, ASSORT (APL,O/P,GR)	SERVING -4 OZ	10	60	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	15.0	0.0	0.00	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVIT A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			611	236	1115	2.54	*3.15	*396.9	*1177	*18.30	*5	26.00	74.31	23.09	11.19	*1.02
% of Calories											*3.1%	17.0%	48.6%	34.0%	16.5%	*1.5%
Nutrient Guideline			554		1000	8.67	3.00	257.00	985	13.00		10.00		<=30.0	<10.00	

Mon - 03/06/2017																
BREAKFAST K-12	Total	10														
GRILLED CHEESE BFAST SANDWICH	SERVING	10	252	224	578	1.97	18.02	410.4	12398	0.0	*2	15.08	27.2	9.05	3.41	*0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
JUICE, ASSORT (APL,O/P,GR)	SERVING -4 OZ	10	60	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	15.0	0.0	0.00	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVIT A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			421	226	687	3.51	*18.30	*573.5	*12769	*16.93	*6	19.58	64.35	9.18	3.44	*0.00
% of Calories											*5.8%	18.6%	61.2%	19.6%	7.4%	*0.0%
Nutrient Guideline			554		1000	8.67	3.00	257.00	985	13.00		10.00		<=30.0	<10.00	

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NMSVH

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

BREAKFAST K-12

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/07/2017																
BREAKFAST K-12	Total	10														
SCRAMBLED EGG-1ea (2 oz)	EGG	10	72	186	71	0.00	0.88	28.0	270	*0.0	*0	6.28	0.36	4.76	1.56	0.02
BISCUITS: PLAIN,	2 OZ	10	170	0	280	2.00	*N/A*	*N/A*	0	0.0	*N/A*	4.0	27.0	5.0	5.00	0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
JUICE, ASSORT (APL,O/P,GR)	SERVING -4 OZ	10	60	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	15.0	0.0	0.00	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVIT A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			410	189	460	3.54	*1.16	*191.1	*640	*16.93	*5	14.78	64.51	9.89	6.60	0.02
% of Calories											*4.5%	14.4%	62.9%	21.7%	14.5%	0.0%
Nutrient Guideline			554		1000	8.67	3.00	257.00	985	13.00		10.00		<=30.0	<10.00	

Wed - 03/08/2017																
BREAKFAST K-12	Total	10														
Omelet, Skillet w/Colby Cheese	OMELET	5	190	365	450	*N/A*	1.44	100.0	400	0.0	*N/A*	12.0	5.0	14.0	5.00	0.50
Cereal, Malt-O-Meal	.5 Cup	5	65	*0	*3	0.50	5.41	51.9	*0	*0.0	*N/A*	2.5	13.5	0.25	*0.00	*N/A*
BROWN SUGAR MELT-OATMEAL TOPPI	PACKET	5	50	0	5	0.00	0.36	0.0	0	0.0	*N/A*	0.0	12.04	0.0	0.00	0.00
JUICE, ASSORT (APL,O/P,GR)	SERVING -4 OZ	10	60	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	15.0	0.0	0.00	0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVIT A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			321	*185	*338	*1.79	*3.89	*239.0	*570	*16.93	*4	11.75	52.42	7.26	*2.54	*0.25
% of Calories											*5.6%	14.6%	65.3%	20.3%	*7.1%	*0.7%
Nutrient Guideline			554		1000	8.67	3.00	257.00	985	13.00		10.00		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/09/2017																
BREAKFAST K-12	Total	10														
BREAKFAST ENCHILADAS	SERVING	10	599	402	918	*5.25	2.66	*637.5	1576	*9.68	*1	44.65	31.64	32.97	15.68	*0.03
JUICE, ASSORT (APL,O/P,GR)	SERVING	10	60	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	15.0	0.0	0.00	0.00
	-4 OZ															
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK, FF SKIM,CHOCOLATEVIT	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
A/D																
Weighted Daily Average			768	405	1027	*6.79	*2.95	*800.6	*1946	*26.61	*5	49.15	68.79	33.10	15.72	*0.03
% of Calories											*2.7%	25.6%	35.8%	38.8%	18.4%	*0.0%
Nutrient Guideline			554		1000	8.67	3.00	257.00	985	13.00		10.00		<=30.0	<10.00	

Fri - 03/10/2017																
BREAKFAST K-12	Total	10														
WAFFLE STICKS, BELGAIN	SERVING	10	210	0	375	1.50	2.16	30.0	*N/A*	*N/A*	*N/A*	4.5	42.0	3.0	0.00	*N/A*
SYRUP,PANCAKE & WAFFLE,	SERVING	10	25	0	51	0.00	0.00	0.0	0	0.0	*N/A*	0.0	5.06	0.0	0.00	*N/A*
SF,PC	-2 OZ															
JUICE, ASSORT (APL,O/P,GR)	SERVING	10	60	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	15.0	0.0	0.00	0.00
	-4 OZ															
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK, FF SKIM,CHOCOLATEVIT	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
A/D																
Weighted Daily Average			404	3	535	3.04	*2.45	*193.1	*370	*16.93	*4	9.00	84.21	3.13	0.04	*0.00
% of Calories											*4.4%	8.9%	83.4%	7.0%	0.1%	*0.0%
Nutrient Guideline			554		1000	8.67	3.00	257.00	985	13.00		10.00		<=30.0	<10.00	

Mon - 03/13/2017																
BREAKFAST K-12	Total	10														
KANGAROO SANDWICH	SERVING	10	167	213	264	1.03	17.33	294.7	12257	0.07	*0	9.8	19.61	6.31	1.73	*0.00
JUICE, ASSORT (APL,O/P,GR)	SERVING	10	60	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	15.0	0.0	0.00	0.00
	-4 OZ															
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK, FF SKIM,CHOCOLATEVIT	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
A/D																

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	Portion Size	Reimb Qty	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 % of Calories			336	216	373	2.57	*17.61	*457.8	*12627	*17.00	*4 *5.3%	14.30 17.0%	56.76 67.6%	6.44 17.3%	1.76 4.7%	*0.00 *0.0%
Nutrient Guideline			554		1000	8.67	3.00	257.00	985	13.00		10.00		<=30.0	<10.00	

Tue - 03/14/2017																
BREAKFAST K-12	Total	10														
EGG,HARD-BOILED, 1 EA	1 EACH	10	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
SAUSAGE PATTY, PORK	1 each	10	250	50	610	0.00	0.36	20.0	0	0.0	*N/A*	7.0	1.0	24.0	8.00	0.00
JUICE, ASSORT (APL,O/P,GR)	SERVING -4 OZ	10	60	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	15.0	0.0	0.00	0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			496	239	781	1.54	*1.24	*208.1	*630	*16.93	*5 *4.0%	17.79 14.3%	38.71 31.2%	29.44 53.4%	9.67 17.5%	*0.00 *0.0%
Nutrient Guideline			554		1000	8.67	3.00	257.00	985	13.00		10.00		<=30.0	<10.00	

Wed - 03/15/2017																
BREAKFAST K-12	Total	10														
WAFFLES	1 EA.	5	103	5	241	0.79	2.28	101.3	439	0.0	2	2.37	16.27	3.17	0.54	*N/A*
SYRUP,PANCAKE & WAFFLE, SF,PC	SERVING -2 OZ	5	25	0	51	0.00	0.00	0.0	0	0.0	*N/A*	0.0	5.06	0.0	0.00	*N/A*
OATS, QUICK, QUAKER-1/2 CUP	SERVING -1/2 CUP	5	121	0	6	3.22	1.47	3.8	0	0.0	*N/A*	4.02	21.72	2.41	0.40	*0.00
BROWN SUGAR MELT-OATMEAL TOPPI	PACKET	5	50	0	5	0.00	0.36	0.0	0	0.0	*N/A*	0.0	12.04	0.0	0.00	0.00
JUICE, ASSORT (APL,O/P,GR)	SERVING -4 OZ	10	60	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	15.0	0.0	0.00	0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			318	5	260	3.54	*2.34	*215.6	*590	*16.93	*5 *6.7%	7.69 9.7%	64.69 81.3%	2.92 8.3%	0.51 1.4%	*0.00 *0.0%
Nutrient Guideline			554		1000	8.67	3.00	257.00	985	13.00		10.00		<=30.0	<10.00	

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NMSVH

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

BREAKFAST K-12

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/16/2017																
BREAKFAST K-12	Total	10														
BREAKFAST BURRITO 6"	1 ea	10	302	351	932	0.32	25.72	619.8	18623	*2.38	*N/A*	19.97	14.1	18.19	7.59	*0.00
SALSA-TERI'S	1 OZ	5	5	0	174	0.31	0.35	10.0	126	8.58	*0	0.14	1.24	0.02	0.00	*0.00
JUICE, ASSORT (APL,O/P,GR)	SERVING -4 OZ	10	60	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	15.0	0.0	0.00	0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVIT A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			473	354	1128	2.01	*26.19	*787.9	*19056	*23.60	*4 *3.8%	24.54 20.7%	51.87 43.9%	18.33 34.9%	7.63 14.5%	*0.00 *0.0%
Nutrient Guideline			554		1000	8.67	3.00	257.00	985	13.00		10.00		<=30.0	<10.00	

Fri - 03/17/2017																
BREAKFAST K-12	Total	10														
Omelet, Skillet w/Colby Cheese	OMELET	10	190	365	450	*N/A*	1.44	100.0	400	0.0	*N/A*	12.0	5.0	14.0	5.00	0.50
JUICE, ASSORT (APL,O/P,GR)	SERVING -4 OZ	10	60	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	15.0	0.0	0.00	0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVIT A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			359	368	559	*1.54	*1.73	*263.1	*770	*16.93	*4 *5.0%	16.50 18.4%	42.15 47.0%	14.13 35.5%	5.04 12.6%	0.50 1.3%
Nutrient Guideline			554		1000	8.67	3.00	257.00	985	13.00		10.00		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/20/2017																
BREAKFAST K-12	Total	10														
BREAKFAST PIZZA	PIECE	10	210	15	480	3.00	1.80	150.0	300	0.0	*N/A*	10.0	27.0	8.0	2.00	0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
JUICE, ASSORT (APL,O/P,GR)	SERVING -4 OZ	10	60	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	15.0	0.0	0.00	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVit A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			379	18	589	4.54	*2.09	*313.1	*670	*16.93	*4	14.50	64.15	8.13	2.04	0.00
% of Calories											*4.7%	15.3%	67.8%	19.3%	4.8%	0.0%
Nutrient Guideline			554		1000	8.67	3.00	257.00	985	13.00		10.00		<=30.0	<10.00	

Tue - 03/21/2017																
BREAKFAST K-12	Total	10														
BREAKFAST CROISSANT SANDWICH	SANDWIC	10	442	233	1006	1.00	2.87	233.8	807	1.37	*0	21.51	37.16	22.96	11.16	*1.02
JUICE, ASSORT (APL,O/P,GR)	SERVING -4 OZ	10	60	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	15.0	0.0	0.00	0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVit A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			611	236	1115	2.54	*3.15	*396.9	*1177	*18.30	*5	26.00	74.31	23.09	11.19	*1.02
% of Calories											*3.1%	17.0%	48.6%	34.0%	16.5%	*1.5%
Nutrient Guideline			554		1000	8.67	3.00	257.00	985	13.00		10.00		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/22/2017																
BREAKFAST K-12	Total	10														
EGG, SCRAMBLED-1	EGG	10	91	169	88	0.00	0.80	40.3	353	*0.0	*1	6.09	0.98	6.7	2.03	0.38
SAUSAGE PATTY, PORK	1 each	10	250	50	610	0.00	0.36	20.0	0	0.0	*N/A*	7.0	1.0	24.0	8.00	0.00
JUICE, ASSORT (APL,O/P,GR)	SERVING -4 OZ	10	60	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	15.0	0.0	0.00	0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
Cereal, Malt-O-Meal	.5 Cup	5	65	*0	*3	0.50	5.41	51.9	*0	*0.0	*N/A*	2.5	13.5	0.25	*0.00	*N/A*
BROWN SUGAR MELT-OATMEAL TOPPI	PACKET	5	50	0	5	0.00	0.36	0.0	0	0.0	*N/A*	0.0	12.04	0.0	0.00	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVIT A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			567	*221	*811	1.79	*4.33	*249.3	*723	*16.93	*5	18.84	51.90	30.95	*10.07	*0.38
% of Calories											*3.7%	13.3%	36.6%	49.1%	*16.0%	*0.6%
Nutrient Guideline			554		1000	8.67	3.00	257.00	985	13.00		10.00		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/23/2017																
BREAKFAST K-12	Total	10														
PANCAKES, WHOLE WHEAT, 3 EACH	Serving-3 each	10	210	10	550	2.00	1.80	40.0	0	0.0	*N/A*	6.0	40.0	3.0	0.50	0.00
SYRUP,PANCAKE & WAFFLE, SF,PC	SERVING -2 OZ	10	25	0	51	0.00	0.00	0.0	0	0.0	*N/A*	0.0	5.06	0.0	0.00	*N/A*
JUICE, ASSORT (APL,O/P,GR)	SERVING -4 OZ	10	60	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	15.0	0.0	0.00	0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVIT A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			404	13	710	3.54	*2.08	*203.1	*370	*16.93	*4	10.50	82.21	3.13	0.54	*0.00
% of Calories											*4.4%	10.4%	81.4%	7.0%	1.2%	*0.0%
Nutrient Guideline			554		1000	8.67	3.00	257.00	985	13.00		10.00		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/24/2017																
BREAKFAST K-12	Total	10														
BISCUIT SANDWICH W/SAUSAGE	Sandwich	10	536	239	1239	2.00	*1.29	*145.5	392	0.0	*0	20.75	28.88	36.82	15.61	*0.02
GE JUICE, ASSORT (APL,O/P,GR)	SERVING -4 OZ	10	60	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	15.0	0.0	0.00	0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVIT A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			704	242	1348	3.54	*1.58	*308.6	*763	*16.93	*5	25.24	66.02	36.95	15.65	*0.02
% of Calories											*2.7%	14.3%	37.5%	47.2%	20.0%	*0.0%
Nutrient Guideline			554		1000	8.67	3.00	257.00	985	13.00		10.00		<=30.0	<10.00	

Mon - 03/27/2017																
BREAKFAST K-12	Total	10														
SAUSAGE AND PANCAKE ON A STICK	1 EA.	10	230	15	430	1.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	9.0	23.0	12.0	3.00	*N/A*
SYRUP,PANCAKE & WAFFLE, SF,PC	SERVING -2 OZ	10	25	0	51	0.00	0.00	0.0	0	0.0	*N/A*	0.0	5.06	0.0	0.00	*N/A*
JUICE, ASSORT (APL,O/P,GR)	SERVING -4 OZ	10	60	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	15.0	0.0	0.00	0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEVIT A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			424	18	590	2.54	*8.29	*163.1	*370	*16.93	*4	13.49	65.21	12.13	3.04	*0.00
% of Calories											*4.2%	12.7%	61.5%	25.8%	6.4%	*0.0%
Nutrient Guideline			554		1000	8.67	3.00	257.00	985	13.00		10.00		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/28/2017																
BREAKFAST K-12	Total	10														
BREAKFAST BURRITO 6"	1 ea	10	302	351	932	0.32	25.72	619.8	18623	*2.38	*N/A*	19.97	14.1	18.19	7.59	*0.00
SALSA-TERI'S	1 OZ	10	5	0	174	0.31	0.35	10.0	126	8.58	*0	0.14	1.24	0.02	0.00	*0.00
JUICE, ASSORT (APL,O/P,GR)	SERVING -4 OZ	10	60	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	15.0	0.0	0.00	0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEvit A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			476	354	1214	2.16	*26.36	*792.9	*19119	*27.89	*5 *3.8%	24.60 20.7%	52.49 44.1%	18.34 34.7%	7.63 14.4%	*0.00 *0.0%
Nutrient Guideline			554		1000	8.67	3.00	257.00	985	13.00		10.00		<=30.0	<10.00	

Wed - 03/29/2017																
BREAKFAST K-12	Total	10														
FRENCH TOAST STICKS	1 SERVING	5	377	145	876	1.95	3.91	189.4	331	0.53	*N/A*	13.1	56.82	10.8	2.71	*N/A*
SYRUP,PANCAKE & WAFFLE, SF,PC	SERVING -2 OZ	5	25	0	51	0.00	0.00	0.0	0	0.0	*N/A*	0.0	5.06	0.0	0.00	*N/A*
HAM, BREAKFAST 2oz.	2 OZ	5	60	20	630	0.00	0.36	0.1	0	0.0	*0	7.0	1.0	2.0	1.00	0.00
Cereal, Malt-O-Meal	.5 Cup	5	65	*0	*3	0.50	5.41	51.9	*0	*0.0	*N/A*	2.5	13.5	0.25	*0.00	*N/A*
BROWN SUGAR MELT-OATMEAL TOPPI	PACKET	5	50	0	5	0.00	0.36	0.0	0	0.0	*N/A*	0.0	12.04	0.0	0.00	0.00
JUICE, ASSORT (APL,O/P,GR)	SERVING -4 OZ	10	60	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	15.0	0.0	0.00	0.00
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A & MILK, FF SKIM,CHOCOLATEvit A/D	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			457	*85	*891	2.76	*5.31	*283.8	*536	*17.20	*4 *3.9%	15.79 13.8%	81.36 71.2%	6.66 13.1%	*1.89 *3.7%	*0.00 *0.0%
Nutrient Guideline			554		1000	8.67	3.00	257.00	985	13.00		10.00		<=30.0	<10.00	

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NMSVH

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

BREAKFAST K-12

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 03/30/2017																
BREAKFAST K-12	Total	10														
ENGLISH MUFFIN SANDWICH	SANDWIC	10	505	242	1282	2.62	2.96	293.6	408	0.0	*1	23.39	27.65	33.44	11.08	*0.02
JUICE, ASSORT (APL,O/P,GR)	SERVING	10	60	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	15.0	0.0	0.00	0.00
	-4 OZ															
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK, FF SKIM,CHOCOLATEVit	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
A/D																
Weighted Daily Average			674	244	1391	4.16	*3.24	*456.7	*778	*16.93	*6	27.88	64.80	33.57	11.11	*0.02
% of Calories											*3.4%	16.6%	38.5%	44.8%	14.8%	*0.0%
Nutrient Guideline			554		1000	8.67	3.00	257.00	985	13.00		10.00		<=30.0	<10.00	

Fri - 03/31/2017																
BREAKFAST K-12	Total	10														
BREAKFAST QUESADILLA	1 EACH	10	170	295	248	0.30	1.51	149.7	601	4.39	*1	12.89	2.03	11.99	5.07	0.16
JUICE, ASSORT (APL,O/P,GR)	SERVING	10	60	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.0	15.0	0.0	0.00	0.00
	-4 OZ															
FRUIT, CHOICE	1/2 CUP	10	49	0	2	1.54	0.10	13.1	120	16.33	*4	0.5	12.15	0.13	0.04	0.00
MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK, FF SKIM,CHOCOLATEVit	HALF PINT	5	120	5	180	0.00	0.36	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
A/D																
Weighted Daily Average			339	297	357	1.84	*1.80	*312.8	*971	*21.33	*5	17.39	39.18	12.12	5.10	0.16
% of Calories											*5.9%	20.5%	46.2%	32.2%	13.6%	0.4%
Nutrient Guideline			554		1000	8.67	3.00	257.00	985	13.00		10.00		<=30.0	<10.00	

Weighted Average			463	*193	*748	*2.86	*6.31	*360.1	*3380	*18.45	*5	19.04	60.44	15.89	*6.04	*0.15
											*9.5%	16.5%	52.2%	30.9%	*11.7%	*0.3%

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.

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	463		Weekly Target	554	84%	Miss Data	Shortfall	91	Overage	Error Messages (if any)							
Cholesterol (mg)	193					Missing				Correction Required - Calories are Low							
Sodium (mg)	748			1000		Missing											
Fiber (g)	2.86			8.67	33%	Missing	5.80			Correction Required - Fiber is Low							
Iron (mg)	6.31			3.00	210%	Missing											
Calcium (mg)	360.1			257.00	140%	Missing											
Vitamin A (IU)	3380			985	343%	Missing											
Sugars (g)	5	4.23%				Missing											
Vitamin C (mg)	18.45			13.00	142%	Missing											
Protein (g)	19.04	16.45%		10.00	190%												
Carbohydrate (g)	60.44	52.23%															
Total Fat (g)	15.89	30.89%		<=30.00%						Correction Required - Total Fat too High							
Saturated Fat (g)	6.04	11.75%		<10.00%		Missing				Correction Required - Sat. Fat too High							
Trans Fat ¹ (g)	0.15	0.29%				Missing											

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