

NMSVH

Jan 4, 2018 thru Jan 31, 2018

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 - 01/04/2018																
BREAKFAST K-12	Total	10														
WAFFLE BREAKFAST BOWLS	SERVING	10	192	0	340	1.00	1.26	10.0	0	0.6	*0	3.5	24.61	7.0	2.50	*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
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			360	3	449	2.54	*1.54	*173.1	*370	*17.53	*4	8.00	61.75	7.13	2.54	*0.00
% of Calories											*5.0%	8.9%	68.6%	17.8%	6.3%	*0.0%
Nutrient Guideline			450		1000	8.67	2.50	200.00	625	11.25		6.00		<=30.0	<10.00	

Fri - 01/05/2018																
BREAKFAST K-12	Total	10														
Omelet, Skillet w/ Cheese	OMELET	10	170	260	600	*N/A*	1.44	150.0	750	0.0	2	11.0	4.0	12.0	5.00	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
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			339	263	709	*1.54	*1.73	*313.1	*1120	*16.93	*6	15.50	41.15	12.13	5.04	0.00
% of Calories											*7.6%	18.3%	48.6%	32.2%	13.4%	0.0%
Nutrient Guideline			450		1000	8.67	2.50	200.00	625	11.25		6.00		<=30.0	<10.00	

Mon - 01/08/2018																
BREAKFAST K-12	Total	10														
FRENCH TOAST	1 EACH	10	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	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	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

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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)
Weighted Daily Average % of Calories			352	80	411	2.75	*2.19	*273.0	*538	*17.00	*8 *9.7%	11.81 13.4%	64.93 73.8%	4.08 10.4%	1.35 3.4%	*0.04 *0.1%
Nutrient Guideline			450		1000	8.67	2.50	200.00	625	11.25		6.00		<=30.0	<10.00	

Tue - 01/09/2018																
BREAKFAST K-12	Total	10														
BREAKFAST EGG QUESADILLA	1 SERVING	10	431	469	758	0.00	34.52	896.5	24585	0.0	*1	30.98	26.77	21.69	8.15	*0.00
JUICE, ASSORT (APL,O/P,GR)	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			599	472	867	1.54	*34.81	*1059.5	*24955	*16.93	*5 *3.4%	35.48 23.7%	63.91 42.7%	21.82 32.8%	8.19 12.3%	*0.00 *0.0%
Nutrient Guideline			450		1000	8.67	2.50	200.00	625	11.25		6.00		<=30.0	<10.00	

Wed - 01/10/2018																
BREAKFAST K-12	Total	10														
EGG, SCRAMBLED-2	EGG-2 eac	5	144	424	140	0.00	33.12	520.0	24400	*0.0	*N/A*	12.58	0.78	9.94	3.10	*0.00
SAUSAGE PATTY, PORK	1 each	1	250	50	610	0.00	0.36	20.0	0	0.0	*N/A*	7.0	1.0	24.0	8.00	0.00
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
JUICE, ASSORT (APL,O/P,GR)	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			320	220	327	1.89	*19.82	*485.7	*12570	*16.93	*5 *5.6%	12.44 15.5%	49.71 62.1%	7.62 21.4%	2.40 6.8%	*0.00 *0.0%
Nutrient Guideline			450		1000	8.67	2.50	200.00	625	11.25		6.00		<=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 - 01/11/2018																
BREAKFAST K-12	Total	10														
ENGLISH MUFFIN BREAKFAST PIZZA	SERVING	10	288	27	502	3.71	2.05	318.6	906	12.47	*1	16.42	30.07	12.21	4.96	*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	29	611	5.25	*2.34	*481.7	*1276	*29.40	*6 *4.8%	20.91 18.3%	67.22 58.8%	12.34 24.3%	4.99 9.8%	*0.00 *0.0%
Nutrient Guideline			450		1000	8.67	2.50	200.00	625	11.25		6.00		<=30.0	<10.00	

Fri - 01/12/2018																
BREAKFAST K-12	Total	10														
BREAKFAST BURRITO W/ SALSA	1 BURRIT	10	211	211	578	2.03	2.99	94.7	515	7.95	*2	10.94	22.29	8.44	2.87	*0.04
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			380	214	687	3.57	*3.28	*257.8	*886	*24.88	*7 *7.2%	15.44 16.3%	59.44 62.6%	8.57 20.3%	2.90 6.9%	*0.04 *0.1%
Nutrient Guideline			450		1000	8.67	2.50	200.00	625	11.25		6.00		<=30.0	<10.00	

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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)
Tue - 01/16/2018																
BREAKFAST K-12	Total	10														
PANCAKE, BLUEBERRY, BTRMLK	.5 CUP BATTER	10	207	4	561	2.06	1.60	89.6	5	0.29	*1	6.15	40.67	2.69	0.44	*0.00
SYRUP, PANCAKE & WAFFLE, SF, PC	SERVING -2 OZ	1	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, CHOCOLATE VIT 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			378	7	675	3.60	*1.88	*252.7	*376	*17.23	*5	10.65	78.32	2.82	0.48	*0.00
% of Calories											*5.8%	11.3%	83.0%	6.7%	1.1%	*0.0%
Nutrient Guideline			450		1000	8.67	2.50	200.00	625	11.25		6.00		<=30.0	<10.00	

Wed - 01/17/2018																
BREAKFAST K-12	Total	10														
PB&J GRAHAM BAR	BAR	10	270	*N/A*	180	3.00	*N/A*	20.0	*N/A*	*N/A*	15	7.0	34.0	13.0	2.50	*N/A*
Cereal, Malt-O-Meal	.5 Cup	1	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	1	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, CHOCOLATE VIT 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			450	*3	*290	4.59	*0.86	*188.3	*370	*16.93	*19	11.75	73.70	13.16	*2.54	*0.00
% of Calories											*17.3%	10.4%	65.5%	26.3%	*5.1%	*0.0%
Nutrient Guideline			450		1000	8.67	2.50	200.00	625	11.25		6.00		<=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 - 01/18/2018																
BREAKFAST K-12	Total	10														
EGG, SCRAMBLED-2	EGG-2 eac	10	144	424	140	0.00	33.12	520.0	24400	*0.0	*N/A*	12.58	0.78	9.94	3.10	*0.00
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
HASH BROWN POTATOES, 1/4 CUP	1/4 CUP	1	85	0	6	1.25	0.21	6.6	0	2.61	0	1.03	11.12	4.52	0.36	0.01
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			571	477	860	1.66	*33.79	*703.8	*24770	*17.20	*4	24.18	40.04	34.52	11.17	*0.00
% of Calories											*3.1%	16.9%	28.0%	54.4%	17.6%	*0.0%
Nutrient Guideline			450		1000	8.67	2.50	200.00	625	11.25		6.00		<=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)
Fri - 01/19/2018																
BREAKFAST K-12	Total	10														
CINNAMON ROLL	1 EACH	10	170	2	190	1.00	8.10	*N/A*	*N/A*	*N/A*	7	5.0	31.0	2.5	0.50	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			339	5	299	2.54	*8.39	*163.1	*370	*16.93	*11	9.50	68.15	2.63	0.54	0.00
% of Calories											*13.5%	11.2%	80.5%	7.0%	1.4%	0.0%
Nutrient Guideline			450		1000	8.67	2.50	200.00	625	11.25		6.00		<=30.0	<10.00	

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Mon - 01/22/2018																
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			450		1000	8.67	2.50	200.00	625	11.25		6.00		<=30.0	<10.00	

Tue - 01/23/2018																
BREAKFAST K-12	Total	10														
MUFFIN BLUEBERRY II	muffin	10	164	24	363	1.47	2.60	72.9	1640	0.63	*12	2.37	22.72	7.14	1.40	*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			332	26	472	3.01	*2.88	*236.0	*2010	*17.57	*16	6.87	59.87	7.28	1.44	*0.00
% of Calories											*19.7%	8.3%	72.1%	19.7%	3.9%	*0.0%
Nutrient Guideline			450		1000	8.67	2.50	200.00	625	11.25		6.00		<=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 - 01/24/2018																
BREAKFAST K-12	Total	10														
BREAKFAST PIZZA	PIECE	5	210	15	480	3.00	1.80	150.0	300	0.0	*N/A*	10.0	27.0	8.0	2.00	0.00
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 & 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			359	10	354	4.65	*2.10	*240.0	*520	*16.93	*4	11.51	67.53	5.34	1.24	*0.00
% of Calories											*5.0%	12.8%	75.2%	13.4%	3.1%	*0.0%
Nutrient Guideline			450		1000	8.67	2.50	200.00	625	11.25		6.00		<=30.0	<10.00	

Thu - 01/25/2018																
BREAKFAST K-12	Total	10														
WAFFLES, HOMEMADE	1/2 Each	10	107	25	339	1.25	0.74	50.3	230	0.33	*2	3.76	14.58	3.91	0.89	*0.00
SYRUP,PANCAKE & WAFFLE, SF,PC	SERVING -2 OZ	1	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			278	27	453	2.79	*1.03	*213.4	*601	*17.26	*6	8.26	52.24	4.04	0.93	*0.00
% of Calories											*8.7%	11.9%	75.0%	13.1%	3.0%	*0.0%
Nutrient Guideline			450		1000	8.67	2.50	200.00	625	11.25		6.00		<=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 - 01/26/2018																
BREAKFAST K-12	Total	10														
EGG, SCRAMBLED-2	EGG-2 eac	10	144	424	140	0.00	33.12	520.0	24400	*0.0	*N/A*	12.58	0.78	9.94	3.10	*0.00
HAM, BREAKFAST 2oz.	2 OZ	1	60	20	630	0.00	0.36	0.1	0	0.0	*0	7.0	1.0	2.0	1.00	0.00
BISCUITS: PLAIN,	2 OZ	1	170	0	280	2.00	*N/A*	*N/A*	0	0.0	*N/A*	4.0	27.0	5.0	5.00	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																
Weighted Daily Average			336	429	340	1.74	*33.44	*683.1	*24770	*16.93	*4	18.18	40.73	10.77	3.74	*0.00
% of Calories											*5.3%	21.7%	48.5%	28.9%	10.0%	*0.0%
Nutrient Guideline			450		1000	8.67	2.50	200.00	625	11.25		6.00		<=30.0	<10.00	

Mon - 01/29/2018																
BREAKFAST K-12	Total	10														
Omelet, Skillet w/ Cheese	OMELET	10	170	260	600	*N/A*	1.44	150.0	750	0.0	2	11.0	4.0	12.0	5.00	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																
Weighted Daily Average			339	263	709	*1.54	*1.73	*313.1	*1120	*16.93	*6	15.50	41.15	12.13	5.04	0.00
% of Calories											*7.6%	18.3%	48.6%	32.2%	13.4%	0.0%
Nutrient Guideline			450		1000	8.67	2.50	200.00	625	11.25		6.00		<=30.0	<10.00	

Tue - 01/30/2018																
BREAKFAST K-12	Total	10														
BREAKFAST ENCHILADAS	SERVINGS	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																

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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)
Weighted Daily Average % of Calories			768	405	1027	*6.79	*2.95	*800.6	*1946	*26.61	*5 *2.7%	49.15 25.6%	68.79 35.8%	33.10 38.8%	15.72 18.4%	*0.03 *0.0%
Nutrient Guideline			450		1000	8.67	2.50	200.00	625	11.25		6.00		<=30.0	<10.00	

Wed - 01/31/2018																
BREAKFAST K-12	Total	10														
QUICHE, BACON AND CHEESE	SERVING	10	415	*104	580	2.04	1.83	204.5	*247	*0.74	*0	12.48	21.8	15.45	7.00	*0.00
CREAM OF WHEAT	1/2 CUP	1	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	1	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			595	*107	707	3.64	*2.71	*379.7	*617	*17.67	*5 *3.3%	17.16 11.5%	61.36 41.3%	15.60 23.6%	7.04 10.6%	*0.00 *0.0%
Nutrient Guideline			450		1000	8.67	2.50	200.00	625	11.25		6.00		<=30.0	<10.00	

Weighted Average			420	*161	*570	*3.06	*8.72	*388.4	*5240	*18.67	*7 *15.2%	16.62 15.8%	59.22 56.4%	11.96 25.6%	*4.23 *9.1%	*0.01 *0.0%
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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	420		Weekly Target	450	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Cholesterol (mg)	161				93%	Missing		30	Correction Required - Calories are Low								
Sodium (mg)	570			1000		Missing											
Fiber (g)	3.06			8.67	35%	Missing	5.61		Correction Required - Fiber is Low								
Iron (mg)	8.72			2.50	349%	Missing											
Calcium (mg)	388.4			200.00	194%	Missing											
Vitamin A (IU)	5240			625	838%	Missing											
Sugars (g)	7	6.75%				Missing											
Vitamin C (mg)	18.67			11.25	166%	Missing											
Protein (g)	16.62	15.84%		6.00	277%												
Carbohydrate (g)	59.22	56.44%															
Total Fat (g)	11.96	25.64%		<=30.00%													
Saturated Fat (g)	4.23	9.06%		<10.00%		Missing											
Trans Fat ¹ (g)	0.01	0.01%				Missing											

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