

	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 - 11/01/2017																
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
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)	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			295	215	266	1.89	*19.79	*483.7	*12570	*16.93	*5	11.74	49.61	5.22	1.60	*0.00
% of Calories											*6.1%	15.9%	67.2%	15.9%	4.9%	*0.0%
Nutrient Guideline			450		1000	8.67	2.50	200.00	625	11.25		6.00		<=30.0	<10.00	

Thu - 11/02/2017																
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 &	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			457	29	611	5.25	*2.34	*481.7	*1276	*29.40	*6	20.91	67.22	12.34	4.99	*0.00
% of Calories											*4.8%	18.3%	58.8%	24.3%	9.8%	*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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/03/2017																
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	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			380	214	687	3.57	*3.28	*257.8	*886	*24.88	*7	15.44	59.44	8.57	2.90	*0.04
% of Calories											*7.2%	16.3%	62.6%	20.3%	6.9%	*0.1%
Nutrient Guideline			450		1000	8.67	2.50	200.00	625	11.25		6.00		<=30.0	<10.00	

Mon - 11/06/2017																
BREAKFAST K-12	Total	10														
BREAKFAST CROISSANT SANDWIC	SANDWIC	10	698	282	1381	1.00	3.12	272.1	907	0.0	*5	24.42	40.09	48.29	20.91	*0.52
D./SAUS																
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	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															
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			866	284	1490	2.54	*3.40	*435.2	*1277	*16.93	*10	28.92	77.24	48.42	20.94	*0.52
% of Calories											*4.5%	13.4%	35.7%	50.3%	21.8%	*0.5%
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)
Tue - 11/07/2017																
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, 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			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 - 11/08/2017																
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*
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
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
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			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 - 11/09/2017																
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 - 11/10/2017																
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 - 11/13/2017																
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			450		1000	8.67	2.50	200.00	625	11.25		6.00		<=30.0	<10.00	

Tue - 11/14/2017																
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)	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 - 11/15/2017																
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 % of Calories			359	10	354	4.65	*2.10	*240.0	*520	*16.93	*4 *5.0%	11.51 12.8%	67.53 75.2%	5.34 13.4%	1.24 3.1%	*0.00 *0.0%
Nutrient Guideline			450		1000	8.67	2.50	200.00	625	11.25		6.00		<=30.0	<10.00	

Thu - 11/16/2017																
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 % of Calories			278	27	453	2.79	*1.03	*213.4	*601	*17.26	*6 *8.7%	8.26 11.9%	52.24 75.0%	4.04 13.1%	0.93 3.0%	*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)
Fri - 11/17/2017																
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 -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			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 - 11/27/2017																
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
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 &	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			380	214	687	3.57	*3.28	*257.8	*886	*24.88	*7	15.44	59.44	8.57	2.90	*0.04
% of Calories											*7.2%	16.3%	62.6%	20.3%	6.9%	*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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NMSVH

Nov 1, 2017 thru Nov 30, 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 - 11/28/2017																
BREAKFAST K-12	Total	10														
GRILLED CHEESE BFASST SAN DWICH	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
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			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			450		1000	8.67	2.50	200.00	625	11.25		6.00		<=30.0	<10.00	

Wed - 11/29/2017																
BREAKFAST K-12	Total	10														
EGG,HARD-BOILED, 1 EA	1 EACH	5	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
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			265	*96	*144	1.79	*3.47	*201.5	*500	*16.93	*5	8.89	50.20	2.91	*0.85	*0.00
% of Calories											*7.2%	13.4%	75.8%	9.9%	*2.9%	*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)
Thu - 11/30/2017																
BREAKFAST K-12	Total	10														
BLUEBERRY CR. CH. PASTRIES	SERVING	10	103	28	62	0.46	1.29	28.8	969	0.37	*6	1.77	10.25	6.47	3.39	*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	-4 OZ															
MILK, FAT FREE SKIM, w/VIT A &	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, FF SKIM,CHOCOLATEVIT	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
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			271	31	171	1.99	*1.58	*191.9	*1339	*17.31	*11	6.26	47.40	6.60	3.42	*0.00
% of Calories											*15.5%	9.2%	69.9%	21.9%	11.4%	*0.0%
Nutrient Guideline			450		1000	8.67	2.50	200.00	625	11.25		6.00		<=30.0	<10.00	

Weighted Average			400	*136	*534	3.01	*8.71	*336.8	*5039	*18.71	*8	14.21	60.04	11.44	*3.89	*0.04
											*17.4%	14.2%	60.0%	25.7%	*8.8%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	400		450	89%		50		Correction Required - Calories are Low
Cholesterol (mg)	136				Missing			
Sodium (mg)	534		1000		Missing			
Fiber (g)	3.01		8.67	35%		5.65		Correction Required - Fiber is Low
Iron (mg)	8.71		2.50	348%	Missing			
Calcium (mg)	336.8		200.00	168%	Missing			
Vitamin A (IU)	5039		625	806%	Missing			
Sugars (g)	8	7.73%			Missing			
Vitamin C (mg)	18.71		11.25	166%	Missing			
Protein (g)	14.21	14.21%	6.00	237%				
Carbohydrate (g)	60.04	60.02%						
Total Fat (g)	11.44	25.74%	<=30.00%					
Saturated Fat (g)	3.89	8.75%	<10.00%		Missing			
Trans Fat ¹ (g)	0.04	0.08%			Missing			

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