

	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)
Mon - 05/02/2022														
Elem K-6 Breakfast	Total													
Cereal, Asst. & String Cheese	1 each	176	15	342	1.43	6.31	309.6	669	8.7	*1	7.99	20.54	6.98	3.62
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Milk, Fat Free	1 cup	90	5	135	0.00	0.00	350.0	500	2.4	12	9.0	13.0	0.0	0.00
Milk, 1% Lowfat	1 cup	130	15	160	0.00	0.05	400.0	500	2.4	15	11.0	16.0	2.5	1.50
Weighted Daily Average		461	35	638	3.37	6.56	1067.3	1876	37.69	*41	28.61	65.85	9.62	5.14
% of Calories										*35.9%	24.8%	57.1%	18.8%	10.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00

Tue - 05/03/2022														
Elem K-6 Breakfast	Total													
Pan Dulce - Whole Wheat 51%	1 each	121	5	82	1.48	1.00	4.5	125	0.5	4	2.42	17.5	4.5	1.00
Cereal, Asst. & String Cheese	1 each	88	7	171	0.72	3.16	154.8	334	4.35	*1	3.99	10.27	3.49	1.81
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Juice, Assorted 4 oz	1 each	62	0	13	0.00	0.07	4.0	0	10.2	*3	0.4	14.8	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk, 1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		446	23	415	4.14	4.46	545.9	1166	41.64	*33	17.45	73.38	9.38	3.58
% of Calories										*29.9%	15.6%	65.8%	18.9%	7.2%
Nutrient Guideline		400-500		540									<=30.0	<10.00

Wed - 05/04/2022														
Elem K-6 Breakfast	Total													
Breakfast Saug. Pizza, Tony's	1 each	105	7	265	0.50	1.00	69.5	141	0.21	0	4.5	10.0	5.0	1.75
Cereal, Asst. & Grahams	1 each	114	0	133	1.33	3.57	92.4	278	4.54	*2	2.12	21.1	2.59	0.43
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk, 1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		394	18	547	3.77	4.80	544.5	1125	31.34	*29	17.25	61.91	8.98	2.96
% of Calories										*29.1%	17.5%	62.9%	20.5%	6.8%
Nutrient Guideline		400-500		540									<=30.0	<10.00

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	Portion Size	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)
Thu - 05/05/2022														
Elem K-6 Breakfast	Total													
Danish Pastry, Fruit	1 each	150	2	140	3.00	0.54	26.0	25	1.2	13	2.5	27.5	3.5	1.75
Cereal, Asst. & String Cheese	1 each	88	7	171	0.72	3.16	154.8	334	4.35	*1	3.99	10.27	3.49	1.81
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Juice, Assorted 4 oz	1 each	62	0	13	0.00	0.07	4.0	0	10.2	*3	0.4	14.8	0.0	0.00
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk, 1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		475	20	473	5.66	4.00	567.5	1066	42.34	*43	17.52	83.38	8.38	4.33
% of Calories										*36.1%	14.8%	70.2%	15.9%	8.2%
Nutrient Guideline		400-500		540									<=30.0	<10.00

Fri - 05/06/2022														
Elem K-6 Breakfast	Total													
Cereal, Asst. & Grahams	1 each	228	0	266	2.66	7.14	184.8	555	9.08	*4	4.24	42.2	5.18	0.87
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk, 1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		403	10	415	4.60	7.37	567.4	1262	35.67	*31	14.87	73.01	6.57	1.64
% of Calories										*30.6%	14.8%	72.5%	14.7%	3.7%
Nutrient Guideline		400-500		540									<=30.0	<10.00

Mon - 05/09/2022														
Elem K-6 Breakfast	Total													
Cereal, Asst. & String Cheese	1 each	176	15	342	1.43	6.31	309.6	669	8.7	*1	7.99	20.54	6.98	3.62
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Milk, Fat Free	1 cup	90	5	135	0.00	0.00	350.0	500	2.4	12	9.0	13.0	0.0	0.00
Milk, 1% Lowfat	1 cup	130	15	160	0.00	0.05	400.0	500	2.4	15	11.0	16.0	2.5	1.50
Weighted Daily Average		461	35	638	3.37	6.56	1067.3	1876	37.69	*41	28.61	65.85	9.62	5.14
% of Calories										*35.9%	24.8%	57.1%	18.8%	10.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00

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	Portion Size	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)
Tue - 05/10/2022														
Elem K-6 Breakfast	Total													
French Toast Sticks	2 each	120	5	130	1.00	0.36	10.0	0	0.0	6	3.0	19.0	3.5	0.50
Cereal, Asst. & String Cheese	1 each	88	7	171	0.72	3.16	154.8	334	4.35	*1	3.99	10.27	3.49	1.81
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk,1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		383	23	450	3.66	3.74	547.5	1041	30.94	*33	17.62	60.08	8.38	3.08
% of Calories										*34.7%	18.4%	62.7%	19.7%	7.2%
Nutrient Guideline		400-500		540									<=30.0	<10.00

Wed - 05/11/2022														
Elem K-6 Breakfast	Total													
Breakfast Saug. Pizza, Tony's	1 each	105	7	265	0.50	1.00	69.5	141	0.21	0	4.5	10.0	5.0	1.75
Cereal, Asst. & Grahams	1 each	114	0	133	1.33	3.57	92.4	278	4.54	*2	2.12	21.1	2.59	0.43
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk,1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		394	18	547	3.77	4.80	544.5	1125	31.34	*29	17.25	61.91	8.98	2.96
% of Calories										*29.1%	17.5%	62.9%	20.5%	6.8%
Nutrient Guideline		400-500		540									<=30.0	<10.00

Thu - 05/12/2022														
Elem K-6 Breakfast	Total													
Cereal, Asst. & Grahams	1 each	228	0	266	2.66	7.14	184.8	555	9.08	*4	4.24	42.2	5.18	0.87
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk,1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75

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	Portion Size	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)
Weighted Daily Average		403	10	415	4.60	7.37	567.4	1262	35.67	*31	14.87	73.01	6.57	1.64
% of Calories										*30.6%	14.8%	72.5%	14.7%	3.7%
Nutrient Guideline		400-500		540									<=30.0	<10.00

Fri - 05/13/2022														
Elem K-6 Breakfast	Total													
Cinnamon Breakfast Bread	1 each	160	15	190	4.00	1.08	60.0	100	0.0	11	3.0	25.99	5.0	1.50
Cereal, Asst. & Grahams	1 each	114	0	133	1.33	3.57	92.4	278	4.54	*2	2.12	21.1	2.59	0.43
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk, 1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		449	25	472	7.27	4.88	535.0	1085	31.13	*40	15.75	77.91	8.98	2.71
% of Calories										*35.4%	14.0%	69.4%	18.0%	5.4%
Nutrient Guideline		400-500		540									<=30.0	<10.00

Mon - 05/16/2022														
Elem K-6 Breakfast	Total													
Cereal, Asst. & String Cheese	1 each	176	15	342	1.43	6.31	309.6	669	8.7	*1	7.99	20.54	6.98	3.62
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Milk, Fat Free	1 cup	90	5	135	0.00	0.00	350.0	500	2.4	12	9.0	13.0	0.0	0.00
Milk, 1% Lowfat	1 cup	130	15	160	0.00	0.05	400.0	500	2.4	15	11.0	16.0	2.5	1.50
Weighted Daily Average		461	35	638	3.37	6.56	1067.3	1876	37.69	*41	28.61	65.85	9.62	5.14
% of Calories										*35.9%	24.8%	57.1%	18.8%	10.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00

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	Portion Size	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)
Tue - 05/17/2022														
Elem K-6 Breakfast	Total													
Pan Dulce - Whole Wheat 51%	1 each	121	5	82	1.48	1.00	4.5	125	0.5	4	2.42	17.5	4.5	1.00
Cereal, Asst. & String Cheese	1 each	88	7	171	0.72	3.16	154.8	334	4.35	*1	3.99	10.27	3.49	1.81
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Juice, Assorted 4 oz	1 each	62	0	13	0.00	0.07	4.0	0	10.2	*3	0.4	14.8	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk,1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		446	23	415	4.14	4.46	545.9	1166	41.64	*33	17.45	73.38	9.38	3.58
% of Calories										*29.9%	15.6%	65.8%	18.9%	7.2%
Nutrient Guideline		400-500		540									<=30.0	<10.00

Wed - 05/18/2022														
Elem K-6 Breakfast	Total													
Breakfast Saug. Pizza, Tony's	1 each	105	7	265	0.50	1.00	69.5	141	0.21	0	4.5	10.0	5.0	1.75
Cereal, Asst. & Grahams	1 each	114	0	133	1.33	3.57	92.4	278	4.54	*2	2.12	21.1	2.59	0.43
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk,1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		394	18	547	3.77	4.80	544.5	1125	31.34	*29	17.25	61.91	8.98	2.96
% of Calories										*29.1%	17.5%	62.9%	20.5%	6.8%
Nutrient Guideline		400-500		540									<=30.0	<10.00

Thu - 05/19/2022														
Elem K-6 Breakfast	Total													
Danish Pastry, Fruit	1 each	150	2	140	3.00	0.54	26.0	25	1.2	13	2.5	27.5	3.5	1.75
Cereal, Asst. & String Cheese	1 each	88	7	171	0.72	3.16	154.8	334	4.35	*1	3.99	10.27	3.49	1.81
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Juice, Assorted 4 oz	1 each	62	0	13	0.00	0.07	4.0	0	10.2	*3	0.4	14.8	0.0	0.00
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk,1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		475	20	473	5.66	4.00	567.5	1066	42.34	*43	17.52	83.38	8.38	4.33
% of Calories										*36.1%	14.8%	70.2%	15.9%	8.2%
Nutrient Guideline		400-500		540									<=30.0	<10.00

Fri - 05/20/2022														
Elem K-6 Breakfast	Total													
Yogurt, Greek Vanilla	4 oz	42	2	23	0.00	0.00	37.7	0	0.0	5	4.53	5.66	0.0	0.00
Granola Pkg	1 each	55	0	30	1.01	0.43	1.5	0	0.0	2	1.01	7.55	2.01	0.13
Cereal, Asst. & Grahams	1 each	114	0	133	1.33	3.57	92.4	278	4.54	*2	2.12	21.1	2.59	0.43
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk, 1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		386	12	335	4.28	4.23	514.3	985	31.13	*35	18.28	65.12	5.99	1.33
% of Calories										*36.5%	19.0%	67.5%	14.0%	3.1%
Nutrient Guideline		400-500		540									<=30.0	<10.00

Mon - 05/23/2022														
Elem K-6 Breakfast	Total													
Cereal, Asst. & String Cheese	1 each	176	15	342	1.43	6.31	309.6	669	8.7	*1	7.99	20.54	6.98	3.62
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Milk, Fat Free	1 cup	90	5	135	0.00	0.00	350.0	500	2.4	12	9.0	13.0	0.0	0.00
Milk, 1% Lowfat	1 cup	130	15	160	0.00	0.05	400.0	500	2.4	15	11.0	16.0	2.5	1.50
Weighted Daily Average		461	35	638	3.37	6.56	1067.3	1876	37.69	*41	28.61	65.85	9.62	5.14
% of Calories										*35.9%	24.8%	57.1%	18.8%	10.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/24/2022														
Elem K-6 Breakfast	Total													
Waffle, Snack'n	1 each	125	22	145	1.00	0.72	15.0	0	0.0	8	3.0	18.5	4.5	2.00
Cereal, Asst. & String Cheese	1 each	88	7	171	0.72	3.16	154.8	334	4.35	*1	3.99	10.27	3.49	1.81
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk, 1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		388	40	465	3.66	4.10	552.5	1041	30.94	*35	17.62	59.58	9.38	4.58
% of Calories										*35.8%	18.2%	61.4%	21.8%	10.6%
Nutrient Guideline		400-500		540									<=30.0	<10.00

Wed - 05/25/2022														
Elem K-6 Breakfast	Total													
Breakfast Saug. Pizza, Tony's	1 each	105	7	265	0.50	1.00	69.5	141	0.21	0	4.5	10.0	5.0	1.75
Cereal, Asst. & Grahams	1 each	114	0	133	1.33	3.57	92.4	278	4.54	*2	2.12	21.1	2.59	0.43
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk, 1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		394	18	547	3.77	4.80	544.5	1125	31.34	*29	17.25	61.91	8.98	2.96
% of Calories										*29.1%	17.5%	62.9%	20.5%	6.8%
Nutrient Guideline		400-500		540									<=30.0	<10.00

Thu - 05/26/2022														
Elem K-6 Breakfast	Total													
Cereal, Asst. & Grahams	1 each	228	0	266	2.66	7.14	184.8	555	9.08	*4	4.24	42.2	5.18	0.87
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk, 1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		403	10	415	4.60	7.37	567.4	1262	35.67	*31	14.87	73.01	6.57	1.64
% of Calories										*30.6%	14.8%	72.5%	14.7%	3.7%
Nutrient Guideline		400-500		540									<=30.0	<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/27/2022														
Elem K-6 Breakfast	Total													
Cinnamon Breakfast Bread	1 each	160	15	190	4.00	1.08	60.0	100	0.0	11	3.0	25.99	5.0	1.50
Cereal, Asst. & Grahams	1 each	114	0	133	1.33	3.57	92.4	278	4.54	*2	2.12	21.1	2.59	0.43
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk, 1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		449	25	472	7.27	4.88	535.0	1085	31.13	*40	15.75	77.91	8.98	2.71
% of Calories										*35.4%	14.0%	69.4%	18.0%	5.4%
Nutrient Guideline		400-500		540									<=30.0	<10.00

Tue - 05/31/2022														
Elem K-6 Breakfast	Total													
French Toast Sticks	2 each	120	5	130	1.00	0.36	10.0	0	0.0	6	3.0	19.0	3.5	0.50
Cereal, Asst. & String Cheese	1 each	88	7	171	0.72	3.16	154.8	334	4.35	*1	3.99	10.27	3.49	1.81
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02
Milk, Fat Free	1 cup	45	3	68	0.00	0.00	175.0	250	1.2	6	4.5	6.5	0.0	0.00
Milk, 1% Lowfat	1 cup	65	8	80	0.00	0.02	200.0	250	1.2	8	5.5	8.0	1.25	0.75
Weighted Daily Average		383	23	450	3.66	3.74	547.5	1041	30.94	*33	17.62	60.08	8.38	3.08
% of Calories										*34.7%	18.4%	62.7%	19.7%	7.2%
Nutrient Guideline		400-500		540									<=30.0	<10.00

Weighted Average		424	22	495	4.37	5.24	648.0	1264	35.11	*35	19.08	68.78	8.56	3.36
										*74.9%	18.0%	64.9%	18.2%	7.1%

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SMBSD

Base Menu Spreadsheet

Weighted Values - Detailed

May 2, 2022 thru May 31, 2022

Elem K-6 Breakfast

Generated on: 4/28/2022 2:38:05 PM

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Error Messages (if any)
Calories	424		400 - 500	100%												
Cholesterol (mg)	22															
Sodium 1 (mg)	495		540													
Sodium 2 (mg)	495		485						10							Correction Required - Sodium too High
Fiber (g)	4.37															
Iron (mg)	5.24															
Calcium (mg)	648.0															
Vitamin A (IU)	1264															
Sugars (g)	35	33.28%				Missing										
Vitamin C (mg)	35.11															
Protein (g)	19.08	17.99%														
Carbohydrate (g)	68.78	64.85%														
Total Fat (g)	8.56	18.16%		<=30.00%												
Saturated Fat (g)	3.36	7.13%		<10.00%												

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