

	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)
Wed - 06/01/2022														
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	107	0	131	1.16	3.27	99.7	305	3.79	*2	1.89	20.33	2.19	0.35
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		387	18	544	3.60	4.50	551.8	1153	30.59	*29	17.02	61.14	8.58	2.87
% of Calories										*29.9%	17.6%	63.2%	20.0%	6.7%
Nutrient Guideline		400-500		540									<=30.0	<10.00

Thu - 06/02/2022														
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	112	13	215	0.84	3.58	187.3	250	4.55	*2	3.01	14.22	4.34	1.96
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		499	25	516	5.78	4.42	599.9	982	42.54	*44	16.54	87.33	9.23	4.48
% of Calories										*35.1%	13.3%	70.0%	16.7%	8.1%
Nutrient Guideline		400-500		540									<=30.0	<10.00

Fri - 06/03/2022														
Elem K-6 Breakfast	Total													
Cereal, Asst. & String Cheese	1 each	225	25	429	1.68	7.15	374.6	501	9.11	*3	6.03	28.44	8.69	3.91
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		509	45	725	3.62	7.41	1132.2	1708	38.10	*43	26.65	73.75	11.33	5.43
% of Calories										*34.1%	20.9%	57.9%	20.0%	9.6%
Nutrient Guideline		400-500		540									<=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

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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)
Mon - 06/06/2022														
Elem K-6 Breakfast	Total													
Cereal, Asst. & String Cheese	1 each	225	25	429	1.68	7.15	374.6	501	9.11	*3	6.03	28.44	8.69	3.91
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		509	45	725	3.62	7.41	1132.2	1708	38.10	*43	26.65	73.75	11.33	5.43
% of Calories										*34.1%	20.9%	57.9%	20.0%	9.6%
Nutrient Guideline		400-500		540									<=30.0	<10.00
Tue - 06/07/2022														
Elem K-6 Breakfast	Total													
Cereal, Asst. & Grahams	1 each	214	0	261	2.32	6.53	199.3	610	7.59	*5	3.79	40.66	4.38	0.69
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		389	10	410	4.26	6.76	582.0	1318	34.18	*31	14.41	71.47	5.77	1.46
% of Calories										*32.1%	14.8%	73.6%	13.4%	3.4%
Nutrient Guideline		400-500		540									<=30.0	<10.00
Weighted Average		459	29	584	4.18	6.10	799.6	1374	36.70	*38	20.26	73.49	9.25	3.94
										*74.8%	17.7%	64.1%	18.1%	7.7%

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SMBSD

Base Menu Spreadsheet

Weighted Values - Detailed

Jun 1, 2022 thru Jun 7, 2022

Elem K-6 Breakfast

Generated on: 5/19/2022 9:43:37 AM

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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)							
Calories	459		400 - 500	100%											
Cholesterol (mg)	29														
Sodium 1 (mg)	584		540						44						
Sodium 2 (mg)	584		485						99						
Fiber (g)	4.18														
Iron (mg)	6.10														
Calcium (mg)	799.6														
Vitamin A (IU)	1374														
Sugars (g)	38	33.27%													
Vitamin C (mg)	36.70														
Protein (g)	20.26	17.67%													
Carbohydrate (g)	73.49	64.09%													
Total Fat (g)	9.25	18.15%	<=30.00%												
Saturated Fat (g)	3.94	7.72%	<10.00%												

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