

# NUTRITION SERVICES

Jul 3, 2023 thru Jul 31, 2023

Base Menu Spreadsheet

BREAKFAST, K-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
<b>Mon - 07/03/2023</b>				
BREAKFAST, K-12	Total			
PANCAKES W/SYRUP BRK	1 EACH	399	8.00	88.12
BREAKFAST SCONES	1 EACH	243	3.40	33.13
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		1137	21.72	217.41
% of Calories				76.5%
Nutrient Guideline		0		

<b>Tue - 07/04/2023</b>				
BREAKFAST, K-12	Total			
BREAKFAST CHILAQUILES	#8SCOOP+1OZC HIP	286	3.07	23.63
STRING CHEESE AND MINI MUFFIN	1 EACH	178	1.80	20.5
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		959	15.19	140.28
% of Calories				58.5%
Nutrient Guideline		0		

<b>Wed - 07/05/2023</b>				
BREAKFAST, K-12	Total			
SAUSAGE BISCUIT SANDWICH - T	1 EACH	220	2.00	29.0
CHEESY CORNBREAD MUFFIN	1 EACH	190	2.00	30.0
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		905	14.32	155.15
% of Calories				68.6%
Nutrient Guideline		0		

<b>Thu - 07/06/2023</b>				
BREAKFAST, K-12	Total			
BREAKFAST BOWL W/BISCUIT	1 EACH	366	3.10	33.29
YOGURT WITH GRAHAMS, BRK	1 EACH	205	1.00	39.0
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		1066	14.42	168.44
% of Calories				63.2%
Nutrient Guideline		0		

Fri - 07/07/2023				
BREAKFAST, K-12	Total			
BLUEBERRY CRUMBLE	1 EACH	300	2.00	46.0
BREAKFAST MUFFINS	1 EACH	247	2.00	40.67
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		1041	14.32	182.82
% of Calories				70.2%
Nutrient Guideline		0		

Mon - 07/10/2023				
BREAKFAST, K-12	Total			
SCRAMBLED EGGS W/MUFFIN BRK	1 EACH	209	1.80	20.42
BAGEL W/ CREAM CHEESE (BRK)	1 EACH	353	4.50	55.96
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		1057	16.62	172.53
% of Calories				65.3%
Nutrient Guideline		0		

Tue - 07/11/2023				
BREAKFAST, K-12	Total			
TURKEY SAUSAGE ON A BUN	1 EACH	180	3.00	30.0
BREAKFAST SCONES	1 EACH	243	3.40	33.13
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		918	16.72	159.28
% of Calories				69.4%
Nutrient Guideline		0		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
<b>Wed - 07/12/2023</b>				
BREAKFAST, K-12	Total			
SAUSAGE EGG & CHEESE BURRITO	1 EACH	379	2.00	24.27
STRING CHEESE AND MINI MUFFIN	1 EACH	178	1.80	20.5
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c):_____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c):_____	1 EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		1052	14.12	140.92
% of Calories				53.6%
Nutrient Guideline		0		

<b>Thu - 07/13/2023</b>				
BREAKFAST, K-12	Total			
CHICKEN PATTY BISCUIT	1 EACH	420	5.00	44.0
BREAKFAST MUFFINS	1 EACH	247	2.00	40.67
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c):_____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c):_____	EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		1161	17.32	180.82
% of Calories				62.3%
Nutrient Guideline		0		

<b>Fri - 07/14/2023</b>				
BREAKFAST, K-12	Total			
FRENCH TOAST STICKS	EACH	240	2.00	38.0
SUNBUTTER & JELLY SANDWICH BRK	EACH	296	7.13	43.56
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c):_____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c):_____	EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		1030	19.45	177.71
% of Calories				69.0%
Nutrient Guideline		0		

<b>Mon - 07/17/2023</b>				
BREAKFAST, K-12	Total			
PANCAKE & SAUSAGE SANDWICH (P)	1 EACH	340	8.00	63.0
BREAKFAST SCONES	1 EACH	243	3.40	33.13
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c):_____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c):_____	1 EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0

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BREAKFAST, K-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		1078	21.72	192.28
% of Calories				71.4%
Nutrient Guideline		0		

Tue - 07/18/2023				
BREAKFAST, K-12	Total			
BREAKFAST BOWL W/BISCUIT	1 EACH	366	3.10	33.29
BREAKFAST MUFFINS	1 EACH	247	2.00	40.67
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		1107	15.42	170.11
% of Calories				61.4%
Nutrient Guideline		0		

Wed - 07/19/2023				
BREAKFAST, K-12	Total			
PANCAKES W/SYRUP BRK	1 EACH	399	8.00	88.12
BAGEL W/ CREAM CHEESE (BRK)	1 EACH	353	4.50	55.96
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		1248	22.82	240.23
% of Calories				77.0%
Nutrient Guideline		0		

Thu - 07/20/2023				
BREAKFAST, K-12	Total			
EGG & CHEESE BURRITO	1 EACH	359	2.00	24.02
BREAKFAST SCONES	EACH	243	3.40	33.13
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		1097	15.72	153.30
% of Calories				55.9%
Nutrient Guideline		0		

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Base Menu Spreadsheet

BREAKFAST, K-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 07/21/2023				
BREAKFAST, K-12	Total			
BREAKFAST CHILAQUILES	#8SCOOP+1OZC HIP	286	3.07	23.63
CHEESY CORNBREAD MUFFIN	1 EACH	190	2.00	30.0
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		971	15.39	149.78
% of Calories				61.7%
Nutrient Guideline		0		

Mon - 07/24/2023				
BREAKFAST, K-12	Total			
MELTED CHEESE BAGEL	1 EACH	219	2.18	22.8
YOGURT WITH GRAHAMS, BRK	1 EACH	205	1.00	39.0
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		918	13.50	157.95
% of Calories				68.8%
Nutrient Guideline		0		

Tue - 07/25/2023				
BREAKFAST, K-12	Total			
SAUSAGE EGG & CHEESE BISCUIT	1 EACH	372	2.01	30.93
BREAKFAST MUFFINS	1 EACH	247	2.00	40.67
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		1114	14.33	167.75
% of Calories				60.3%
Nutrient Guideline		0		

Wed - 07/26/2023				
BREAKFAST, K-12	Total			
SCRAMBLED EGGS W/MUFFIN BRK	1 EACH	209	1.80	20.42
BAGEL W/ CREAM CHEESE (BRK)	1 EACH	353	4.50	55.96
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		1057	16.62	172.53
% of Calories				65.3%
Nutrient Guideline		0		

Thu - 07/27/2023				
BREAKFAST, K-12	Total			
CHICKEN PATTY BISCUIT	1 EACH	420	5.00	44.0
APPLE CINNAMON FRUDEL	1 EACH	210	2.00	36.0
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		1125	17.32	176.15
% of Calories				62.7%
Nutrient Guideline		0		

Fri - 07/28/2023				
BREAKFAST, K-12	Total			
FRENCH TOAST STICKS	EACH	240	2.00	38.0
SUNBUTTER & JELLY SANDWICH BRK	EACH	296	7.13	43.56
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		1030	19.45	177.71
% of Calories				69.0%
Nutrient Guideline		0		

Mon - 07/31/2023				
BREAKFAST, K-12	Total			
PANCAKES W/SYRUP BRK	1 EACH	399	8.00	88.12
BREAKFAST SCONES	1 EACH	243	3.40	33.13
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		1137	21.72	217.41
% of Calories				76.5%
Nutrient Guideline		0		

Weighted Average		1057	17.06	174.79
				66.1%

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion	Cals	Fiber	Carb	Error Messages (if any)
				Size	(kcal)	(g)	(g)	
				Miss Data	Shortfall	Overage		
Calories	1057		0					
Fiber (g)	17.06							
Carbohydrate (g)	174.79	66.12%						

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