

Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Aug 20, 2024 thru Aug 31, 2024

MIDDLE SCHOOL BRKFST IN SCHOOL

Generated on: 6/11/2024 2:22:07 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 08/20/2024							
MIDDLE SCHOOL BRKFST	Total	100					
Muffin	1 MUFFIN	50	109	24	74	1.86	17.71
Cheese Stick, Marble	1 STICK	35	110	30	170	7.0	0.0
Cheese, String Cheese	1 PIECE	1	80	15	190	7.0	1.0
Cereal, 1 oz.	1 BOWL	50	103	0	163	1.82	21.78
Fresh Whole Fruit	1 PIECE	38	189	*0	4	1.46	47.8
Juice, 4 oz.	1 CONTAINER	62	120	0	15	0.5	29.5
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Milk, 1% Flavored	1 CARTON	30	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	0	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	70	80	5	120	8.0	11.0
Weighted Daily Average			393	*29	344	13.23	71.33
% of Calories						13.5%	72.6%
Nutrient Guideline			400-550		600		

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 08/21/2024							
MIDDLE SCHOOL BRKFST	Total	100					
Muffin	1 MUFFIN	40	109	24	74	1.86	17.71
Bar, Breakfas, soft, NG Straw	1 BAR	20	160	0	150	2.0	28.96
EGG,HARD-BOILED	1 EACH	1	78	187	62	6.29	0.56
Cereal, 1 oz.	1 BOWL	50	103	0	163	1.82	21.78
Fresh Whole Fruit	1 PIECE	36	189	*0	4	1.46	47.8
Juice, 4 oz.	1 CONTAINER	64	120	0	15	0.5	29.5
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Milk, 1% Flavored	1 CARTON	30	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	0	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	70	80	5	120	8.0	11.0
Weighted Daily Average			374	*18	306	10.96	74.98
% of Calories						11.7%	80.1%
Nutrient Guideline			400-550		600		

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 08/22/2024							
MIDDLE SCHOOL BRKFST	Total	100					
Yogurt, Trix, 4 oz.	1 Container	45	99	0	49	2.97	19.8
Cracker, Tiger Bites	1 PKG	50	119	0	111	1.98	20.79
Bar, Super Stik	1 BAR	1	170	0	180	3.0	29.0
Cereal, 1 oz.	1 BOWL	45	103	0	163	1.82	21.78
Fresh Whole Fruit	1 PIECE	38	189	*0	4	1.46	47.8
Juice, 4 oz.	1 CONTAINER	62	120	0	15	0.5	29.5
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Milk, 1% Flavored	1 CARTON	30	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	0	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	70	80	5	120	8.0	11.0
Weighted Daily Average			400	*7	316	12.04	80.97
% of Calories						12.0%	81.0%
Nutrient Guideline			400-550		600		

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Aug 20, 2024 thru Aug 31, 2024

MIDDLE SCHOOL BRKFST IN SCHOOL

Generated on: 6/11/2024 2:22:08 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 08/23/2024							
MIDDLE SCHOOL BRKFST	Total	100					
Muffin	1 MUFFIN	50	109	24	74	1.86	17.71
Bar, Granola, Qkr Cookies & Cr	1 BAR	40	150	0	135	2.0	29.0
Cereal, 1 oz.	1 BOWL	55	103	0	163	1.82	21.78
Fresh Whole Fruit	1 PIECE	38	189	*0	4	1.46	47.8
Juice, 4 oz.	1 CONTAINER	62	120	0	15	0.5	29.5
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Milk, 1% Flavored	1 CARTON	70	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	0	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	30	80	5	120	8.0	11.0
Cracker, Blueb Lem Crispy Bite	1 PACKAGE	1	120	0	60	2.0	21.0
Weighted Daily Average			448	*21	389	11.62	89.42
% of Calories						10.4%	79.8%
Nutrient Guideline			400-550		600		

Mon - 08/26/2024							
MIDDLE SCHOOL BRKFST	Total	100					
Muffin	1 MUFFIN	55	109	24	74	1.86	17.71
Cracker, Bug Bites	1 PACKAGE	35	120	0	115	2.0	21.0
Cereal, 1 oz.	1 BOWL	50	103	0	163	1.82	21.78
Fresh Whole Fruit	1 PIECE	37	189	*0	4	1.46	47.8
Juice, 4 oz.	1 CONTAINER	63	120	0	15	0.5	29.5
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Milk, 1% Flavored	1 CARTON	30	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	0	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	70	80	5	120	8.0	11.0
Weighted Daily Average			400	*20	326	11.49	79.37
% of Calories						11.5%	79.3%
Nutrient Guideline			400-550		600		

Tue - 08/27/2024							
MIDDLE SCHOOL BRKFST	Total	100					
Muffin	1 MUFFIN	50	109	24	74	1.86	17.71
Cheese Stick, Marble	1 STICK	35	110	30	170	7.0	0.0
Cheese, String Cheese	1 PIECE	1	80	15	190	7.0	1.0
Cereal, 1 oz.	1 BOWL	50	103	0	163	1.82	21.78
Fresh Whole Fruit	1 PIECE	38	189	*0	4	1.46	47.8
Juice, 4 oz.	1 CONTAINER	62	120	0	15	0.5	29.5
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Milk, 1% Flavored	1 CARTON	30	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	0	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	70	80	5	120	8.0	11.0
Weighted Daily Average			393	*29	344	13.23	71.33
% of Calories						13.5%	72.6%
Nutrient Guideline			400-550		600		

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Aug 20, 2024 thru Aug 31, 2024

MIDDLE SCHOOL BRKFST IN SCHOOL

Generated on: 6/11/2024 2:22:08 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 08/28/2024							
MIDDLE SCHOOL BRKFST	Total	100					
Muffin	1 MUFFIN	40	109	24	74	1.86	17.71
Bar, Breakfas, soft, NG Straw	1 BAR	20	160	0	150	2.0	28.96
EGG,HARD-BOILED	1 EACH	1	78	187	62	6.29	0.56
Cereal, 1 oz.	1 BOWL	50	103	0	163	1.82	21.78
Fresh Whole Fruit	1 PIECE	36	189	*0	4	1.46	47.8
Juice, 4 oz.	1 CONTAINER	64	120	0	15	0.5	29.5
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Milk, 1% Flavored	1 CARTON	30	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	0	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	70	80	5	120	8.0	11.0
Weighted Daily Average			374	*18	306	10.96	74.98
% of Calories						11.7%	80.1%
Nutrient Guideline			400-550		600		

Thu - 08/29/2024							
MIDDLE SCHOOL BRKFST	Total	100					
Yogurt, Trix, 4 oz.	1 Container	45	99	0	49	2.97	19.8
Cracker, Tiger Bites	1 PKG	50	119	0	111	1.98	20.79
Bar, Super Stik	1 BAR	1	170	0	180	3.0	29.0
Cereal, 1 oz.	1 BOWL	45	103	0	163	1.82	21.78
Fresh Whole Fruit	1 PIECE	38	189	*0	4	1.46	47.8
Juice, 4 oz.	1 CONTAINER	62	120	0	15	0.5	29.5
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Milk, 1% Flavored	1 CARTON	30	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	0	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	70	80	5	120	8.0	11.0
Weighted Daily Average			400	*7	316	12.04	80.97
% of Calories						12.0%	81.0%
Nutrient Guideline			400-550		600		

Fri - 08/30/2024							
MIDDLE SCHOOL BRKFST	Total	100					
Muffin	1 MUFFIN	50	109	24	74	1.86	17.71
Bar, Granola, Qkr Cookies & Cr	1 BAR	40	150	0	135	2.0	29.0
Cereal, 1 oz.	1 BOWL	55	103	0	163	1.82	21.78
Fresh Whole Fruit	1 PIECE	38	189	*0	4	1.46	47.8
Juice, 4 oz.	1 CONTAINER	62	120	0	15	0.5	29.5
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Milk, 1% Flavored	1 CARTON	70	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	0	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	30	80	5	120	8.0	11.0
Cracker, Blueb Lem Crispy Bite	1 PACKAGE	1	120	0	60	2.0	21.0
Weighted Daily Average			448	*21	389	11.62	89.42
% of Calories						10.4%	79.8%
Nutrient Guideline			400-550		600		

Weighted Average			403	*19	337	11.91	79.19
						11.8%	78.5%

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 4

Aug 20, 2024 thru Aug 31, 2024

MIDDLE SCHOOL BRKFST IN SCHOOL

Generated on: 6/11/2024 2:22:08 PM

		Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	403		400 - 550	100%				
Cholesterol (mg)	19				Missing			
Sodium 1 (mg)	337		600					
Sodium 2 (mg)	337						337	
Protein (g)	11.91	11.81%						
Carbohydrate (g)	79.19	78.52%						

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.