

# Columbia Public Schools

Aug 20, 2024 thru Aug 31, 2024

Base Menu Spreadsheet

HIGH SCHOOL BRKFST IN SCHOOL

Portion Values - Detailed

Page 1

Generated on: 6/11/2024 2:23:13 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 08/20/2024							
HIGH SCHOOL BRKFST IN	Total	100					
Bagel Stuffed, Pillsbury	1 PKG	55	235	10	180	5.99	40.93
Muffin	1 MUFFIN	45	109	24	74	1.86	17.71
Cheese Stick, Marble	1 STICK	20	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	40	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	18	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	1	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	72	80	5	120	8.0	11.0
Weighted Daily Average			474	*28	373	14.48	88.23
% of Calories						12.2%	74.4%
Nutrient Guideline			450-600		640		

Wed - 08/21/2024							
HIGH SCHOOL BRKFST IN	Total	100					
Bar, Honey Wheat	1 BAR	50	270	5	290	0.0	43.0
Muffin	1 MUFFIN	40	109	24	74	1.86	17.71
Bar, Breakfas, soft, NG Straw	1 BAR	25	160	0	150	2.0	28.96
Cereal, 1 oz.	1 BOWL	40	103	0	163	1.82	21.78
Fresh Whole Fruit	1 PIECE	38	189	*0	4	1.46	47.8
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Juice, 4 oz.	1 CONTAINER	62	120	0	15	0.5	29.5
Milk, 1% Flavored	1 CARTON	18	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	1	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	72	80	5	120	8.0	11.0
Weighted Daily Average			492	*18	417	10.12	93.56
% of Calories						8.2%	76.1%
Nutrient Guideline			450-600		640		

Thu - 08/22/2024							
HIGH SCHOOL BRKFST IN	Total	100					
Sausage Biscuit	1 SANDWICH	50	270	38	842	14.35	28.24
Yogurt, Yoplait, 4 oz	4 oz.	25	150	0	80	5.0	31.0
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	30	103	0	163	1.82	21.78
Fresh Whole Fruit	1 PIECE	38	189	*0	4	1.46	47.8
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Juice, 4 oz.	1 CONTAINER	62	120	0	15	0.5	29.5
Milk, 1% Flavored	1 CARTON	18	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	1	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	72	80	5	120	8.0	11.0
Weighted Daily Average			497	*25	686	18.14	88.11
% of Calories						14.6%	70.9%
Nutrient Guideline			450-600		640		

\*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

Aug 20, 2024 thru Aug 31, 2024

Base Menu Spreadsheet

HIGH SCHOOL BRKFST IN SCHOOL

Portion Values - Detailed

Page 2

Generated on: 6/11/2024 2:23:13 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 08/23/2024							
HIGH SCHOOL BRKFST IN	Total	100					
Egg/Cheese Breakfast Wrap	1 Wrap; 2.5 oz	50	171	53	266	8.44	17.9
Muffin	1 MUFFIN	25	109	24	74	1.86	17.71
Bar, Granola, Qkr Cookies & Cr	1 BAR	1	150	0	135	2.0	29.0
Cereal, 1 oz.	1 BOWL	40	103	0	163	1.82	21.78
Fresh Whole Fruit	1 PIECE	38	189	*0	4	1.46	47.8
Juice, 4 oz.	1/2 cup	62	60	0	8	0.25	14.75
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Milk, 1% Flavored	1 CARTON	18	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	1	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	72	80	5	120	8.0	11.0
Weighted Daily Average			351	*38	353	13.42	62.26
% of Calories						15.3%	71.0%
Nutrient Guideline			450-600		640		

Mon - 08/26/2024							
HIGH SCHOOL BRKFST IN	Total	100					
FRENCH TOAST STICKS, BC	1 Package	45	240	10	260	6.0	38.02
Muffin	1 MUFFIN	60	109	24	74	1.86	17.71
Cracker, Bug Bites	1 PACKAGE	15	120	0	115	2.0	21.0
Cereal, 1 oz.	1 BOWL	40	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	18	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	1	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	72	80	5	120	8.0	11.0
Weighted Daily Average			465	*25	384	12.99	88.62
% of Calories						11.2%	76.3%
Nutrient Guideline			450-600		640		

Tue - 08/27/2024							
HIGH SCHOOL BRKFST IN	Total	100					
Bagel Stuffed, Pillsbury	1 PKG	55	235	10	180	5.99	40.93
Muffin	1 MUFFIN	45	109	24	74	1.86	17.71
Cheese Stick, Marble	1 STICK	20	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	40	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	18	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	1	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	72	80	5	120	8.0	11.0
Weighted Daily Average			474	*28	373	14.48	88.23
% of Calories						12.2%	74.4%
Nutrient Guideline			450-600		640		

\*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

Aug 20, 2024 thru Aug 31, 2024

Base Menu Spreadsheet

HIGH SCHOOL BRKFST IN SCHOOL

Portion Values - Detailed

Page 3

Generated on: 6/11/2024 2:23:13 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 08/28/2024							
HIGH SCHOOL BRKFST IN	Total	100					
Bar, Honey Wheat	1 BAR	50	270	5	290	0.0	43.0
Muffin	1 MUFFIN	40	109	24	74	1.86	17.71
Bar, Breakfas, soft, NG Straw	1 BAR	25	160	0	150	2.0	28.96
Cereal, 1 oz.	1 BOWL	40	103	0	163	1.82	21.78
Fresh Whole Fruit	1 PIECE	38	189	*0	4	1.46	47.8
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Juice, 4 oz.	1 CONTAINER	62	120	0	15	0.5	29.5
Milk, 1% Flavored	1 CARTON	18	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	1	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	72	80	5	120	8.0	11.0
Weighted Daily Average			492	*18	417	10.12	93.56
% of Calories						8.2%	76.1%
Nutrient Guideline			450-600		640		

Thu - 08/29/2024							
HIGH SCHOOL BRKFST IN	Total	100					
Sausage Biscuit	1 SANDWICH	50	270	38	842	14.35	28.24
Yogurt, Yoplait, 4 oz	4 oz.	25	150	0	80	5.0	31.0
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	30	103	0	163	1.82	21.78
Fresh Whole Fruit	1 PIECE	38	189	*0	4	1.46	47.8
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Juice, 4 oz.	1 CONTAINER	62	120	0	15	0.5	29.5
Milk, 1% Flavored	1 CARTON	18	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	1	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	72	80	5	120	8.0	11.0
Weighted Daily Average			497	*25	686	18.14	88.11
% of Calories						14.6%	70.9%
Nutrient Guideline			450-600		640		

Fri - 08/30/2024							
HIGH SCHOOL BRKFST IN	Total	100					
Egg/Cheese Breakfast Wrap	1 Wrap; 2.5 oz	50	171	53	266	8.44	17.9
Muffin	1 MUFFIN	25	109	24	74	1.86	17.71
Bar, Granola, Qkr Cookies & Cr	1 BAR	1	150	0	135	2.0	29.0
Cereal, 1 oz.	1 BOWL	40	103	0	163	1.82	21.78
Fresh Whole Fruit	1 PIECE	38	189	*0	4	1.46	47.8
Juice, 4 oz.	1/2 cup	62	60	0	8	0.25	14.75
Fruit, Cup, PC	1/2 cup	1	79	0	14	0.3	21.64
Milk, 1% Flavored	1 CARTON	18	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	1	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	72	80	5	120	8.0	11.0
Weighted Daily Average			351	*38	353	13.42	62.26
% of Calories						15.3%	71.0%
Nutrient Guideline			450-600		640		

Weighted Average			455	*27	449	13.92	83.66
						12.2%	73.6%

\*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**

HIGH SCHOOL BRKFST IN SCHOOL

Generated on: 6/11/2024 2:23:13 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	455		450 - 600	100%				
Cholesterol (mg)	27				Missing			
Sodium 1 (mg)	449		640					
Sodium 2 (mg)	449						449	
Protein (g)	13.92	12.24%						
Carbohydrate (g)	83.66	73.57%						

*\*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*

*<sup>1</sup> - 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.