

# Tarkington ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 3, 2024 thru Sep 30, 2024

Elementary- Breakfast

Generated on: 8/19/2024 1:19:10 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/03/2024									
Elementary- Breakfast	Total	1							
HASHBROWN, EARLY RISERS	1 EACH	1	230	450	2	24.0	11.0	4.00	0.00
BFST MUFFIN BLUBRY WG IW*	1 EACH	1	268	140	21	45.5	7.5	1.10	0.00
FRUIT, APPLESAUCE-STRAWBERRY*	1 EACH	1	70	0	14	17.0	0.0	0.00	0.00
JUICE, 100% VARIETY	1 CARTON	1	67	4	14	15.33	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
PC, KETCHUP	1 EACH	1	15	38	3	3.0	0.0	0.00	0.00
PC, JELLY ASST. INDIVIDUAL*	1 EACH	1	25	0	5	6.0	0.0	0.00	0.00
BFST ALT MEAL*	2 SLICE	1	140	230	2	28.0	2.0	0.00	0.00
GF BRK, YOGURT PARFAIT*	SERVING	1	107	75	12	17.33	1.67	1.00	0.00
Weighted Daily Average			1131	1162	103	186.17	24.67	7.60	0.00
% of Calories					36.3%	65.8%	19.6%	6.0%	0.0%
Nutrient Guideline			350-500	540			<=10.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/04/2024									
Elementary- Breakfast	Total	1							
BFST PANCAKE SAUSAGE ON STICK*	1 EACH	1	191	295	4	16.2	9.53	2.38	0.00
CEREAL, VARIETY - Elem/MS*	1 EACH	1	90	120	6	18.8	1.3	0.00	0.00
CHEESE, STRING MOZZARELLA *	1 EACH	1	60	200	1	1.0	3.0	2.00	0.00
FRUIT, MANDARIN ORANGES*	1/2 SERVINGS	1	74	11	18	18.16	0.0	0.00	0.00
JUICE, 100% VARIETY	1 CARTON	1	67	4	14	15.33	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
PC, SYRUP MAPLE CUP*	1 EACH	1	120	0	19	31.0	0.0	0.00	0.00
BFST ALT MEAL*	2 SLICE	1	140	230	2	28.0	2.0	0.00	0.00
GF, BFST ON A BUN*	1 EACH	1	230	310	1	26.0	10.0	1.50	0.00
Weighted Daily Average			1182	1395	95	184.49	28.33	7.38	0.00
% of Calories					32.2%	62.5%	21.6%	5.6%	0.0%
Nutrient Guideline			350-500	540			<=10.0	<10.00	

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Base Menu Spreadsheet

Portion Values - Detailed

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Sep 3, 2024 thru Sep 30, 2024

Elementary- Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/05/2024									
Elementary- Breakfast	Total	1							
PIZZA, BRK. TRY SAUS.*	SLICE	1	210	349	5	26.95	6.99	2.00	0.00
BFST STRUDEL, APP, I/W*	1 EACH	1	210	270	*N/A*	36.0	6.0	1.50	0.00
FRUIT, APPLE SLICES 100 CT.	PACKAGE	1	35	0	*N/A*	6.96	0.0	0.00	0.00
JUICE, 100% VARIETY	1 CARTON	1	67	4	14	15.33	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
BFST ALT MEAL*	2 SLICE	1	140	230	2	28.0	2.0	0.00	0.00
GF, YOGURT & CHEESESTICK	SERVINGS	1	167	317	12	12.73	5.67	3.60	0.00
Weighted Daily Average			1038	1395	*63	155.98	23.15	8.60	0.00
% of Calories					*24.2%	60.1%	20.1%	7.5%	0.0%
Nutrient Guideline			350-500	540			<=10.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/09/2024									
Elementary- Breakfast	Total	1							
BFST EGGS SCRAMBLED*	1/4 CUP	1	90	260	0	2.0	6.0	2.00	0.00
BISCUIT, WHITE*	1 EACH	1	195	310	3	23.92	9.75	5.32	0.00
BFST SAUSAGE PATTY*	1 EACH	1	120	170	0	1.0	10.0	3.80	0.00
CEREAL, VARIETY - Elem/MS*	1 EACH	1	90	120	6	18.8	1.3	0.00	0.00
CHEESE, STRING MOZZARELLA *	1 EACH	1	60	200	1	1.0	3.0	2.00	0.00
FRUIT, DICED MIXED FRUIT CUP*	1 EACH	1	80	20	16	21.0	0.0	0.00	0.00
JUICE, 100% VARIETY	1 CARTON	1	67	4	14	15.33	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
GRAVY, COUNTRY	SERVING	1	35	140	1	4.94	1.98	0.99	0.00
PC, JELLY ASST. INDIVIDUAL*	1 EACH	1	25	0	5	6.0	0.0	0.00	0.00
PC, KETCHUP	1 EACH	1	15	38	3	3.0	0.0	0.00	0.00
BFST ALT MEAL*	2 SLICE	1	140	230	2	28.0	2.0	0.00	0.00
GF, BRK EGG & SAUSAGE	1 EACH	1	151	178	1	0.98	10.7	3.03	0.38
Weighted Daily Average			1277	1894	82	155.98	47.22	18.64	0.38
% of Calories					25.6%	48.9%	33.3%	13.1%	0.3%
Nutrient Guideline			350-500	540			<=10.0	<10.00	

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Base Menu Spreadsheet

Portion Values - Detailed

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Sep 3, 2024 thru Sep 30, 2024

Elementary- Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/10/2024									
Elementary- Breakfast	Total	1							
BFST ON A BUN*	1 EACH	1	200	350	1	16.0	9.0	2.00	0.00
BFST DONUT, CHOC. MINI *	PACKAGE	1	349	294	21	44.65	16.34	7.62	0.00
FRUIT, APPLESAUCE-STRAWBERRY*	1 EACH	1	70	0	14	17.0	0.0	0.00	0.00
JUICE, 100% VARIETY	1 CARTON	1	67	4	14	15.33	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
PC, KETCHUP	1 EACH	1	15	38	3	3.0	0.0	0.00	0.00
BFST ALT MEAL*	2 SLICE	1	140	230	2	28.0	2.0	0.00	0.00
GF BRK, YOGURT PARFAIT*	SERVING	1	107	75	12	17.33	1.67	1.00	0.00
Weighted Daily Average			1157	1216	96	171.32	31.50	12.12	0.00
% of Calories					33.3%	59.2%	24.5%	9.4%	0.0%
Nutrient Guideline			350-500	540			<=10.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/11/2024									
Elementary- Breakfast	Total	1							
BFST FRENCH TOAST STICKS (2e)*	1 SERVING	1	240	260	12	38.0	7.0	1.00	0.00
CEREAL,VARIETY - Elem/MS*	1 EACH	1	90	120	6	18.8	1.3	0.00	0.00
CHEESE, STRING MOZZARELLA *	1 EACH	1	60	200	1	1.0	3.0	2.00	0.00
FRUIT, MANDARIN ORANGES*	1/2 SERVINGS	1	74	11	18	18.16	0.0	0.00	0.00
JUICE, 100% VARIETY	1 CARTON	1	67	4	14	15.33	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
PC, SYRUP MAPLE CUP*	1 EACH	1	120	0	19	31.0	0.0	0.00	0.00
BFST ALT MEAL*	2 SLICE	1	140	230	2	28.0	2.0	0.00	0.00
GF, BFST ON A BUN*	1 EACH	1	230	310	1	26.0	10.0	1.50	0.00
Weighted Daily Average			1231	1359	103	206.29	25.80	6.00	0.00
% of Calories					33.6%	67.0%	18.9%	4.4%	0.0%
Nutrient Guideline			350-500	540			<=10.0	<10.00	

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Base Menu Spreadsheet

Portion Values - Detailed

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Sep 3, 2024 thru Sep 30, 2024

Elementary- Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/12/2024									
Elementary- Breakfast	Total	1							
PIZZA, BRK. TRY SAUS.*	SLICE	1	210	349	5	26.95	6.99	2.00	0.00
BFST MINNI CINNI*	1 EACH	1	240	270	14	40.0	8.0	1.50	0.00
FRUIT, APPLE SLICES 100 CT.	PACKAGE	1	35	0	*N/A*	6.96	0.0	0.00	0.00
JUICE, 100% VARIETY	1 CARTON	1	67	4	14	15.33	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
BFST ALT MEAL*	2 SLICE	1	140	230	2	28.0	2.0	0.00	0.00
GF, YOGURT & CHEESESTICK	SERVINGS	1	167	317	12	12.73	5.67	3.60	0.00
Weighted Daily Average			1068	1395	*77	159.98	25.15	8.60	0.00
% of Calories					*28.7%	59.9%	21.2%	7.2%	0.0%
Nutrient Guideline			350-500	540			<=10.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/16/2024									
Elementary- Breakfast	Total	1							
BFST TACO - HOMEMADE SAUSAGE*	1 EACH	1	151	244	*1	15.75	7.06	3.31	0.00
CEREAL, VARIETY - Elem/MS*	1 EACH	1	90	120	6	18.8	1.3	0.00	0.00
CHEESE, STRING MOZZARELLA *	1 EACH	1	60	200	1	1.0	3.0	2.00	0.00
FRUIT, DICED MIXED FRUIT CUP*	1 EACH	1	80	20	16	21.0	0.0	0.00	0.00
JUICE, 100% VARIETY	1 CARTON	1	67	4	14	15.33	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
GRAVY, COUNTRY	SERVING	1	35	140	1	4.94	1.98	0.99	0.00
PC, TACO SAUCE	1 EACH	1	3	28	0	0.5	0.0	0.00	0.00
BFST ALT MEAL*	2 SLICE	1	140	230	2	28.0	2.0	0.00	0.00
GF, BRK EGG & SAUSAGE	1 EACH	1	151	178	1	0.98	10.7	3.03	0.38
Weighted Daily Average			986	1388	*72	136.31	28.54	10.83	0.38
% of Calories					*29.2%	55.3%	26.1%	9.9%	0.3%
Nutrient Guideline			350-500	540			<=10.0	<10.00	

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## Base Menu Spreadsheet

### Portion Values - Detailed

Sep 3, 2024 thru Sep 30, 2024

Elementary- Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/17/2024									
Elementary- Breakfast	Total	1							
HASHBROWN, EARLY RISERS	1 EACH	1	230	450	2	24.0	11.0	4.00	0.00
BFST MUFFIN BLUBRY WG IW*	1 EACH	1	268	140	21	45.5	7.5	1.10	0.00
FRUIT, APPLESAUCE-STRAWBERRY*	1 EACH	1	70	0	14	17.0	0.0	0.00	0.00
JUICE, 100% VARIETY	1 CARTON	1	67	4	14	15.33	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
PC, KETCHUP	1 EACH	1	15	38	3	3.0	0.0	0.00	0.00
PC, JELLY ASST. INDIVIDUAL*	1 EACH	1	25	0	5	6.0	0.0	0.00	0.00
BFST ALT MEAL*	2 SLICE	1	140	230	2	28.0	2.0	0.00	0.00
GF BRK, YOGURT PARFAIT*	SERVING	1	107	75	12	17.33	1.67	1.00	0.00
Weighted Daily Average			1131	1162	103	186.17	24.67	7.60	0.00
% of Calories					36.3%	65.8%	19.6%	6.0%	0.0%
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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/18/2024									
Elementary- Breakfast	Total	1							
BFST PANCAKE SAUSAGE ON STICK*	1 EACH	1	191	295	4	16.2	9.53	2.38	0.00
CEREAL, VARIETY - Elem/MS*	1 EACH	1	90	120	6	18.8	1.3	0.00	0.00
CHEESE, STRING MOZZARELLA *	1 EACH	1	60	200	1	1.0	3.0	2.00	0.00
FRUIT, MANDARIN ORANGES*	1/2 SERVINGS	1	74	11	18	18.16	0.0	0.00	0.00
JUICE, 100% VARIETY	1 CARTON	1	67	4	14	15.33	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
PC, SYRUP MAPLE CUP*	1 EACH	1	120	0	19	31.0	0.0	0.00	0.00
BFST ALT MEAL*	2 SLICE	1	140	230	2	28.0	2.0	0.00	0.00
GF, BFST ON A BUN*	1 EACH	1	230	310	1	26.0	10.0	1.50	0.00
Weighted Daily Average			1182	1395	95	184.49	28.33	7.38	0.00
% of Calories					32.2%	62.5%	21.6%	5.6%	0.0%
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Elementary- Breakfast

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Thu - 09/19/2024									
Elementary- Breakfast	Total	1							
PIZZA, BRK. TRY SAUS.*	SLICE	1	210	349	5	26.95	6.99	2.00	0.00
BFST STRUDEL, APP, I/W*	1 EACH	1	210	270	*N/A*	36.0	6.0	1.50	0.00
FRUIT, APPLE SLICES 100 CT.	PACKAGE	1	35	0	*N/A*	6.96	0.0	0.00	0.00
JUICE, 100% VARIETY	1 CARTON	1	67	4	14	15.33	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
BFST ALT MEAL*	2 SLICE	1	140	230	2	28.0	2.0	0.00	0.00
GF, YOGURT & CHEESESTICK	SERVINGS	1	167	317	12	12.73	5.67	3.60	0.00
Weighted Daily Average			1038	1395	*63	155.98	23.15	8.60	0.00
% of Calories					*24.2%	60.1%	20.1%	7.5%	0.0%
Nutrient Guideline			350-500	540			<=10.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/23/2024									
Elementary- Breakfast	Total	1							
BFST EGGS SCRAMBLED*	1/4 CUP	1	90	260	0	2.0	6.0	2.00	0.00
BISCUIT, WHITE*	1 EACH	1	195	310	3	23.92	9.75	5.32	0.00
BFST SAUSAGE PATTY*	1 EACH	1	120	170	0	1.0	10.0	3.80	0.00
CEREAL, VARIETY - Elem/MS*	1 EACH	1	90	120	6	18.8	1.3	0.00	0.00
CHEESE, STRING MOZZARELLA *	1 EACH	1	60	200	1	1.0	3.0	2.00	0.00
FRUIT, DICED MIXED FRUIT CUP*	1 EACH	1	80	20	16	21.0	0.0	0.00	0.00
JUICE, 100% VARIETY	1 CARTON	1	67	4	14	15.33	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
GRAVY, COUNTRY	SERVING	1	35	140	1	4.94	1.98	0.99	0.00
PC, JELLY ASST. INDIVIDUAL*	1 EACH	1	25	0	5	6.0	0.0	0.00	0.00
PC, KETCHUP	1 EACH	1	15	38	3	3.0	0.0	0.00	0.00
BFST ALT MEAL*	2 SLICE	1	140	230	2	28.0	2.0	0.00	0.00
GF, BRK EGG & SAUSAGE	1 EACH	1	151	178	1	0.98	10.7	3.03	0.38
Weighted Daily Average			1277	1894	82	155.98	47.22	18.64	0.38
% of Calories					25.6%	48.9%	33.3%	13.1%	0.3%
Nutrient Guideline			350-500	540			<=10.0	<10.00	

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# Tarkington ISD

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 3, 2024 thru Sep 30, 2024

Elementary- Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/24/2024									
Elementary- Breakfast	Total	1							
BFST ON A BUN*	1 EACH	1	200	350	1	16.0	9.0	2.00	0.00
BFST DONUT, CHOC. MINI *	PACKAGE	1	349	294	21	44.65	16.34	7.62	0.00
FRUIT, APPLESAUCE-STRAWBERRY*	1 EACH	1	70	0	14	17.0	0.0	0.00	0.00
JUICE, 100% VARIETY	1 CARTON	1	67	4	14	15.33	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
PC, KETCHUP	1 EACH	1	15	38	3	3.0	0.0	0.00	0.00
BFST ALT MEAL*	2 SLICE	1	140	230	2	28.0	2.0	0.00	0.00
GF BRK, YOGURT PARFAIT*	SERVING	1	107	75	12	17.33	1.67	1.00	0.00
Weighted Daily Average			1157	1216	96	171.32	31.50	12.12	0.00
% of Calories					33.3%	59.2%	24.5%	9.4%	0.0%
Nutrient Guideline			350-500	540			<=10.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/25/2024									
Elementary- Breakfast	Total	1							
BFST FRENCH TOAST STICKS (2e)*	1 SERVING	1	240	260	12	38.0	7.0	1.00	0.00
CEREAL,VARIETY - Elem/MS*	1 EACH	1	90	120	6	18.8	1.3	0.00	0.00
CHEESE, STRING MOZZARELLA *	1 EACH	1	60	200	1	1.0	3.0	2.00	0.00
FRUIT, MANDARIN ORANGES*	1/2 SERVINGS	1	74	11	18	18.16	0.0	0.00	0.00
JUICE, 100% VARIETY	1 CARTON	1	67	4	14	15.33	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
PC, SYRUP MAPLE CUP*	1 EACH	1	120	0	19	31.0	0.0	0.00	0.00
BFST ALT MEAL*	2 SLICE	1	140	230	2	28.0	2.0	0.00	0.00
GF, BFST ON A BUN*	1 EACH	1	230	310	1	26.0	10.0	1.50	0.00
Weighted Daily Average			1231	1359	103	206.29	25.80	6.00	0.00
% of Calories					33.6%	67.0%	18.9%	4.4%	0.0%
Nutrient Guideline			350-500	540			<=10.0	<10.00	

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# Tarkington ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Sep 3, 2024 thru Sep 30, 2024

Elementary- Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/26/2024									
Elementary- Breakfast	Total	1							
PIZZA, BRK. TRY SAUS.*	SLICE	1	210	349	5	26.95	6.99	2.00	0.00
BFST MINNI CINNI*	1 EACH	1	240	270	14	40.0	8.0	1.50	0.00
FRUIT, APPLE SLICES 100 CT.	PACKAGE	1	35	0	*N/A*	6.96	0.0	0.00	0.00
JUICE, 100% VARIETY	1 CARTON	1	67	4	14	15.33	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
BFST ALT MEAL*	2 SLICE	1	140	230	2	28.0	2.0	0.00	0.00
GF, YOGURT & CHEESESTICK	SERVINGS	1	167	317	12	12.73	5.67	3.60	0.00
Weighted Daily Average			1068	1395	*77	159.98	25.15	8.60	0.00
% of Calories					*28.7%	59.9%	21.2%	7.2%	0.0%
Nutrient Guideline			350-500	540			<=10.0	<10.00	

Mon - 09/30/2024									
Elementary- Breakfast	Total	1							
BFST TACO - HOMEMADE SAUSAGE*	1 EACH	1	151	244	*1	15.75	7.06	3.31	0.00
CEREAL, VARIETY - Elem/MS*	1 EACH	1	90	120	6	18.8	1.3	0.00	0.00
CHEESE, STRING MOZZARELLA *	1 EACH	1	60	200	1	1.0	3.0	2.00	0.00
FRUIT, DICED MIXED FRUIT CUP*	1 EACH	1	80	20	16	21.0	0.0	0.00	0.00
JUICE, 100% VARIETY	1 CARTON	1	67	4	14	15.33	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1	100	125	12	12.0	2.5	1.50	0.00
MILK, F/F CHOCOLATE	CARTON	1	110	100	18	18.0	0.0	0.00	0.00
GRAVY, COUNTRY	SERVING	1	35	140	1	4.94	1.98	0.99	0.00
PC, TACO SAUCE	1 EACH	1	3	28	0	0.5	0.0	0.00	0.00
BFST ALT MEAL*	2 SLICE	1	140	230	2	28.0	2.0	0.00	0.00
GF, BRK EGG & SAUSAGE	1 EACH	1	151	178	1	0.98	10.7	3.03	0.38
Weighted Daily Average			986	1388	*72	136.31	28.54	10.83	0.38
% of Calories					*29.2%	55.3%	26.1%	9.9%	0.3%
Nutrient Guideline			350-500	540			<=10.0	<10.00	

Weighted Average			1134	1401	*86	169.57	29.29	9.97	0.10
					*68.5%	59.8%	23.3%	7.9%	0.1%

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# Tarkington ISD

Base Menu Spreadsheet  
 Portion Values - Detailed

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Sep 3, 2024 thru Sep 30, 2024

Elementary- Breakfast

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Sodm (mg) Shortfall	Sugars (g) Shortfall	Carb (g) Overage	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
Calories	1134		350 - 500	227%				634				Correction Required - Calories too High
Sodium 1 (mg)	1401		540					861				Correction Required - Sodium too High
Sodium 2 (mg)	1401		485					916				Correction Required - Sodium too High
Sugars (g)	86	30.46%			Missing							
Carbohydrate (g)	169.57	59.83%										
Total Fat (g)	29.29	23.26%	<=10.00%									Correction Required - Total Fat too High
Saturated Fat (g)	9.97	7.92%	<10.00%									
Trans Fat <sup>1</sup> (g)	0.10	0.08%										

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