

ANNA ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2025 thru Apr 30, 2025

4 Day Anna HS breakfast

003 - Anna High School

Generated on: 4/2/2025 1:38:57 PM

	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/01/2025								
4 Day Anna HS breakfast	Total	380						
Scrambled Eggs/Saus/Biscuit	Servings	200	287	2	24.2	16.49	3.77	4.00
CEREAL,VARIETY	1 each	40	103	7	22.35	1.38	0.26	0.00
Muffins, Variety, IW	1 each	50	143	11	23.74	3.96	1.09	0.00
Pop Tart: Variety	1 each	40	180	15	37.67	2.67	1.00	0.00
Donut, IW Powdered Sugar 6pk	1 each	0	0	0	0.0	0.0	0.00	0.00
CRACKERS, GRAHAM	Pkg	225	120	6	22.0	3.0	0.00	0.00
Fruit cocktail: 13.14	1/2 CUP	270	83	13	19.7	0.0	0.00	0.00
Juice, Variety 100%	1 Each	295	62	13	15.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	145	100	11	11.0	2.5	1.50	0.00
MILK,Chocolate FF: Process 1	1 each	300	120	18	20.0	0.0	0.00	0.00
PICANTE	2 OZ	0	0	0	0.0	0.0	0.00	0.00
Cond - Ketchup individual	1 each	0	0	0	0.0	0.0	0.00	0.00
Weighted Daily Average			511	47	80.83	12.36	2.83	2.11
% of Calories				36.9%	63.3%	21.8%	5.0%	3.7%
Nutrient Guideline			550-650				<10.00	

Wed - 04/02/2025								
4 Day Anna HS breakfast	Total	540						
Yogurt Parfait:Choc Strawberry	1 each	200	284	52	61.0	4.88	2.97	0.00
Chicken Biscuit: Sec	1 EACH	150	324	7	36.88	13.59	4.02	*0.00
CEREAL,VARIETY	1 each	50	103	7	22.35	1.38	0.26	0.00
Muffins, Variety, IW	1 each	50	143	11	23.74	3.96	1.09	0.00
Pop Tart: Variety	1 each	40	180	15	37.67	2.67	1.00	0.00
Donut, IW Powdered Sugar 6pk	1 each	0	0	0	0.0	0.0	0.00	0.00
CRACKERS, GRAHAM	Pkg	225	120	6	22.0	3.0	0.00	0.00
Fresh Fruit	1 EACH	250	79	14	20.41	0.26	0.05	0.00
Juice, Variety 100%	1 Each	295	62	13	15.0	0.0	0.00	0.00
Milk: Chocolate Milk/Fat F	1 each	295	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	145	110	12	13.0	2.5	1.50	0.00
Jelly, PC, Asst flavors	1 each	100	27	5	6.61	0.0	0.00	0.00
Weighted Daily Average			446	54	81.80	8.32	2.84	*0.00
% of Calories				48.4%	73.4%	16.8%	5.7%	*0.0%
Nutrient Guideline			550-650				<10.00	

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

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Apr 1, 2025 thru Apr 30, 2025

4 Day Anna HS breakfast

003 - Anna High School

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	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/03/2025								
4 Day Anna HS breakfast	Total	450						
Cinn roll w/saus patty	1 each	250	19	*3	3.28	0.43	0.10	*0.00
CEREAL,VARIETY	1 each	50	103	7	22.35	1.38	0.26	0.00
Muffins, Variety, IW	1 each	50	143	11	23.74	3.96	1.09	0.00
Pop Tart: Variety	1 each	50	180	15	37.67	2.67	1.00	0.00
Donut, IW Powdered Sugar 6pk	1 each	0	0	0	0.0	0.0	0.00	0.00
CRACKERS,GRAHAM	Pkg	225	120	6	22.0	3.0	0.00	0.00
Fresh Fruit	1 EACH	250	79	14	20.41	0.26	0.05	0.00
Juice, Variety 100%	1 Each	295	62	13	15.0	0.0	0.00	0.00
Milk: Chocolate Milk/Fat F	1 each	295	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	145	110	12	13.0	2.5	1.50	0.00
Weighted Daily Average			309	*41	59.94	3.58	0.83	*0.00
% of Calories				*52.4%	77.5%	10.4%	2.4%	*0.0%
Nutrient Guideline			550-650				<10.00	

Mon - 04/07/2025								
4 Day Anna HS breakfast	Total	415						
Breakfast Sand: Croisst. Bacon	1 EACH	250	273	*4	31.58	12.99	4.49	0.00
CEREAL,VARIETY	1 each	55	103	7	22.35	1.38	0.26	0.00
Muffins, Variety, IW	1 each	55	143	11	23.74	3.96	1.09	0.00
Pop Tart: Variety	1 each	55	180	15	37.67	2.67	1.00	0.00
Donut, IW Powdered Sugar 6pk	1 each	0	0	0	0.0	0.0	0.00	0.00
CRACKERS,GRAHAM	Pkg	225	120	6	22.0	3.0	0.00	0.00
Peaches, diced: Process 1	1/2 CUP	138	65	16	17.49	0.04	0.00	0.00
Juice, Variety 100%	1 Each	245	62	13	15.0	0.0	0.00	0.00
Jelly, PC, Asst flavors	1 each	100	27	5	6.61	0.0	0.00	0.00
Milk: Chocolate Milk/Fat F	1 each	195	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	145	110	12	13.0	2.5	1.50	0.00
Weighted Daily Average			440	*37	71.79	11.40	3.54	0.00
% of Calories				*33.6%	65.2%	23.3%	7.2%	0.0%
Nutrient Guideline			550-650				<10.00	

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Apr 1, 2025 thru Apr 30, 2025

4 Day Anna HS breakfast

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	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/08/2025								
4 Day Anna HS breakfast	Total	385						
Breakfast Burrito w/ SausageHS	1 EACH	220	215	2	20.73	9.66	4.16	0.00
CEREAL,VARIETY	1 each	55	103	7	22.35	1.38	0.26	0.00
Muffins, Variety, IW	1 each	55	143	11	23.74	3.96	1.09	0.00
Pop Tart: Variety	1 each	55	180	15	37.67	2.67	1.00	0.00
Donut, IW Powdered Sugar 6pk	1 each	0	0	0	0.0	0.0	0.00	0.00
CRACKERS,GRAHAM	Pkg	225	120	6	22.0	3.0	0.00	0.00
Fresh Fruit	1 EACH	200	79	14	20.41	0.26	0.05	0.00
Juice, Variety 100%	1 Each	245	62	13	15.0	0.0	0.00	0.00
Milk: Chocolate Milk/Fat F	1 each	195	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	195	110	12	13.0	2.5	1.50	0.00
PICANTE	2 OZ	150	4	0	0.94	0.02	0.00	0.00
Weighted Daily Average			447	40	73.39	9.83	3.50	0.00
% of Calories				35.9%	65.6%	19.8%	7.0%	0.0%
Nutrient Guideline			550-650				<10.00	

Wed - 04/09/2025								
4 Day Anna HS breakfast	Total	405						
Breakfast Bowl	1 each	240	371	*2	24.07	21.46	7.79	*0.03
CEREAL,VARIETY	1 each	55	103	7	22.35	1.38	0.26	0.00
Muffins, Variety, IW	1 each	55	143	11	23.74	3.96	1.09	0.00
Pop Tart: Variety	1 each	55	180	15	37.67	2.67	1.00	0.00
Donut, IW Powdered Sugar 6pk	1 each	0	0	0	0.0	0.0	0.00	0.00
CRACKERS,GRAHAM	Pkg	225	120	6	22.0	3.0	0.00	0.00
Fresh Fruit	1 EACH	200	79	14	20.41	0.26	0.05	0.00
Juice, Variety 100%	1 Each	245	62	13	15.0	0.0	0.00	0.00
Milk: Chocolate Milk/Fat F	1 each	195	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	145	110	12	13.0	2.5	1.50	0.00
Weighted Daily Average			513	*37	70.82	16.50	5.50	*0.02
% of Calories				*28.6%	55.2%	28.9%	9.6%	*0.0%
Nutrient Guideline			550-650				<10.00	

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4 Day Anna HS breakfast

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	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/10/2025								
4 Day Anna HS breakfast	Total	490						
Breakfast Sandwich: Bacon bisc	1 EACH	240	272	7	24.54	13.7	3.87	0.00
CEREAL,VARIETY	1 each	55	103	7	22.35	1.38	0.26	0.00
Muffins, Variety, IW	1 each	55	143	11	23.74	3.96	1.09	0.00
Pop Tart: Variety	1 each	55	180	15	37.67	2.67	1.00	0.00
Donut, IW Powdered Sugar 6pk	1 each	0	0	0	0.0	0.0	0.00	0.00
CRACKERS,GRAHAM	Pkg	225	120	6	22.0	3.0	0.00	0.00
Fresh Fruit	1 EACH	200	79	14	20.41	0.26	0.05	0.00
Juice, Variety 100%	1 Each	245	62	13	15.0	0.0	0.00	0.00
Milk: Chocolate Milk/Fat F	1 each	195	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	145	110	12	13.0	2.5	1.50	0.00
Weighted Daily Average			375	33	58.76	9.83	2.62	0.00
% of Calories				34.9%	62.6%	23.6%	6.3%	0.0%
Nutrient Guideline			550-650				<10.00	

Fri - 04/11/2025								
4 Day Anna HS breakfast	Total	415						
Donut Holes: secondar	6 each	250	325	*7	40.55	16.12	7.07	*0.00
CEREAL,VARIETY	1 each	55	103	7	22.35	1.38	0.26	0.00
Muffins, Variety, IW	1 each	55	143	11	23.74	3.96	1.09	0.00
Pop Tart: Variety	1 each	55	180	15	37.67	2.67	1.00	0.00
Donut, IW Powdered Sugar 6pk	1 each	100	300	28	40.0	10.0	5.00	0.00
CRACKERS,GRAHAM	Pkg	225	120	6	22.0	3.0	0.00	0.00
Juice, Variety	1 each	345	62	13	15.0	0.0	0.00	0.00
Fresh Fruit	1 EACH	200	79	14	20.41	0.26	0.05	0.00
MILK,Chocolate FF: Process 1	1 each	195	120	18	20.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	145	100	11	11.0	2.5	1.50	0.00
Weighted Daily Average			570	*48	92.64	15.81	6.33	*0.00
% of Calories				*34.0%	65.0%	25.0%	10.0%	*0.0%
Nutrient Guideline			550-650				<10.00	

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4 Day Anna HS breakfast

003 - Anna High School

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	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/14/2025								
4 Day Anna HS breakfast	Total	415						
Breakfast Sandwich: Saus&Bisc	1 EACH	250	211	2	23.0	10.31	2.51	4.00
HASH BROWN POTATOES	1/2 CUP	0	0	*N/A*	0.0	0.0	0.00	*N/A*
CEREAL,VARIETY	1 each	55	103	7	22.35	1.38	0.26	0.00
Muffins, Variety, IW	1 each	55	143	11	23.74	3.96	1.09	0.00
Pop Tart: Variety	1 each	55	180	15	37.67	2.67	1.00	0.00
Donut, IW Powdered Sugar 6pk	1 each	0	0	0	0.0	0.0	0.00	0.00
CRACKERS, GRAHAM	Pkg	250	120	6	22.0	3.0	0.00	0.00
Fresh Fruit	1 EACH	250	79	14	20.41	0.26	0.05	0.00
Juice, Variety 100%	1 Each	340	62	13	15.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	295	100	11	11.0	2.5	1.50	0.00
MILK,Chocolate FF: Process 1	1 each	145	120	18	20.0	0.0	0.00	0.00
Jelly, PC, Asst flavors	1 each	100	27	5	6.61	0.0	0.00	0.00
Gravy, Peppered: 13.14	1/4 CUP	80	32	2	7.2	0.0	0.00	0.00
Weighted Daily Average			479	*44	80.58	11.01	2.92	*2.41
% of Calories				*36.8%	67.3%	20.7%	5.5%	*4.5%
Nutrient Guideline			550-650				<10.00	

Tue - 04/15/2025								
4 Day Anna HS breakfast	Total	465						
Breakfast Burrito w/ SausageHS	1 EACH	300	215	2	20.73	9.66	4.16	0.00
CEREAL,VARIETY	1 each	55	103	7	22.35	1.38	0.26	0.00
Muffins, Variety, IW	1 each	55	143	11	23.74	3.96	1.09	0.00
Pop Tart: Variety	1 each	55	180	15	37.67	2.67	1.00	0.00
Donut, IW Powdered Sugar 6pk	1 each	0	0	0	0.0	0.0	0.00	0.00
CRACKERS, GRAHAM	Pkg	225	120	6	22.0	3.0	0.00	0.00
Fresh Fruit	1 EACH	200	79	14	20.41	0.26	0.05	0.00
Juice, Variety 100%	1 Each	345	62	13	15.0	0.0	0.00	0.00
Milk: Chocolate Milk/Fat F	1 each	195	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	95	110	12	13.0	2.5	1.50	0.00
Weighted Daily Average			396	34	64.46	9.25	3.29	0.00
% of Calories				34.1%	65.2%	21.1%	7.5%	0.0%
Nutrient Guideline			550-650				<10.00	

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Apr 1, 2025 thru Apr 30, 2025

4 Day Anna HS breakfast

003 - Anna High School

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	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/16/2025								
4 Day Anna HS breakfast	Total	405						
Chicken Biscuit: Sec	1 EACH	0	0	0	0.0	0.0	0.00	*0.00
HASH BROWN POTATOES	1/2 CUP	0	0	*N/A*	0.0	0.0	0.00	*N/A*
CEREAL,VARIETY	1 each	55	103	7	22.35	1.38	0.26	0.00
Muffins, Variety, IW	1 each	55	143	11	23.74	3.96	1.09	0.00
Pop Tart: Variety	1 each	55	180	15	37.67	2.67	1.00	0.00
Donut, IW Powdered Sugar 6pk	1 each	0	0	0	0.0	0.0	0.00	0.00
CRACKERS, GRAHAM	Pkg	225	120	6	22.0	3.0	0.00	0.00
Fresh Fruit	1 EACH	250	79	14	20.41	0.26	0.05	0.00
Juice, Variety 100%	1 Each	295	62	13	15.0	0.0	0.00	0.00
Milk: Chocolate Milk/Fat F	1 each	295	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	145	110	12	13.0	2.5	1.50	0.00
Jelly, PC, Asst flavors	1 each	0	0	0	0.0	0.0	0.00	0.00
Weighted Daily Average			337	*43	65.61	3.81	0.89	*0.00
% of Calories				*51.5%	77.8%	10.2%	2.4%	*0.0%
Nutrient Guideline			550-650				<10.00	

Thu - 04/17/2025								
4 Day Anna HS breakfast	Total	400						
Breakfast Sand: Croissant Ham	1 EACH	240	306	5	33.41	13.62	4.69	0.01
CEREAL,VARIETY	1 each	55	103	7	22.35	1.38	0.26	0.00
Muffins, Variety, IW	1 each	55	143	11	23.74	3.96	1.09	0.00
Pop Tart: Variety	1 each	55	180	15	37.67	2.67	1.00	0.00
Donut, IW Powdered Sugar 6pk	1 each	0	0	0	0.0	0.0	0.00	0.00
CRACKERS, GRAHAM	Pkg	225	120	6	22.0	3.0	0.00	0.00
Fresh Fruit	1 EACH	250	79	14	20.41	0.26	0.05	0.00
Juice, Variety 100%	1 Each	345	62	13	15.0	0.0	0.00	0.00
Milk: Chocolate Milk/Fat F	1 each	195	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	145	110	12	13.0	2.5	1.50	0.00
Jelly, PC, Asst flavors	1 each	150	27	5	6.61	0.0	0.00	0.00
Weighted Daily Average			515	46	86.08	12.03	3.71	0.01
% of Calories				35.7%	66.8%	21.0%	6.5%	0.0%
Nutrient Guideline			550-650				<10.00	

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4 Day Anna HS breakfast

003 - Anna High School

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	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/21/2025								
4 Day Anna HS breakfast	Total	365						
Morning Saus Roll: Process 2	2 each	200	320	*N/A*	30.0	18.0	6.00	0.00
CEREAL,VARIETY	1 each	55	103	7	22.35	1.38	0.26	0.00
Muffins, Variety, IW	1 each	55	143	11	23.74	3.96	1.09	0.00
Pop Tart: Variety	1 each	55	180	15	37.67	2.67	1.00	0.00
Donut, IW Powdered Sugar 6pk	1 each	200	300	28	40.0	10.0	5.00	0.00
CRACKERS,GRAHAM	Pkg	225	120	6	22.0	3.0	0.00	0.00
Fresh Fruit	1 EACH	250	79	14	20.41	0.26	0.05	0.00
Juice, Variety 100%	1 Each	345	62	13	15.0	0.0	0.00	0.00
Milk: Chocolate Milk/Fat F	1 each	145	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	145	110	12	13.0	2.5	1.50	0.00
Mustard: individual PC	1 each	0	0	0	0.0	0.0	0.00	0.00
Weighted Daily Average			677	*58	105.41	19.57	7.01	0.00
% of Calories				*34.3%	62.2%	26.0%	9.3%	0.0%
Nutrient Guideline			550-650				<10.00	

Tue - 04/22/2025								
4 Day Anna HS breakfast	Total	365						
SCRAMBLED EGGS	3/8 cup	0	0	0	0.0	0.0	0.00	0.00
Bacon, slice, preckd, Tyson	2 each	156	90	*N/A*	0.0	7.0	2.50	0.00
Biscuit: 2 oz Pillsbury	1 each	0	0	0	0.0	0.0	0.00	0.00
HASH BROWN POTATOES	1/2 CUP	0	0	*N/A*	0.0	0.0	0.00	*N/A*
CEREAL,VARIETY	1 each	55	103	7	22.35	1.38	0.26	0.00
Muffins, Variety, IW	1 each	55	143	11	23.74	3.96	1.09	0.00
Pop Tart: Variety	1 each	55	180	15	37.67	2.67	1.00	0.00
Donut, IW Powdered Sugar 6pk	1 each	0	0	0	0.0	0.0	0.00	0.00
CRACKERS,GRAHAM	Pkg	225	120	6	22.0	3.0	0.00	0.00
Fresh Fruit	1 EACH	200	79	14	20.41	0.26	0.05	0.00
Juice, Variety 100%	1 Each	345	62	13	15.0	0.0	0.00	0.00
Milk: Chocolate Milk/Fat F	1 each	195	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	145	110	12	13.0	2.5	1.50	0.00
Gravy, Peppered: 13.14	1/4 CUP	0	0	0	0.0	0.0	0.00	0.00
Jelly, PC, Asst flavors	1 each	0	0	0	0.0	0.0	0.00	0.00
Weighted Daily Average			380	*43	66.86	7.18	2.05	*0.00
% of Calories				*45.5%	70.3%	17.0%	4.8%	*0.0%
Nutrient Guideline			550-650				<10.00	

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ANNA ISD

Planned Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2025 thru Apr 30, 2025

4 Day Anna HS breakfast

003 - Anna High School

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	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/23/2025								
4 Day Anna HS breakfast	Total	485						
Yogurt Parfait:Choc Strawberry	1 each	120	284	52	61.0	4.88	2.97	0.00
Cinnamon Roll, Heart, WG	1 each	200	213	*4	38.35	4.93	1.42	*0.00
CEREAL,VARIETY	1 each	55	103	7	22.35	1.38	0.26	0.00
Muffins, Variety, IW	1 each	55	143	11	23.74	3.96	1.09	0.00
Pop Tart: Variety	1 each	55	180	15	37.67	2.67	1.00	0.00
Donut, IW Powdered Sugar 6pk	1 each	0	0	0	0.0	0.0	0.00	0.00
CRACKERS,GRAHAM	Pkg	225	120	6	22.0	3.0	0.00	0.00
Fresh Fruit	1 EACH	250	79	14	20.41	0.26	0.05	0.00
Juice, Variety 100%	1 Each	345	62	13	15.0	0.0	0.00	0.00
Milk: Chocolate Milk/Fat F	1 each	195	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	145	110	12	13.0	2.5	1.50	0.00
Weighted Daily Average			424	*49	83.33	6.42	2.06	*0.00
% of Calories				*45.8%	78.7%	13.6%	4.4%	*0.0%
Nutrient Guideline			550-650				<10.00	

Thu - 04/24/2025								
4 Day Anna HS breakfast	Total	365						
Breakfast Sand: Bun, Egg, Saus	1 EACH	200	239	2	17.59	12.21	2.89	0.00
CEREAL,VARIETY	1 each	55	103	7	22.35	1.38	0.26	0.00
Muffins, Variety, IW	1 each	55	143	11	23.74	3.96	1.09	0.00
Pop Tart: Variety	1 each	55	180	15	37.67	2.67	1.00	0.00
Donut, IW Powdered Sugar 6pk	1 each	200	300	28	40.0	10.0	5.00	0.00
CRACKERS,GRAHAM	Pkg	225	120	6	22.0	3.0	0.00	0.00
Fresh Fruit	1 EACH	200	79	14	20.41	0.26	0.05	0.00
Juice, Variety 100%	1 Each	345	62	13	15.0	0.0	0.00	0.00
Milk: Chocolate Milk/Fat F	1 each	195	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	145	110	12	13.0	2.5	1.50	0.00
Weighted Daily Average			637	60	98.42	16.36	5.30	0.00
% of Calories				37.4%	61.8%	23.1%	7.5%	0.0%
Nutrient Guideline			550-650				<10.00	

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Planned Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2025 thru Apr 30, 2025

4 Day Anna HS breakfast

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	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/28/2025								
4 Day Anna HS breakfast	Total	365						
Morning Saus Roll: Process 2	2 each	200	320	*N/A*	30.0	18.0	6.00	0.00
CEREAL,VARIETY	1 each	55	103	7	22.35	1.38	0.26	0.00
Muffins, Variety, IW	1 each	55	143	11	23.74	3.96	1.09	0.00
Pop Tart: Variety	1 each	55	180	15	37.67	2.67	1.00	0.00
CRACKERS,GRAHAM	Pkg	225	120	6	22.0	3.0	0.00	0.00
Fresh Fruit	1 EACH	200	79	14	20.41	0.26	0.05	0.00
Juice, Variety 100%	1 Each	345	62	13	15.0	0.0	0.00	0.00
Milk: Chocolate Milk/Fat F	1 each	195	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	145	110	12	13.0	2.5	1.50	0.00
Weighted Daily Average			517	*43	83.30	14.05	4.26	0.00
% of Calories				*33.5%	64.4%	24.4%	7.4%	0.0%
Nutrient Guideline			550-650				<10.00	

Tue - 04/29/2025								
4 Day Anna HS breakfast	Total	403						
Breakfast Bowl	1 each	0	0	*0	0.0	0.0	0.00	*0.00
CEREAL,VARIETY	1 each	55	103	7	22.35	1.38	0.26	0.00
Muffins, Variety, IW	1 each	55	143	11	23.74	3.96	1.09	0.00
Pop Tart: Variety	1 each	55	180	15	37.67	2.67	1.00	0.00
Donut, IW Powdered Sugar 6pk	1 each	240	300	28	40.0	10.0	5.00	0.00
CRACKERS,GRAHAM	Pkg	225	120	6	22.0	3.0	0.00	0.00
Fresh Fruit	1 EACH	120	79	14	20.41	0.26	0.05	0.00
Juice, Variety 100%	1 Each	345	62	13	15.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	195	100	11	11.0	2.5	1.50	0.00
MILK,Chocolate FF: Process 1	1 each	145	120	18	20.0	0.0	0.00	0.00
PICANTE	2 OZ	150	4	0	0.94	0.02	0.00	0.00
Cond - Ketchup individual	1 each	0	0	0	0.0	0.0	0.00	0.00
Weighted Daily Average			473	*52	79.32	10.02	4.04	*0.00
% of Calories				*44.0%	67.1%	19.1%	7.7%	*0.0%
Nutrient Guideline			550-650				<10.00	

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ANNA ISD

Planned Menu Spreadsheet

Portion Values - Detailed

Apr 1, 2025 thru Apr 30, 2025

4 Day Anna HS breakfast

003 - Anna High School

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	Portion Size	Plan Qty	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/30/2025								
4 Day Anna HS breakfast	Total	555						
Chicken Biscuit: Sec	1 EACH	270	324	7	36.88	13.59	4.02	*0.00
CEREAL,VARIETY	1 each	55	103	7	22.35	1.38	0.26	0.00
Muffins, Variety, IW	1 each	55	143	11	23.74	3.96	1.09	0.00
Pop Tart: Variety	1 each	55	180	15	37.67	2.67	1.00	0.00
Donut, IW Powdered Sugar 6pk	1 each	120	300	28	40.0	10.0	5.00	0.00
CRACKERS, GRAHAM	Pkg	225	120	6	22.0	3.0	0.00	0.00
Fresh Fruit	1 EACH	250	79	14	20.41	0.26	0.05	0.00
Juice, Variety 100%	1 Each	345	62	13	15.0	0.0	0.00	0.00
Milk: Chocolate Milk/Fat F	1 each	195	110	18	19.0	0.0	0.00	0.00
Milk - Milk1% Lowfat	1 each	145	110	12	13.0	2.5	1.50	0.00
Jelly, PC, Asst flavors	1 each	100	27	5	6.61	0.0	0.00	0.00
Honey, PC	1 each	0	0	0	0.0	0.0	0.00	*N/A*
Weighted Daily Average			459	40	73.59	11.56	3.68	*0.00
% of Calories				34.7%	64.1%	22.7%	7.2%	*0.0%
Nutrient Guideline			550-650				<10.00	

Weighted Average			469	*45 *85.7%	77.73 66.3%	10.99 21.1%	3.54 6.8%	*0.24 *0.5%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	469		550 - 650	85%		81		Correction Required - Calories are Low
Sugars (g)	45				Missing			
Carbohydrate (g)	77.73	38.11%						
Total Fat (g)	10.99	66.33%						
Saturated Fat (g)	3.54	21.11%	<10.00%					
Trans Fat ¹ (g)	0.24	6.79% 0.46%			Missing			

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