

Natrona County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 11/01/2017													
BREAKFAST K-5	Total	100											
Breakfast pizza	3.2 OZ.	60	230	15	590	2.00	1.80	150.0	200	0.0	9.0	25.0	10.0
Cereal assorted, WG toast	BOWL	40	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	100	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Weighted Daily Average			461	15	630	4.80	3.14	476.9	910	46.11	16.29	81.03	7.55
% of Calories											14.1%	70.3%	14.7%
Nutrient Guideline			350-500		540								

Thu - 11/02/2017													
BREAKFAST K-5	Total	100											
Muffin squares, fruited WH	MUFFIN	60	232	5	224	3.77	3.96	68.7	65	1.72	3.23	45.61	4.54
Cereal assorted, WG toast	BOWL	40	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	100	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Weighted Daily Average			462	9	410	5.87	4.43	428.1	829	47.14	12.83	93.39	4.28
% of Calories											11.1%	80.8%	8.3%
Nutrient Guideline			350-500		540								

Fri - 11/03/2017													
BREAKFAST K-5	Total	100											
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%
Nutrient Guideline			350-500		540								

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

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Natrona County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 11/06/2017													
BREAKFAST K-5	Total	100											
SAUSAGE,EGG, ON A BUN	1 EACH	45	460	165	765	6.00	3.24	80.0	200	0.0	17.0	39.0	27.0
Cereal assorted, WG toast	BOWL	55	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, canned	1 cup	100	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Weighted Daily Average			649	80	674	6.95	4.32	450.5	1374	37.09	19.64	112.34	13.79
% of Calories											12.1%	69.3%	19.1%
Nutrient Guideline			350-500		540								

Tue - 11/07/2017													
BREAKFAST K-5	Total	100											
Eggo mini waffles	1 EACH	60	200	0	220	4.00	2.70	100.0	500	0.0	4.0	35.0	5.0
Cereal assorted, WG toast	BOWL	40	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	100	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Weighted Daily Average			443	6	408	6.00	3.68	446.9	1090	46.11	13.29	87.03	4.55
% of Calories											12.0%	78.5%	9.2%
Nutrient Guideline			350-500		540								

Wed - 11/08/2017													
BREAKFAST K-5	Total	100											
Donut long john WG	1 EACH	50	250	0	360	3.00	1.44	20.0	0	0.0	5.0	28.0	13.0
Cereal assorted, WG toast	BOWL	50	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	100	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Weighted Daily Average			470	6	481	5.51	3.24	413.9	839	46.75	13.97	84.72	8.26
% of Calories											11.9%	72.1%	15.8%
Nutrient Guideline			350-500		540								

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Natrona County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 11/09/2017													
BREAKFAST K-5	Total	100											
Omelet, colby cheese wrap	1 EACH	50	205	193	451	0.50	17.45	639.4	397	0.0	10.44	16.29	10.34
Cereal assorted, WG toast	BOWL	50	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	100	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Weighted Daily Average			448	103	527	4.26	11.25	723.6	1037	46.75	16.69	78.87	6.93
% of Calories											14.9%	70.5%	13.9%
Nutrient Guideline			350-500		540								

Fri - 11/10/2017													
BREAKFAST K-5	Total	100											
Breakfast burrito	3.50 OZ	50	220	40	310	4.00	1.80	100.0	500	15.0	10.0	25.0	9.0
Cereal assorted, WG toast	BOWL	50	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	100	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Weighted Daily Average			455	26	456	6.01	3.42	453.9	1089	54.25	16.47	83.22	6.26
% of Calories											14.5%	73.1%	12.4%
Nutrient Guideline			350-500		540								

Mon - 11/13/2017													
BREAKFAST K-5	Total	100											
Breakfast pizza	3.2 OZ.	40	230	15	590	2.00	1.80	150.0	200	0.0	9.0	25.0	10.0
Cereal assorted, WG toast	BOWL	60	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	100	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Weighted Daily Average			459	12	563	5.22	3.71	480.9	967	47.40	15.65	85.41	5.97
% of Calories											13.6%	74.5%	11.7%
Nutrient Guideline			350-500		540								

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Natrona County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 11/14/2017													
BREAKFAST K-5	Total	100											
EGGO MINIS PANCAKES	1 EACH	60	210	10	320	4.00	2.70	60.0	500	0.0	4.0	35.0	6.0
Cereal assorted, WG toast	BOWL	40	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	100	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Weighted Daily Average			449	12	468	6.00	3.68	422.9	1090	46.11	13.29	87.03	5.15
% of Calories											11.8%	77.5%	10.3%
Nutrient Guideline			350-500		540								

Wed - 11/15/2017													
BREAKFAST K-5	Total	100											
SAUSAGE,EGG/MUFFIN	1 EACH	50	380	165	585	1.00	2.88	100.0	200	0.0	13.0	27.0	25.0
Cereal assorted, WG toast	BOWL	50	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, canned	1 cup	100	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Weighted Daily Average			621	89	609	4.55	4.07	456.0	1360	36.76	18.20	105.95	14.04
% of Calories											11.7%	68.3%	20.4%
Nutrient Guideline			350-500		540								

Thu - 11/16/2017													
BREAKFAST K-5	Total	100											
Donut long john WG	1 EACH	60	250	0	360	3.00	1.44	20.0	0	0.0	5.0	28.0	13.0
Cereal assorted, WG toast	BOWL	40	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	100	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0

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Natrona County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			473	6	492	5.40	2.92	398.9	790	46.11	13.89	82.83	9.35
% of Calories											11.7%	70.0%	17.8%
Nutrient Guideline			350-500		540								

Fri - 11/17/2017													
BREAKFAST K-5	Total	100											
Muffin squares, fruited	3 OZ	60	281	0	350	2.27	5.12	43.1	8	2.58	3.67	57.85	4.51
Cereal assorted, WG toast	BOWL	40	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	100	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Weighted Daily Average			492	6	486	4.97	5.13	412.7	795	47.66	13.10	100.74	4.26
% of Calories											10.6%	81.9%	7.8%
Nutrient Guideline			350-500		540								

Mon - 11/20/2017													
BREAKFAST K-5	Total	100											
Pancake, WG blue&saus on stick	1 EACH	60	220	25	450	1.00	0.00	0.0	0	0.0	8.0	25.0	11.0
Syrup, pancake	1 OZ	60	100	0	10	0.00	0.00	0.0	60	0.0	0.0	24.5	0.0
Cereal assorted, WG toast	BOWL	40	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	100	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Weighted Daily Average			515	21	552	4.20	2.06	386.9	826	46.11	15.69	95.73	8.15
% of Calories											12.2%	74.3%	14.2%
Nutrient Guideline			350-500		540								

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Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 11/21/2017													
BREAKFAST K-5	Total	100											
Breakfast burrito	3.50 OZ	60	220	40	310	4.00	1.80	100.0	500	15.0	10.0	25.0	9.0
Cereal assorted, WG toast	BOWL	40	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	100	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Weighted Daily Average			455	30	462	6.00	3.14	446.9	1090	55.11	16.89	81.03	6.95
% of Calories											14.8%	71.2%	13.7%
Nutrient Guideline			350-500		540								

Wed - 11/22/2017													
BREAKFAST K-5	Total	1											
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%
Nutrient Guideline			350-500		540								

Thu - 11/23/2017													
BREAKFAST K-5	Total	1											
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%
Nutrient Guideline			350-500		540								

Fri - 11/24/2017													
BREAKFAST K-5	Total	1											
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%
Nutrient Guideline			350-500		540								

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BREAKFAST K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 11/27/2017													
BREAKFAST K-5	Total	100											
Omelet, colby cheese wrap	1 EACH	50	205	193	451	0.50	17.45	639.4	397	0.0	10.44	16.29	10.34
Cereal assorted, WG toast	BOWL	50	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	100	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Weighted Daily Average			448	103	527	4.26	11.25	723.6	1037	46.75	16.69	78.87	6.93
% of Calories											14.9%	70.5%	13.9%
Nutrient Guideline			350-500		540								

Tue - 11/28/2017													
BREAKFAST K-5	Total	100											
Hot ham & cheese/bun	1 EACH	50	377	31	807	6.00	3.31	216.0	272	0.0	23.39	37.45	14.9
Cereal assorted, WG toast	BOWL	50	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	100	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Weighted Daily Average			534	21	705	7.01	4.18	511.9	975	46.75	23.17	89.44	9.21
% of Calories											17.4%	67.1%	15.5%
Nutrient Guideline			350-500		540								

Wed - 11/29/2017													
BREAKFAST K-5	Total	100											
Cinnamon roll, 2.25oz frozen	1 EACH	60	190	15	290	3.00	1.80	40.0	100	0.0	5.0	34.0	5.0
Cereal assorted, WG toast	BOWL	40	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, canned	1 CUP	100	136	0	16	2.00	0.29	16.0	500	15.6	0.8	34.4	0.0
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Weighted Daily Average			523	15	466	5.44	3.24	413.0	1271	36.12	14.12	108.16	4.33
% of Calories											10.8%	82.7%	7.5%
Nutrient Guideline			350-500		540								

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.

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Natrona County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

BREAKFAST K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 11/30/2017													
BREAKFAST K-5	Total	100											
Sausage, egg & cheese sliders	2 SLIDERS	60	150	35	280	2.00	1.80	100.0	100	0.0	8.0	21.0	4.5
Cereal assorted, WG toast	BOWL	40	218	0	255	4.10	4.68	170.0	488	6.45	5.8	46.9	2.08
Fruit, fresh	1 EACH	100	51	0	0	1.96	0.18	13.9	79	25.59	0.57	12.67	0.22
Milk, white 1%	1 CUP	20	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5
Milk, chocolate fat free	1 CUP	80	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0
Fruit juice assorted	.50 CUP	100	67	0	4	0.00	0.00	5.0	16	16.5	0.0	16.0	0.0
Weighted Daily Average			413	27	444	4.80	3.14	446.9	850	46.11	15.69	78.63	4.25
% of Calories											15.2%	76.1%	9.3%
Nutrient Guideline			350-500		540								

Weighted Average			487	33	520	5.40	4.44	471.9	1012	45.84	15.87	89.69	7.23
											13.0%	73.6%	13.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	487		350 - 500	100%				
Cholesterol (mg)	33							
Sodium (mg)	520		540					
Fiber (g)	5.40							
Iron (mg)	4.44							
Calcium (mg)	471.9							
Vitamin A (IU)	1012							
Vitamin C (mg)	45.84							
Protein (g)	15.87	13.02%						
Carbohydrate (g)	89.69	73.63%						
Total Fat (g)	7.23	13.36%						

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