

# Nye County School District

## Base Menu Spreadsheet

### Portion Values - Detailed

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Jul 1, 2016 thru Jul 29, 2016

## BREAKFAST IN THE CLASSROOM

Generated on: 2/21/2017 3:39:27 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 07/11/2016</b>																
BREAKFAST IN THE CLAS	Total	500														
MUFFIN CHOC CHIP WG 2 OZ	1 EACH	480	190	45	130	2.00	73.80	40.0	100	0.0	17	4.0	32.0	6.0	2.00	0.00
FRESH FRUIT ASST.	1 EACH	450	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
JUICE BOX ASST	1 EACH	450	63	0	12	0.00	*0.00	*0.0	*0	60.0	15	0.0	15.67	0.0	0.00	0.00
MILK 1% MEADOWGOLD	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
Weighted Daily Average			406	51	240	5.11	*71.05	*299.2	*636	82.43	*47	12.74	75.46	8.02	3.18	0.00
% of Calories											*46.4%	12.6%	74.4%	17.8%	7.1%	0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

<b>Tue - 07/12/2016</b>																
BREAKFAST IN THE CLAS	Total	500														
WAFFLE CINNAMON IW	1 EACH	480	240	30	310	4.00	0.00	0.0	0	0.0	19	5.0	41.0	7.0	1.50	0.00
FRESH FRUIT ASST.	1 EACH	450	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
JUICE BOX ASST	1 EACH	450	63	0	12	0.00	*0.00	*0.0	*0	60.0	15	0.0	15.67	0.0	0.00	0.00
MILK 1% MEADOWGOLD	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
Weighted Daily Average			454	37	413	7.02	*0.20	*260.8	*540	82.43	*49	13.70	84.10	8.98	2.70	0.00
% of Calories											*43.2%	12.1%	74.1%	17.8%	5.4%	0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

<b>Wed - 07/13/2016</b>																
BREAKFAST IN THE CLAS	Total	500														
BELVITA BKFST BAR BANANA	BAR	480	190	0	150	5.00	1.80	0.0	0	0.0	9	3.0	32.0	7.0	1.00	0.00
APPLESAUCE CUPS ASST.	1 EA	450	50	0	2	1.00	0.30	5.0	35	1.2	*N/A*	0.2	14.0	0.1	0.01	0.00
JUICE BOX ASST	1 EACH	450	63	0	12	0.00	*0.00	*0.0	*0	60.0	15	0.0	15.67	0.0	0.00	0.00
MILK 1% MEADOWGOLD	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
Weighted Daily Average			372	8	260	5.70	*2.00	*244.5	*431	57.00	*31	11.06	67.82	8.81	2.17	0.00
% of Calories											*33.8%	11.9%	72.8%	21.3%	5.2%	0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

\*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

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# Nye County School District

## Base Menu Spreadsheet

### Portion Values - Detailed

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Jul 1, 2016 thru Jul 29, 2016

## BREAKFAST IN THE CLASSROOM

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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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 07/14/2016																
BREAKFAST IN THE CLAS	Total	500														
BLUEBERRY GLAZE PANCAKE	3 OZ	480	190	10	270	2.00	1.44	100.0	*N/A*	*N/A*	11	4.0	35.0	4.0	1.00	*N/A*
FRESH FRUIT ASST.	1 EACH	450	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
JUICE BOX ASST	1 EACH	450	63	0	12	0.00	*0.00	*0.0	*0	60.0	15	0.0	15.67	0.0	0.00	0.00
MILK 1% MEADOWGOLD	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
Weighted Daily Average			406	18	375	5.11	*1.58	*356.8	*540	*82.43	*41	12.74	78.34	6.10	2.22	*0.00
% of Calories											*40.8%	12.6%	77.2%	13.5%	4.9%	*0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

Fri - 07/15/2016																
BREAKFAST IN THE CLAS	Total	500														
CINNAMON ROLL IW	ROLL	480	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.0	11.0	6.00	0.00
STRING CHEESE	1 EACH	450	80	15	210	0.00	0.00	200.0	100	0.0	0	7.0	1.0	6.0	3.50	0.00
JUICE BOX ASST	1 EACH	450	63	0	12	0.00	*0.00	*0.0	*0	60.0	15	0.0	15.67	0.0	0.00	0.00
MILK 1% MEADOWGOLD	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
Weighted Daily Average			505	26	601	2.88	*1.73	*439.2	*778	57.07	44	19.10	74.36	17.96	10.11	0.00
% of Calories											34.8%	15.1%	58.9%	32.0%	18.0%	0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

Mon - 07/18/2016																
BREAKFAST IN THE CLAS	Total	500														
MUFFIN BLUEBERRY WG 2 OZ	1 EACH	480	190	45	130	2.00	1.08	20.0	100	0.0	16	3.0	30.0	6.0	2.00	0.00
FRESH FRUIT ASST.	1 EACH	450	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
JUICE BOX ASST	1 EACH	450	63	0	12	0.00	*0.00	*0.0	*0	60.0	15	0.0	15.67	0.0	0.00	0.00
MILK 1% MEADOWGOLD	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
Weighted Daily Average			406	51	240	5.11	*1.23	*280.0	*636	82.43	*46	11.78	73.54	8.02	3.18	0.00
% of Calories											*45.5%	11.6%	72.5%	17.8%	7.1%	0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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## Base Menu Spreadsheet

### Portion Values - Detailed

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Jul 1, 2016 thru Jul 29, 2016

## BREAKFAST IN THE CLASSROOM

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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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 07/19/2016</b>																
BREAKFAST IN THE CLAS	Total	500														
PANCAKE ON STICK WG	1 EACH	480	210	25	310	1.00	1.08	20.0	45	0.0	9	6.0	22.0	10.0	3.00	0.00
FRESH FRUIT ASST.	1 EACH	450	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
JUICE BOX ASST	1 EACH	450	63	0	12	0.00	*0.00	*0.0	*0	60.0	15	0.0	15.67	0.0	0.00	0.00
MILK 1% MEADOWGOLD	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
Weighted Daily Average			425	32	413	4.14	*1.23	*280.0	*584	82.43	*39	14.66	65.86	11.86	4.14	0.00
% of Calories											*37.1%	13.8%	62.0%	25.1%	8.8%	0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

<b>Wed - 07/20/2016</b>																
BREAKFAST IN THE CLAS	Total	500														
BELVITA BKFST BAR CHOCO	BAR	480	200	0	150	5.00	1.80	0.0	0	0.0	10	3.0	32.0	7.0	1.00	0.00
APPLESAUCE CUPS ASST.	1 EA	450	50	0	2	1.00	0.30	5.0	35	1.2	*N/A*	0.2	14.0	0.1	0.01	0.00
JUICE BOX ASST	1 EACH	450	63	0	12	0.00	*0.00	*0.0	*0	60.0	15	0.0	15.67	0.0	0.00	0.00
MILK 1% MEADOWGOLD	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
Weighted Daily Average			382	8	260	5.70	*2.00	*244.5	*431	57.00	*32	11.06	67.82	8.81	2.17	0.00
% of Calories											*33.9%	11.6%	71.0%	20.8%	5.1%	0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

<b>Thu - 07/21/2016</b>																
BREAKFAST IN THE CLAS	Total	500														
FRENCH TOAST MINIS IW	1 EACH	480	210	0	240	3.00	2.70	100.0	500	0.0	13	4.0	37.0	5.0	1.50	0.00
FRESH FRUIT ASST.	1 EACH	450	87	0	1	3.54	0.22	23.1	156	29.46	*9	1.0	22.49	0.29	0.07	0.00
JUICE BOX ASST	1 EACH	450	63	0	12	0.00	*0.00	*0.0	*0	60.0	15	0.0	15.67	0.0	0.00	0.00
MILK 1% MEADOWGOLD	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
Weighted Daily Average			425	8	346	6.06	*2.79	*356.8	*1020	82.43	*43	12.74	80.26	7.06	2.70	0.00
% of Calories											*40.7%	12.0%	75.5%	14.9%	5.7%	0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

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Jul 1, 2016 thru Jul 29, 2016

## Base Menu Spreadsheet

BREAKFAST IN THE CLASSROOM

### 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 07/22/2016																
BREAKFAST IN THE CLAS	Total	500														
BURRITO, BREAKFAST	4.50 OZ	480	300	75	630	1.00	2.70	40.0	300	1.2	1	10.0	34.0	13.0	5.00	0.00
STRING CHEESE	1 EACH	450	80	15	210	0.00	0.00	200.0	100	0.0	0	7.0	1.0	6.0	3.50	0.00
JUICE BOX ASST	1 EACH	450	63	0	12	0.00	*0.00	*0.0	*0	60.0	15	0.0	15.67	0.0	0.00	0.00
MILK 1% MEADOWGOLD	8 OZ	400	110	10	130	0.00	0.00	300.0	500	2.4	12	10.0	13.0	2.5	1.50	0.00
Weighted Daily Average			505	94	908	0.96	*2.59	*458.4	*778	57.07	24	23.90	58.04	19.88	9.15	0.00
% of Calories											18.8%	18.9%	46.0%	35.4%	16.3%	0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

Weighted Average			429	33	406	4.78	*8.64	*322.0	*638	*72.27	*40	14.35	72.56	10.55	4.17	*0.00
											*83.6%	13.4%	67.7%	22.1%	8.8%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	429		350 - 500	100%				
Cholesterol (mg)	33							
Sodium (mg)	406		540					
Fiber (g)	4.78							
Iron (mg)	8.64				Missing			
Calcium (mg)	322.0				Missing			
Vitamin A (IU)	638				Missing			
Sugars (g)	40	37.14%			Missing			
Vitamin C (mg)	72.27				Missing			
Protein (g)	14.35	13.39%						
Carbohydrate (g)	72.56	67.72%						
Total Fat (g)	10.55	22.15%	<=35.00%					
Saturated Fat (g)	4.17	8.76%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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