

# Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

Page 1

Generated on: 03/26/2018 8:49:24 AM

	Portion Size	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)
Mon - 04/02/2018															
Breakfast	Total SERVING														
NO SCHOOL TODAY		0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Tue - 04/03/2018															
Breakfast	Total SERVING														
MANAGER'S CHOICE		0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Wed - 04/04/2018															
Breakfast	Total SERVING														
MANAGER'S CHOICE		0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		450-500		540									<=10.0	<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

<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.

# Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

Page 2

Generated on: 03/26/2018 8:49:24 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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 - 04/05/2018															
Breakfast	Total														
Biscuit, Chicken, Large	1 each	320	30	600	3.00	2.16	120.0	0	0.0	4	15.0	35.0	13.0	5.00	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	115	0	170	2.00	8.10	80.0	450	4.5	10	2.0	23.75	1.62	0.13	0.00
TOAST, Whole Grain	SLICE	104	*0	314	1.00	1.80	21.4	*168	0.01	*0	4.04	13.04	4.78	*0.66	*0.00
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Margarine: individual	PAT	85	*N/A*	75	*N/A*	*N/A*	*N/A*	500	*N/A*	*N/A*	0.01	0.08	9.56	2.34	0.46
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	190	0	154	5.19	1.80	7.5	499	0.0	*N/A*	2.44	35.38	4.99	1.60	0.07
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average		412	*20	539	*4.79	*6.63	*308.1	*676	*30.27	*28	15.35	69.42	8.79	*3.06	*0.00
% of Calories										*27.6%	14.9%	67.5%	19.2%	*6.7%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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 - 04/06/2018															
Breakfast	Total														
Donut, Glazed	2.3	316	0	300	2.82	0.71	14.1	10	0.0	16	5.0	39.06	15.0	7.00	*0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	115	0	170	2.00	8.10	80.0	450	4.5	10	2.0	23.75	1.62	0.13	0.00
TOAST, Whole Grain	SLICE	104	*0	314	1.00	1.80	21.4	*168	0.01	*0	4.04	13.04	4.78	*0.66	*0.00
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Margarine: individual	PAT	85	*N/A*	75	*N/A*	*N/A*	*N/A*	500	*N/A*	*N/A*	0.01	0.08	9.56	2.34	0.46
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, BROWN SUGAR CI NNAMO	1 Each	198	0	159	5.14	1.80	10.0	499	5.99	*N/A*	2.64	34.33	6.29	2.00	0.08
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average		482	*5	421	*5.12	*3.63	*295.2	*689	*36.01	*39	12.16	81.28	12.69	*5.56	*0.00
% of Calories										*32.6%	10.1%	67.5%	23.7%	*10.4%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<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  
 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.**

Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

	Portion Size	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)
Mon - 04/09/2018															
Breakfast	Total														
BISCUITS W/SAUSAGE, Large	1 EACH	290	20	570	2.00	1.44	120.0	0	0.0	*3	11.0	28.0	15.0	6.50	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	115	0	170	2.00	8.10	80.0	450	4.5	10	2.0	23.75	1.62	0.13	0.00
TOAST, Whole Grain	SLICE	104	*0	314	1.00	1.80	21.4	*168	0.01	*0	4.04	13.04	4.78	*0.66	*0.00
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Margarine: individual	PAT	85	*N/A*	75	*N/A*	*N/A*	*N/A*	500	*N/A*	*N/A*	0.01	0.08	9.56	2.34	0.46
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	190	0	154	5.19	1.80	7.5	499	0.0	*N/A*	2.44	35.38	4.99	1.60	0.07
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average		425	*16	542	*4.68	*4.96	*334.9	*704	*38.04	*31	14.39	70.80	10.53	*4.21	*0.00
% of Calories										*29.5%	13.5%	66.6%	22.3%	*8.9%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Tue - 04/10/2018															
Breakfast	Total														
Apple Pie Pocket	2.29	210	0	260	2.00	*N/A*	*N/A*	0	0.0	11	5.0	36.0	6.0	1.00	0.00
Pizza, Breakfast, Tony's Live	3.31 oz.	210	15	480	3.00	1.80	150.0	300	0.0	*N/A*	10.0	27.0	8.0	2.00	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	115	0	170	2.00	8.10	80.0	450	4.5	10	2.0	23.75	1.62	0.13	0.00
TOAST, Whole Grain	SLICE	104	*0	314	1.00	1.80	21.4	*168	0.01	*0	4.04	13.04	4.78	*0.66	*0.00
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Margarine: individual	PAT	85	*N/A*	75	*N/A*	*N/A*	*N/A*	500	*N/A*	*N/A*	0.01	0.08	9.56	2.34	0.46
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, BROWN SUGAR CINNAMON	1 Each	198	0	159	5.14	1.80	10.0	499	5.99	*N/A*	2.64	34.33	6.29	2.00	0.08
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00

\*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

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.**

Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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)
Weighted Daily Average		426	*13	531	*5.52	*3.76	*362.1	*847	*38.15	*32	15.35	78.28	7.71	*1.80	*0.00
% of Calories										*29.9%	14.4%	73.5%	16.3%	*3.8%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Wed - 04/11/2018															
Breakfast															
	Portion	Cals	Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-C	Sugars	Protn	Carb	T-Fat	S-Fat	Tr-Fat <sup>1</sup>
Total															
Dutch Waffle, Powdered Sugar	1 each	308	20	350	3.00	1.80	40.0	0	0.0	*2	4.0	45.08	13.0	3.00	*0.00
SCRAMBLED EGGS	1/4 CUP	82	215	144	0.00	0.74	50.0	321	0.1	*N/A*	7.01	1.64	5.07	1.57	*N/A*
TOAST, Whole Grain	SLICE	104	*0	314	1.00	1.80	21.4	*168	0.01	*0	4.04	13.04	4.78	*0.66	*0.00
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Margarine: individual	PAT	85	*N/A*	75	*N/A*	*N/A*	*N/A*	500	*N/A*	*N/A*	0.01	0.08	9.56	2.34	0.46
CEREAL,VARIETY, 2 oz.	2 oz. bowl	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	115	0	170	2.00	8.10	80.0	450	4.5	10	2.0	23.75	1.62	0.13	0.00
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, BROWN SUGAR CI NNAMO	1 Each	198	0	159	5.14	1.80	10.0	499	5.99	*N/A*	2.64	34.33	6.29	2.00	0.08
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average		464	*39	440	*5.19	*3.50	*292.6	*652	*37.04	*29	11.37	82.38	11.34	*2.70	*0.00
% of Calories										*24.7%	9.8%	71.0%	22.0%	*5.2%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<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  
 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.

# Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

Page 5

Generated on: 03/26/2018 8:49:24 AM

	Portion Size	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 - 04/12/2018															
Breakfast	Total														
Pancake & Sausage on Stick	2.85 oz.	200	25	310	3.00	1.80	20.0	0	0.0	4	7.0	17.0	10.0	2.50	0.00
SYRUP,PANCAKE	1 TBSP	46	0	16	0.00	0.01	0.6	0	0.0	4	0.0	12.06	0.0	0.00	*N/A*
CEREAL,VARIETY, 2 oz.	2 oz. bowl	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	115	0	170	2.00	8.10	80.0	450	4.5	10	2.0	23.75	1.62	0.13	0.00
TOAST, Whole Grain	SLICE	104	*0	314	1.00	1.80	21.4	*168	0.01	*0	4.04	13.04	4.78	*0.66	*0.00
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Margarine: individual	PAT	85	*N/A*	75	*N/A*	*N/A*	*N/A*	500	*N/A*	*N/A*	0.01	0.08	9.56	2.34	0.46
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	190	0	154	5.19	1.80	7.5	499	0.0	*N/A*	2.44	35.38	4.99	1.60	0.07
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average		1499	*46	1763	*19.94	*34.73	*985.2	*3077	*54.51	*77	38.99	246.06	42.80	*11.14	*0.53
% of Calories										*20.6%	10.4%	65.7%	25.7%	*6.7%	*0.3%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Fri - 04/13/2018															
Breakfast	Total														
Strawberry Mini Bagel	2.43 oz.	240	10	180	2.00	1.08	20.0	0	1.2	13	6.0	41.0	6.0	2.50	0.00
Biscuit & Gravy	serving	280	0	610	2.00	1.08	100.0	0	0.0	5	5.0	37.0	13.0	6.50	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	115	0	170	2.00	8.10	80.0	450	4.5	10	2.0	23.75	1.62	0.13	0.00
TOAST, Whole Grain	SLICE	104	*0	314	1.00	1.80	21.4	*168	0.01	*0	4.04	13.04	4.78	*0.66	*0.00
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Margarine: individual	PAT	85	*N/A*	75	*N/A*	*N/A*	*N/A*	500	*N/A*	*N/A*	0.01	0.08	9.56	2.34	0.46
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, BROWN SUGAR CI NNAMO	1 Each	198	0	159	5.14	1.80	10.0	499	5.99	*N/A*	2.64	34.33	6.29	2.00	0.08
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00

\*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  
 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.**

# Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

Page 6

Generated on: 03/26/2018 8:49:24 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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)
Weighted Daily Average		1781	*31	2232	*20.89	*35.08	*1087.1	*3077	*61.70	*87	43.19	293.95	53.10	*18.04	*0.54
% of Calories										*19.5%	9.7%	66.0%	26.8%	*9.1%	*0.3%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Mon - 04/16/2018															
	Portion	Cals	Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-C	Sugars	Protn	Carb	T-Fat	S-Fat	Tr-Fat <sup>1</sup>
Breakfast	Total														
Mini Blueberry Waffle	2.47 oz	210	*N/A*	170	3.00	0.72	20.0	*N/A*	*N/A*	12	4.0	37.01	6.0	1.00	*N/A*
Biscuit, w/Ham, Ele & High	1 each	228	15	1044	0.55	1.48	16.4	2	0.0	0	10.06	23.1	10.71	2.61	0.01
CEREAL,VARIETY, 2 oz.	2 oz. bowl	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	115	0	170	2.00	8.10	80.0	450	4.5	10	2.0	23.75	1.62	0.13	0.00
TOAST, Whole Grain	SLICE	104	*0	314	1.00	1.80	21.4	*168	0.01	*0	4.04	13.04	4.78	*0.66	*0.00
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Margarine: individual	PAT	85	*N/A*	75	*N/A*	*N/A*	*N/A*	500	*N/A*	*N/A*	0.01	0.08	9.56	2.34	0.46
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	190	0	154	5.19	1.80	7.5	499	0.0	*N/A*	2.44	35.38	4.99	1.60	0.07
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Milk, Chocolate, Fat Free	1 cup	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average		2056	*55	3043	*20.49	*35.33	*1905.5	*4561	*57.44	*90	70.19	338.74	51.49	*13.54	*0.53
% of Calories										*17.4%	13.7%	65.9%	22.5%	*5.9%	*0.2%
Nutrient Guideline		450-500		540									<=10.0	<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  
 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.

# Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

Page 7

Generated on: 03/26/2018 8:49:24 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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)
Tue - 04/17/2018															
Breakfast															
	Total														
Biscuit, Chicken, Large	1 each	320	30	600	3.00	2.16	120.0	0	0.0	4	15.0	35.0	13.0	5.00	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	115	0	170	2.00	8.10	80.0	450	4.5	10	2.0	23.75	1.62	0.13	0.00
TOAST, Whole Grain	SLICE	104	*0	314	1.00	1.80	21.4	*168	0.01	*0	4.04	13.04	4.78	*0.66	*0.00
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Margarine: individual	PAT	85	*N/A*	75	*N/A*	*N/A*	*N/A*	500	*N/A*	*N/A*	0.01	0.08	9.56	2.34	0.46
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, BROWN SUGAR CI	1 Each	198	0	159	5.14	1.80	10.0	499	5.99	*N/A*	2.64	34.33	6.29	2.00	0.08
NNAMO															
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average		1590	*51	2123	*19.91	*35.12	*1088.5	*3125	*60.87	*75	47.28	253.42	47.11	*14.04	*0.54
% of Calories										*18.8%	11.9%	63.7%	26.7%	*7.9%	*0.3%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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)
Wed - 04/18/2018															
Breakfast															
	Total														
Muffin, Chocolate Chip	4 oz.	340	40	260	3.00	1.80	40.0	0	0.0	29	5.0	56.0	11.0	2.00	0.00
Biscuit & Gravy	serving	280	0	610	2.00	1.08	100.0	0	0.0	5	5.0	37.0	13.0	6.50	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	115	0	170	2.00	8.10	80.0	450	4.5	10	2.0	23.75	1.62	0.13	0.00
TOAST, Whole Grain	SLICE	104	*0	314	1.00	1.80	21.4	*168	0.01	*0	4.04	13.04	4.78	*0.66	*0.00
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Margarine: individual	PAT	85	*N/A*	75	*N/A*	*N/A*	*N/A*	500	*N/A*	*N/A*	0.01	0.08	9.56	2.34	0.46
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, BROWN SUGAR CI	1 Each	198	0	159	5.14	1.80	10.0	499	5.99	*N/A*	2.64	34.33	6.29	2.00	0.08
NNAMO															
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00

\*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  
 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.**

Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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)
Weighted Daily Average		1881	*61	2312	*21.89	*35.80	*1107.1	*3077	*60.50	*103	42.18	308.95	58.10	*17.54	*0.54
% of Calories										*21.9%	9.0%	65.7%	27.8%	*8.4%	*0.3%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Thu - 04/19/2018															
Breakfast	Total														
Cinnamon Bagel	2.43 oz	240	10	180	2.00	1.44	20.0	100	*N/A*	13	6.0	41.0	6.0	2.50	0.00
Pizza, Breakfast, Tony's Live	3.31 oz.	210	15	480	3.00	1.80	150.0	300	0.0	*N/A*	10.0	27.0	8.0	2.00	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	115	0	170	2.00	8.10	80.0	450	4.5	10	2.0	23.75	1.62	0.13	0.00
TOAST, Whole Grain	SLICE	104	*0	314	1.00	1.80	21.4	*168	0.01	*0	4.04	13.04	4.78	*0.66	*0.00
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Margarine: individual	PAT	85	*N/A*	75	*N/A*	*N/A*	*N/A*	500	*N/A*	*N/A*	0.01	0.08	9.56	2.34	0.46
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	190	0	154	5.19	1.80	7.5	499	0.0	*N/A*	2.44	35.38	4.99	1.60	0.07
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average		1703	*46	2097	*21.94	*36.16	*1134.7	*3477	*54.51	*82	47.99	285.00	46.80	*13.14	*0.53
% of Calories										*19.3%	11.3%	66.9%	24.7%	*6.9%	*0.3%
Nutrient Guideline		450-500		540									<=10.0	<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  
 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.



**Patrick County Public Schools**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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 - 04/20/2018															
Breakfast															
	Total														
	Mini French Toast Cinnamon Rus	220	0	200	2.00	1.44	60.0	0	*N/A*	11	4.0	37.0	7.0	1.00	0.00
	French Toast Sticks	300	0	380	2.00	1.80	60.0	0	0.0	15	6.0	42.0	12.0	3.00	0.00
	SYRUP,PANCAKE	46	0	16	0.00	0.01	0.6	0	0.0	4	0.0	12.06	0.0	0.00	*N/A*
	CEREAL,VARIETY, 2 oz.	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
	CEREAL,VARIETY, 1 oz.	115	0	170	2.00	8.10	80.0	450	4.5	10	2.0	23.75	1.62	0.13	0.00
	TOAST, Whole Grain	104	*0	314	1.00	1.80	21.4	*168	0.01	*0	4.04	13.04	4.78	*0.66	*0.00
	JELLY	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
	Margarine: individual	85	*N/A*	75	*N/A*	*N/A*	*N/A*	500	*N/A*	*N/A*	0.01	0.08	9.56	2.34	0.46
	Cereal Bar	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
	POP-TARTS, BROWN SUGAR CINNAMON	198	0	159	5.14	1.80	10.0	499	5.99	*N/A*	2.64	34.33	6.29	2.00	0.08
	CHEESE,MOZZARELLA,STRING	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
	FRUIT JUICE,ASSORTED	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
	FRUIT,FRESH ASSORTED	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
	Milk, Chocolate, Fat Free	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
	Milk, Strawberry, Fat Free	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
	Milk, Vanilla, Fat Free	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
	MILK,1% Lowfat	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
Weighted Daily Average		2192	*40	2430	*20.89	*36.38	*1992.2	*4559	*63.43	*108	66.33	368.64	55.08	*14.33	*0.54
% of Calories										*19.7%	12.1%	67.3%	22.6%	*5.9%	*0.2%
Nutrient Guideline		450-500		540									<=10.0	<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  
 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.**

Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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)
Mon - 04/23/2018															
Breakfast	Total														
Dutch Waffle, Powdered Sugar	1 each	308	20	350	3.00	1.80	40.0	0	0.0	*2	4.0	45.08	13.0	3.00	*0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	115	0	170	2.00	8.10	80.0	450	4.5	10	2.0	23.75	1.62	0.13	0.00
TOAST, Whole Grain	SLICE	104	*0	314	1.00	1.80	21.4	*168	0.01	*0	4.04	13.04	4.78	*0.66	*0.00
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Margarine: individual	PAT	85	*N/A*	75	*N/A*	*N/A*	*N/A*	500	*N/A*	*N/A*	0.01	0.08	9.56	2.34	0.46
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	190	0	154	5.19	1.80	7.5	499	0.0	*N/A*	2.44	35.38	4.99	1.60	0.07
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average		1561	*41	1787	*19.94	*34.72	*1004.7	*3077	*54.51	*71	35.99	262.08	45.80	*11.64	*0.53
% of Calories										*18.2%	9.2%	67.2%	26.4%	*6.7%	*0.3%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Tue - 04/24/2018															
Breakfast	Total														
Mini Cinnamon Rolls	2.3 oz.	240	0	300	2.00	1.44	40.0	0	0.0	15	5.0	40.0	8.0	2.00	0.00
SCRAMBLED EGGS	1/4 CUP	82	215	144	0.00	0.74	50.0	321	0.1	*N/A*	7.01	1.64	5.07	1.57	*N/A*
TOAST, Whole Grain	SLICE	104	*0	314	1.00	1.80	21.4	*168	0.01	*0	4.04	13.04	4.78	*0.66	*0.00
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Margarine: individual	PAT	85	*N/A*	75	*N/A*	*N/A*	*N/A*	500	*N/A*	*N/A*	0.01	0.08	9.56	2.34	0.46
CEREAL,VARIETY, 2 oz.	2 oz. bowl	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	115	0	170	2.00	8.10	80.0	450	4.5	10	2.0	23.75	1.62	0.13	0.00
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	190	0	154	5.19	1.80	7.5	499	0.0	*N/A*	2.44	35.38	4.99	1.60	0.07
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average		1575	*236	1881	*18.94	*35.10	*1054.7	*3398	*54.61	*84	44.00	258.64	45.87	*12.21	*0.53
% of Calories										*21.3%	11.2%	65.7%	26.2%	*7.0%	*0.3%
Nutrient Guideline		450-500		540									<=10.0	<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  
 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.

# Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

Page 11

Generated on: 03/26/2018 8:49:25 AM

	Portion Size	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>Wed - 04/25/2018</b>															
Breakfast	Total														
Donut, Glazed	2.3	316	0	300	2.82	0.71	14.1	10	0.0	16	5.0	39.06	15.0	7.00	*0.00
Biscuit, w/Ham, Ele & High	1 each	228	15	1044	0.55	1.48	16.4	2	0.0	0	10.06	23.1	10.71	2.61	0.01
CEREAL,VARIETY, 2 oz.	2 oz. bowl	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	115	0	170	2.00	8.10	80.0	450	4.5	10	2.0	23.75	1.62	0.13	0.00
TOAST, Whole Grain	SLICE	104	*0	314	1.00	1.80	21.4	*168	0.01	*0	4.04	13.04	4.78	*0.66	*0.00
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Margarine: individual	PAT	85	*N/A*	75	*N/A*	*N/A*	*N/A*	500	*N/A*	*N/A*	0.01	0.08	9.56	2.34	0.46
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, BROWN SUGAR CI NNAMO	1 Each	198	0	159	5.14	1.80	10.0	499	5.99	*N/A*	2.64	34.33	6.29	2.00	0.08
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average		1805	*36	2786	*20.26	*35.11	*997.6	*3089	*60.50	*85	47.25	278.12	59.81	*18.65	*0.55
% of Calories										*18.8%	10.5%	61.6%	29.8%	*9.3%	*0.3%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

<b>Thu - 04/26/2018</b>															
Breakfast	Total														
BISCUITS W/SAUSAGE, Large	1 EACH	290	20	570	2.00	1.44	120.0	0	0.0	*3	11.0	28.0	15.0	6.50	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	115	0	170	2.00	8.10	80.0	450	4.5	10	2.0	23.75	1.62	0.13	0.00
TOAST, Whole Grain	SLICE	104	*0	314	1.00	1.80	21.4	*168	0.01	*0	4.04	13.04	4.78	*0.66	*0.00
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Margarine: individual	PAT	85	*N/A*	75	*N/A*	*N/A*	*N/A*	500	*N/A*	*N/A*	0.01	0.08	9.56	2.34	0.46
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	190	0	154	5.19	1.80	7.5	499	0.0	*N/A*	2.44	35.38	4.99	1.60	0.07
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00

\*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

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.**

# Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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)
Weighted Daily Average		1555	*41	2143	*19.16	*34.48	*1089.2	*3130	*54.90	*74	43.27	247.75	47.98	*15.16	*0.53
% of Calories										*19.0%	11.1%	63.7%	27.8%	*8.8%	*0.3%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Fri - 04/27/2018															
Breakfast	Total														
Muffins, Blueberry	4 oz.	310	35	250	2.00	1.80	40.0	100	1.2	25	5.0	51.0	10.0	1.00	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	115	0	170	2.00	8.10	80.0	450	4.5	10	2.0	23.75	1.62	0.13	0.00
TOAST, Whole Grain	SLICE	104	*0	314	1.00	1.80	21.4	*168	0.01	*0	4.04	13.04	4.78	*0.66	*0.00
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Margarine: individual	PAT	85	*N/A*	75	*N/A*	*N/A*	*N/A*	500	*N/A*	*N/A*	0.01	0.08	9.56	2.34	0.46
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, BROWN SUGAR CI	1 Each	198	0	159	5.14	1.80	10.0	499	5.99	*N/A*	2.64	34.33	6.29	2.00	0.08
NNAMO															
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average		1571	*56	1692	*18.89	*34.72	*1007.1	*3177	*61.70	*94	37.18	266.95	44.10	*10.04	*0.54
% of Calories										*23.9%	9.5%	68.0%	25.3%	*5.8%	*0.3%
Nutrient Guideline		450-500		540									<=10.0	<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

<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.

Patrick County Public Schools

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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)
Mon - 04/30/2018															
Breakfast															
	Total														
Biscuit, Chicken, Large	1 each	320	30	600	3.00	2.16	120.0	0	0.0	4	15.0	35.0	13.0	5.00	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	115	0	170	2.00	8.10	80.0	450	4.5	10	2.0	23.75	1.62	0.13	0.00
TOAST, Whole Grain	SLICE	104	*0	314	1.00	1.80	21.4	*168	0.01	*0	4.04	13.04	4.78	*0.66	*0.00
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Margarine: individual	PAT	85	*N/A*	75	*N/A*	*N/A*	*N/A*	500	*N/A*	*N/A*	0.01	0.08	9.56	2.34	0.46
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, BROWN SUGAR CI	1 Each	198	0	159	5.14	1.80	10.0	499	5.99	*N/A*	2.64	34.33	6.29	2.00	0.08
NNAMO															
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
Milk, Chocolate, Fat Free	1 cup	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average		1955	*70	2516	*19.91	*35.32	*1992.9	*4606	*63.80	*83	71.42	315.05	49.08	*15.33	*0.54
% of Calories										*17.1%	14.6%	64.4%	22.6%	*7.1%	*0.2%
Nutrient Guideline		450-500		540									<=10.0	<10.00	
Weighted Average		1385	*50	1738	*16.02	*26.70	*1002.2	*2722	*52.36	*71	39.10	228.08	38.79	*11.23	*0.39
										*45.9%	11.3%	65.9%	25.2%	*7.3%	*0.3%

\*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.

**Patrick County Public Schools**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	1385		450 - 500	277%			885	Correction Required - Calories too High									
Cholesterol (mg)	50				Missing												
Sodium (mg)	1738		540				1198	Correction Required - Sodium too High									
Fiber (g)	16.02				Missing												
Iron (mg)	26.70				Missing												
Calcium (mg)	1002.2				Missing												
Vitamin A (IU)	2722				Missing												
Sugars (g)	71	20.40%			Missing												
Vitamin C (mg)	52.36				Missing												
Protein (g)	39.10	11.29%															
Carbohydrate (g)	228.08	65.86%															
Total Fat (g)	38.79	25.20%	<=10.00%					Correction Required - Total Fat too High									
Saturated Fat (g)	11.23	7.30%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.39	0.25%			Missing												

\*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.