

Patrick County Public Schools

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Breakfast

Weighted Values - Detailed

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	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 ¹ (g)
Mon - 08/14/2017															
Breakfast															
Apple Pie Pocket	Total														
	2.29	97	0	120	0.92	*N/A*	*N/A*	0	0.0	5	2.31	16.62	2.77	0.46	0.00
Biscuit & Gravy	serving	86	0	188	0.62	0.33	30.8	0	0.0	2	1.54	11.38	4.0	2.00	0.00
TOAST, Whole Grain	SLICE	4	*0	12	0.04	0.07	0.8	*6	0.0	*0	0.16	0.5	0.18	*0.03	*0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	4	0	7	0.08	0.31	3.1	17	0.17	0	0.08	0.91	0.06	0.00	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	16	0	20	0.33	1.29	9.0	45	0.54	1	0.36	3.54	0.14	0.00	0.00
Cereal Bar	1.3 oz.	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
CHEESE,MOZZARELLA,STRING	1 each	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	33	0	2	0.15	0.13	6.8	31	12.7	7	0.25	8.11	0.09	0.01	0.00
MILK, Chocolate, Fat Free	HALF PINT	80	3	117	0.00	0.22	184.6	308	0.74	*N/A*	4.92	15.38	0.0	0.00	0.00
MILK, Strawberry, Fat Free	HALF PINT	8	0	7	0.00	0.00	17.3	29	0.0	*N/A*	0.46	1.33	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	9	0	10	0.00	0.00	23.1	38	0.18	*N/A*	0.62	1.69	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	4	0	4	0.00	0.00	11.7	18	0.0	0	0.32	0.47	0.09	0.06	*N/A*
JELLY	1 TBSP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	*N/A*
Weighted Daily Average		342	*4	486	2.13	*2.36	*287.2	*493	14.33	*16	11.00	59.94	7.33	*2.56	*0.00
% of Calories										*18.4%	12.9%	70.1%	19.3%	*6.7%	*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

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Breakfast

Weighted Values - Detailed

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	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 ¹ (g)
Tue - 08/15/2017															
Breakfast															
	Total														
Dutch Waffle, Powdered Sugar	1 each	201	13	229	1.96	1.18	26.2	0	0.0	*1	2.62	29.47	8.5	1.96	*0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	9	0	13	0.15	0.62	6.2	35	0.35	1	0.15	1.83	0.12	0.01	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	16	0	20	0.33	1.29	9.0	45	0.54	1	0.36	3.54	0.14	0.00	0.00
TOAST, Whole Grain	SLICE	6	*0	18	0.06	0.10	1.2	*10	0.0	*0	0.23	0.75	0.28	*0.04	*0.00
Cereal Bar	1.3 oz.	3	0	3	0.02	0.07	3.8	0	0.0	*N/A*	0.04	0.54	0.07	0.00	0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	1	0	1	0.02	0.01	0.0	2	0.0	*N/A*	0.01	0.14	0.02	0.01	0.00
CHEESE,MOZZARELLA,STRING	1 each	2	0	3	0.00	0.00	4.0	3	0.0	*N/A*	0.14	0.02	0.11	0.07	*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
Milk, Chocolate, Fat Free	1 cup	60	2	88	0.00	0.17	138.5	231	0.55	*N/A*	3.69	11.54	0.0	0.00	0.00
MILK, Strawberry, Fat Free	HALF PINT	20	1	19	0.00	0.00	46.2	77	0.0	*N/A*	1.23	3.54	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	8	1	8	0.00	0.01	23.5	37	0.0	1	0.63	0.94	0.18	0.12	*N/A*
Milk, Vanilla, Fat Free	1 cup	9	0	10	0.00	0.00	23.1	38	0.18	*N/A*	0.62	1.69	0.0	0.00	0.00
JELLY	1 TBSP	2	0	0	0.01	0.00	0.1	0	0.01	0	0.0	0.56	0.0	0.00	*N/A*
Weighted Daily Average		402	*18	416	2.83	3.69	294.7	*536	26.09	*18	10.19	70.18	9.59	*2.23	*0.00
% of Calories										*18.1%	10.2%	69.9%	21.5%	*5.0%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Wed - 08/16/2017															
Breakfast															
	Total														
Biscuit, Chicken, Large	1 each	197	18	369	1.85	1.33	73.8	0	0.0	2	9.23	21.54	8.0	3.08	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	16	0	20	0.33	1.29	9.0	45	0.54	1	0.36	3.54	0.14	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	18	0	26	0.31	1.25	12.3	69	0.69	2	0.31	3.65	0.25	0.02	0.00
TOAST, Whole Grain	SLICE	6	*0	18	0.06	0.10	1.2	*10	0.0	*0	0.23	0.75	0.28	*0.04	*0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	11	0	9	0.30	0.10	0.4	29	0.0	*N/A*	0.14	2.04	0.29	0.09	0.00
CHEESE,MOZZARELLA,STRING	1 each	2	0	3	0.00	0.00	4.0	3	0.0	*N/A*	0.14	0.02	0.11	0.07	*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
Milk, Chocolate, Fat Free	1 cup	75	3	110	0.00	0.21	173.1	288	0.69	*N/A*	4.61	14.42	0.0	0.00	0.00
MILK, Strawberry, Fat Free	HALF PINT	5	0	5	0.00	0.00	11.5	19	0.0	*N/A*	0.31	0.88	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	18	0	19	0.00	0.00	46.2	77	0.37	*N/A*	1.23	3.38	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	4	0	4	0.00	0.00	11.7	18	0.0	0	0.32	0.47	0.09	0.06	*N/A*

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Breakfast

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	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 ¹ (g)
Weighted Daily Average		416	*23	588	3.13	4.53	356.4	*617	26.75	*19	17.35	66.33	9.32	*3.38	*0.00
% of Calories										*18.4%	16.7%	63.7%	20.1%	*7.3%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Thu - 08/17/2017															
Breakfast	Total														
Muffin, Banana	4 oz	167	32	205	1.62	2.42	134.6	538	1.29	15	3.23	28.54	4.85	1.08	0.00
Pizza, Breakfast, Tony's Live	3.31 oz.	97	7	222	1.38	0.83	69.2	138	0.0	*N/A*	4.62	12.46	3.69	0.92	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	4	0	5	0.08	0.32	2.2	11	0.13	0	0.09	0.88	0.04	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	2	0	3	0.04	0.16	1.5	9	0.09	0	0.04	0.46	0.03	0.00	0.00
TOAST, Whole Grain	SLICE	4	*0	12	0.04	0.07	0.8	*6	0.0	*0	0.16	0.5	0.18	*0.03	*0.00
POP-TARTS, STRAWBERRY, ONE SER	1.76 oz.	4	0	3	0.10	0.03	0.1	10	0.0	*N/A*	0.05	0.68	0.1	0.03	0.00
CHEESE,MOZZARELLA,STRING	1 each	2	0	3	0.00	0.00	4.0	3	0.0	*N/A*	0.14	0.02	0.11	0.07	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	50	0	4	0.22	0.19	10.1	45	18.81	10	0.36	12.02	0.13	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	17	0	0	0.67	0.06	3.9	40	4.08	3	0.2	4.34	0.06	0.01	0.00
Milk, Chocolate, Fat Free	1 cup	80	3	117	0.00	0.22	184.6	308	0.74	*N/A*	4.92	15.38	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	10	0	10	0.00	0.00	23.1	38	0.0	*N/A*	0.62	1.77	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	9	0	10	0.00	0.00	23.1	38	0.18	*N/A*	0.62	1.69	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	4	0	4	0.00	0.00	11.7	18	0.0	0	0.32	0.47	0.09	0.06	*N/A*
JELLY	1 TBSP	1	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.28	0.0	0.00	*N/A*
Weighted Daily Average		450	*44	597	4.16	4.31	469.1	*1204	25.33	*29	15.35	79.50	9.28	*2.22	*0.00
% of Calories										*25.9%	13.6%	70.7%	18.5%	*4.4%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Breakfast

Weighted Values - Detailed

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	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 ¹ (g)
Fri - 08/18/2017															
Breakfast	Total														
Cinnamon Bagel	2.43 oz	148	6	111	1.23	0.89	12.3	62	*N/A*	8	3.69	25.23	3.69	1.54	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	49	0	59	1.00	3.88	26.9	135	1.62	4	1.08	10.62	0.42	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	9	0	13	0.15	0.62	6.2	35	0.35	1	0.15	1.83	0.12	0.01	0.00
TOAST, Whole Grain	SLICE	4	*0	12	0.04	0.07	0.8	*6	0.0	*0	0.16	0.5	0.18	*0.03	*0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	7	0	6	0.20	0.07	0.3	19	0.0	*N/A*	0.09	1.36	0.19	0.06	0.00
CHEESE,MOZZARELLA,STRING	1 each	3	1	6	0.00	0.00	8.0	6	0.0	*N/A*	0.28	0.04	0.22	0.14	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	17	0	0	0.67	0.06	3.9	40	4.08	3	0.2	4.34	0.06	0.01	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	50	0	4	0.22	0.19	10.1	45	18.81	10	0.36	12.02	0.13	0.02	0.00
Milk, Chocolate, Fat Free	1 cup	80	3	117	0.00	0.22	184.6	308	0.74	*N/A*	4.92	15.38	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	15	1	14	0.00	0.00	34.6	58	0.0	*N/A*	0.92	2.65	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	32	1	34	0.00	0.00	80.8	135	0.65	*N/A*	2.15	5.92	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	4	0	4	0.00	0.00	11.7	18	0.0	0	0.32	0.47	0.09	0.06	*N/A*
JELLY	1 TBSP	2	0	0	0.01	0.00	0.1	0	0.01	0	0.0	0.56	0.0	0.00	*N/A*
Weighted Daily Average		420	*11	380	3.52	6.00	380.2	*866	*26.25	*27	14.34	80.93	5.12	*1.86	*0.00
% of Calories										*25.7%	13.7%	77.0%	11.0%	*4.0%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Mon - 08/21/2017															
Breakfast	Total														
Donut, Glazed	2.3	243	0	231	2.17	0.54	10.8	8	0.0	12	3.85	30.05	11.54	5.38	*0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	25	0	30	0.50	1.94	13.5	67	0.81	2	0.54	5.31	0.21	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	9	0	13	0.15	0.62	6.2	35	0.35	1	0.15	1.83	0.12	0.01	0.00
TOAST, Whole Grain	SLICE	6	*0	18	0.06	0.10	1.2	*10	0.0	*0	0.23	0.75	0.28	*0.04	*0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	11	0	9	0.30	0.10	0.4	29	0.0	*N/A*	0.14	2.04	0.29	0.09	0.00
CHEESE,MOZZARELLA,STRING	1 each	2	0	3	0.00	0.00	4.8	3	0.0	*N/A*	0.17	0.03	0.13	0.08	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	17	0	0	0.67	0.06	3.9	40	4.08	3	0.2	4.34	0.06	0.01	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	50	0	4	0.22	0.19	10.1	45	18.81	10	0.36	12.02	0.13	0.02	0.00
Milk, Chocolate, Fat Free	1 cup	80	3	117	0.00	0.22	184.6	308	0.74	*N/A*	4.92	15.38	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	15	1	14	0.00	0.00	34.6	58	0.0	*N/A*	0.92	2.65	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	23	0	24	0.00	0.00	57.7	96	0.46	*N/A*	1.54	4.23	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	4	0	4	0.00	0.00	11.7	18	0.0	0	0.32	0.47	0.09	0.06	*N/A*
JELLY	1 TBSP	1	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.28	0.0	0.00	*N/A*

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	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 ¹ (g)
Weighted Daily Average		485	*5	468	4.08	3.78	339.6	*717	25.25	*29	13.35	79.38	12.85	*5.70	*0.00
% of Calories										*24.0%	11.0%	65.5%	23.9%	*10.6%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Tue - 08/22/2017															
	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 ¹ (g)
Breakfast	Total														
BeneFIT Bar, Chocolate Chip	2.5 oz.	178	12	148	1.85	1.11	12.3	0	0.0	14	3.08	28.92	5.54	1.85	0.00
Biscuit & Gravy	serving	65	0	141	0.46	0.25	23.1	0	0.0	1	1.15	8.54	3.0	1.50	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	21	0	25	0.42	1.62	11.2	56	0.67	2	0.45	4.42	0.18	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	7	0	10	0.12	0.47	4.6	26	0.26	1	0.12	1.37	0.09	0.01	0.00
TOAST, Whole Grain	SLICE	6	*0	18	0.06	0.10	1.2	*10	0.0	*0	0.23	0.75	0.28	*0.04	*0.00
POP-TARTS, STRAWBERRY, ONE SER	1.76 oz.	4	0	3	0.10	0.03	0.1	10	0.0	*N/A*	0.05	0.68	0.1	0.03	0.00
CHEESE,MOZZARELLA,STRING	1 each	2	0	3	0.00	0.00	4.8	3	0.0	*N/A*	0.17	0.03	0.13	0.08	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	17	0	0	0.67	0.06	3.9	40	4.08	3	0.2	4.34	0.06	0.01	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	40	0	3	0.17	0.15	8.1	36	15.05	8	0.29	9.61	0.1	0.01	0.00
Milk, Chocolate, Fat Free	1 cup	80	3	117	0.00	0.22	184.6	308	0.74	*N/A*	4.92	15.38	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	15	1	14	0.00	0.00	34.6	58	0.0	*N/A*	0.92	2.65	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	14	0	14	0.00	0.00	34.6	58	0.28	*N/A*	0.92	2.54	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	4	0	4	0.00	0.00	11.7	18	0.0	0	0.32	0.47	0.09	0.06	*N/A*
JELLY	1 TBSP	2	0	0	0.01	0.00	0.1	0	0.01	0	0.0	0.56	0.0	0.00	*N/A*
Weighted Daily Average		453	*17	501	3.85	4.01	334.9	*623	21.09	*29	12.82	80.28	9.57	*3.59	*0.00
% of Calories										*25.7%	11.3%	70.8%	19.0%	*7.1%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Patrick County Public Schools

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Breakfast

Weighted 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 ¹ (g)
Wed - 08/23/2017															
Breakfast															
	Total														
BISCUITS W/SAUSAGE, Large	1 EACH	178	12	351	1.23	0.89	73.8	0	0.0	*2	6.77	17.23	9.23	4.00	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	49	0	59	1.00	3.88	26.9	135	1.62	4	1.08	10.62	0.42	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	13	0	20	0.23	0.93	9.2	52	0.52	1	0.23	2.74	0.19	0.01	0.00
TOAST, Whole Grain	SLICE	4	*0	12	0.04	0.07	0.8	*6	0.0	*0	0.16	0.5	0.18	*0.03	*0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	4	0	3	0.10	0.03	0.1	10	0.0	*N/A*	0.05	0.68	0.1	0.03	0.00
CHEESE,MOZZARELLA,STRING	1 each	2	0	3	0.00	0.00	4.0	3	0.0	*N/A*	0.14	0.02	0.11	0.07	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	28	0	0	1.12	0.09	6.4	67	6.8	5	0.34	7.23	0.1	0.02	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	40	0	3	0.17	0.15	8.1	36	15.05	8	0.29	9.61	0.1	0.01	0.00
Milk, Chocolate, Fat Free	1 cup	70	3	102	0.00	0.19	161.5	269	0.65	*N/A*	4.31	13.46	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	15	1	14	0.00	0.00	34.6	58	0.0	*N/A*	0.92	2.65	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	9	0	10	0.00	0.00	23.1	38	0.18	*N/A*	0.62	1.69	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	1	0	1	0.00	0.00	2.3	4	0.0	0	0.06	0.09	0.02	0.01	*N/A*
JELLY	1 TBSP	2	0	0	0.01	0.00	0.0	0	0.01	0	0.0	0.4	0.0	0.00	*N/A*
Weighted Daily Average		414	*16	578	3.90	6.24	351.1	*678	24.82	*21	14.96	66.93	10.46	*4.19	*0.00
% of Calories										*20.0%	14.4%	64.6%	22.7%	*9.1%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Patrick County Public Schools

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Breakfast

Weighted 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 ¹ (g)
Thu - 08/24/2017															
Breakfast															
	Total														
Mini French Toast Cinnamon Rus	2.64 oz	135	0	123	1.23	0.89	36.9	0	*N/A*	7	2.46	22.77	4.31	0.62	0.00
French Toast Sticks	4 piece	69	0	88	0.46	0.42	13.8	0	0.0	3	1.38	9.69	2.77	0.69	0.00
SYRUP,PANCAKE	1 TBSP	11	0	4	0.00	0.00	0.1	0	0.0	1	0.0	2.78	0.0	0.00	*N/A*
CEREAL,VARIETY, 2 oz.	2 oz. bowl	16	0	20	0.33	1.29	9.0	45	0.54	1	0.36	3.54	0.14	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	9	0	13	0.15	0.62	6.2	35	0.35	1	0.15	1.83	0.12	0.01	0.00
TOAST, Whole Grain	SLICE	4	*0	12	0.04	0.07	0.8	*6	0.0	*0	0.16	0.5	0.18	*0.03	*0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	7	0	6	0.20	0.07	0.3	19	0.0	*N/A*	0.09	1.36	0.19	0.06	0.00
CHEESE,MOZZARELLA,STRING	1 each	2	0	3	0.00	0.00	4.0	3	0.0	*N/A*	0.14	0.02	0.11	0.07	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	17	0	0	0.67	0.06	3.9	40	4.08	3	0.2	4.34	0.06	0.01	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	50	0	4	0.22	0.19	10.1	45	18.81	10	0.36	12.02	0.13	0.02	0.00
Milk, Chocolate, Fat Free	1 cup	80	3	117	0.00	0.22	184.6	308	0.74	*N/A*	4.92	15.38	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	15	1	14	0.00	0.00	34.6	58	0.0	*N/A*	0.92	2.65	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	14	0	14	0.00	0.00	34.6	58	0.28	*N/A*	0.92	2.54	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	4	0	4	0.00	0.00	11.7	18	0.0	0	0.32	0.47	0.09	0.06	*N/A*
JELLY	1 TBSP	1	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.28	0.0	0.00	*N/A*
Weighted Daily Average		434	*5	422	3.31	3.83	350.7	*635	*24.80	*27	12.40	80.18	8.11	*1.56	*0.00
% of Calories										*25.2%	11.4%	74.0%	16.8%	*3.2%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Patrick County Public Schools

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Breakfast

Weighted 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 ¹ (g)
Fri - 08/25/2017															
Breakfast															
	Total														
Muffin, Orange Dream	4 oz.	254	31	208	1.54	1.38	30.8	77	0.0	22	3.85	42.31	7.69	1.15	0.00
SCRAMBLED EGGS	1/4 CUP	6	17	11	0.00	0.06	3.8	25	0.01	*N/A*	0.54	0.13	0.39	0.12	*N/A*
TOAST, Whole Grain	SLICE	16	*0	48	0.15	0.28	3.3	*26	0.0	*0	0.62	2.01	0.74	*0.10	*0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	16	0	20	0.33	1.29	9.0	45	0.54	1	0.36	3.54	0.14	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	9	0	13	0.15	0.62	6.2	35	0.35	1	0.15	1.83	0.12	0.01	0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	7	0	6	0.20	0.07	0.3	19	0.0	*N/A*	0.09	1.36	0.19	0.06	0.00
CHEESE,MOZZARELLA,STRING	1 each	3	1	6	0.00	0.00	8.0	6	0.0	*N/A*	0.28	0.04	0.22	0.14	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	50	0	4	0.22	0.19	10.1	45	18.81	10	0.36	12.02	0.13	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	17	0	0	0.67	0.06	3.9	40	4.08	3	0.2	4.34	0.06	0.01	0.00
Milk, Chocolate, Fat Free	1 cup	80	3	117	0.00	0.22	184.6	308	0.74	*N/A*	4.92	15.38	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	15	1	14	0.00	0.00	34.6	58	0.0	*N/A*	0.92	2.65	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	18	0	19	0.00	0.00	46.2	77	0.37	*N/A*	1.23	3.38	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	4	0	4	0.00	0.00	11.7	18	0.0	0	0.32	0.47	0.09	0.06	*N/A*
JELLY	1 TBSP	4	0	0	0.02	0.00	0.1	0	0.01	1	0.0	1.13	0.0	0.00	*N/A*
Weighted Daily Average		500	*52	471	3.29	4.18	352.5	*778	24.91	*38	13.86	90.59	9.78	*1.67	*0.00
% of Calories										*30.6%	11.1%	72.5%	17.6%	*3.0%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Patrick County Public Schools

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Breakfast

Weighted 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 ¹ (g)
Mon - 08/28/2017															
Breakfast															
	Total														
Corn Dog Nuggets, 3	3 nuggets	125	17	194	2.08	1.25	13.8	0	0.0	3	4.15	10.38	6.23	1.73	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	33	0	39	0.67	2.58	17.9	90	1.08	3	0.72	7.08	0.28	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	18	0	26	0.31	1.25	12.3	69	0.69	2	0.31	3.65	0.25	0.02	0.00
TOAST, Whole Grain	SLICE	16	*0	48	0.15	0.28	3.3	*26	0.0	*0	0.62	2.01	0.74	*0.10	*0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	22	0	18	0.60	0.21	0.9	58	0.0	*N/A*	0.28	4.08	0.58	0.18	0.01
CHEESE,MOZZARELLA,STRING	1 each	7	1	12	0.00	0.01	15.9	11	0.0	*N/A*	0.57	0.08	0.44	0.28	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	28	0	0	1.12	0.09	6.4	67	6.8	5	0.34	7.23	0.1	0.02	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	40	0	3	0.17	0.15	8.1	36	15.05	8	0.29	9.61	0.1	0.01	0.00
Milk, Chocolate, Fat Free	1 cup	100	4	146	0.00	0.28	230.8	385	0.92	*N/A*	6.15	19.23	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	15	1	14	0.00	0.00	34.6	58	0.0	*N/A*	0.92	2.65	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	9	0	10	0.00	0.00	23.1	38	0.18	*N/A*	0.62	1.69	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	4	0	4	0.00	0.00	11.7	18	0.0	0	0.32	0.47	0.09	0.06	*N/A*
JELLY	1 TBSP	4	0	0	0.02	0.00	0.1	0	0.01	1	0.0	1.13	0.0	0.00	*N/A*
KETCHUP: individual	Pkt 6g	3	0	31	0.01	0.01	0.5	18	0.14	1	0.04	0.95	0.0	0.00	0.00
MUSTARD: individual PC	Pkt 5g	1	0	13	0.05	0.02	0.7	1	0.0	0	0.04	0.07	0.04	0.00	0.00
Weighted Daily Average		424	*24	559	5.17	6.13	380.3	*876	24.89	*22	15.37	70.32	8.85	*2.41	*0.01
% of Calories										*21.1%	14.5%	66.4%	18.8%	*5.1%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Patrick County Public Schools

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Breakfast

Weighted 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 ¹ (g)
Tue - 08/29/2017															
Breakfast															
	Total														
Muffins, Blueberry	4 oz.	238	27	192	1.54	1.38	30.8	77	0.92	19	3.85	39.23	7.69	0.77	0.00
Biscuit & Gravy	serving	43	0	94	0.31	0.17	15.4	0	0.0	1	0.77	5.69	2.0	1.00	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	8	0	10	0.17	0.65	4.5	22	0.27	1	0.18	1.77	0.07	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	4	0	7	0.08	0.31	3.1	17	0.17	0	0.08	0.91	0.06	0.00	0.00
TOAST, Whole Grain	SLICE	4	*0	12	0.04	0.07	0.8	*6	0.0	*0	0.16	0.5	0.18	*0.03	*0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	7	0	6	0.20	0.07	0.3	19	0.0	*N/A*	0.09	1.36	0.19	0.06	0.00
CHEESE,MOZZARELLA,STRING	1 each	2	0	3	0.00	0.00	4.8	3	0.0	*N/A*	0.17	0.03	0.13	0.08	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	17	0	0	0.67	0.06	3.9	40	4.08	3	0.2	4.34	0.06	0.01	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	50	0	4	0.22	0.19	10.1	45	18.81	10	0.36	12.02	0.13	0.02	0.00
Milk, Chocolate, Fat Free	1 cup	100	4	146	0.00	0.28	230.8	385	0.92	*N/A*	6.15	19.23	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	15	1	14	0.00	0.00	34.6	58	0.0	*N/A*	0.92	2.65	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	9	0	10	0.00	0.00	23.1	38	0.18	*N/A*	0.62	1.69	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	2	0	2	0.00	0.00	5.9	9	0.0	0	0.16	0.23	0.05	0.03	*N/A*
JELLY	1 TBSP	1	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.28	0.0	0.00	*N/A*
Weighted Daily Average		501	*32	500	3.22	3.17	367.9	*721	25.37	*35	13.71	89.94	10.57	*2.00	*0.00
% of Calories										*27.8%	10.9%	71.8%	19.0%	*3.6%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Wed - 08/30/2017															
Breakfast															
	Total														
Biscuit, Chicken, Large	1 each	246	23	462	2.31	1.66	92.3	0	0.0	3	11.54	26.92	10.0	3.85	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	33	0	39	0.67	2.58	17.9	90	1.08	3	0.72	7.08	0.28	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	4	0	7	0.08	0.31	3.1	17	0.17	0	0.08	0.91	0.06	0.00	0.00
TOAST, Whole Grain	SLICE	4	*0	12	0.04	0.07	0.8	*6	0.0	*0	0.16	0.5	0.18	*0.03	*0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	7	0	6	0.20	0.07	0.3	19	0.0	*N/A*	0.09	1.36	0.19	0.06	0.00
CHEESE,MOZZARELLA,STRING	1 each	2	0	3	0.00	0.00	4.8	3	0.0	*N/A*	0.17	0.03	0.13	0.08	*N/A*
FRUIT,FRESH ASSORTED	1 EACH	17	0	0	0.67	0.06	3.9	40	4.08	3	0.2	4.34	0.06	0.01	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	50	0	4	0.22	0.19	10.1	45	18.81	10	0.36	12.02	0.13	0.02	0.00
Milk, Chocolate, Fat Free	1 cup	100	4	146	0.00	0.28	230.8	385	0.92	*N/A*	6.15	19.23	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	15	1	14	0.00	0.00	34.6	58	0.0	*N/A*	0.92	2.65	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	5	0	5	0.00	0.00	11.5	19	0.09	*N/A*	0.31	0.85	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	4	0	4	0.00	0.00	11.7	18	0.0	0	0.32	0.47	0.09	0.06	*N/A*

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Patrick County Public Schools

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Breakfast

Weighted Values - Detailed

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	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 ¹ (g)
Weighted Daily Average		487	*28	702	4.18	5.22	421.8	*701	25.16	*20	21.02	76.36	11.13	*4.11	*0.00
% of Calories										*16.4%	17.3%	62.8%	20.6%	*7.6%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Thu - 08/31/2017															
	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 ¹ (g)
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
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
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, 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		1649	*255	2042	17.73	31.67	1757.6	*4379	57.35	*82	66.10	277.50	34.78	*11.16	*0.07
% of Calories										*19.8%	16.0%	67.3%	19.0%	*6.1%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Weighted Average		527	*38	622	4.61	*6.37	*460.3	*987	*26.60	*29	17.99	90.60	11.19	*3.47	*0.01
										*50.3%	13.7%	68.8%	19.1%	*5.9%	*0.0%

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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Patrick County Public Schools

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Breakfast

Weighted 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 ¹ (g)	Error Messages (if any)	
Calories	527		450 - 500		105%				27								Correction Required - Calories too High	
Cholesterol (mg)	38					Missing												
Sodium (mg)	622		540						82								Correction Required - Sodium too High	
Fiber (g)	4.61																	
Iron (mg)	6.37					Missing												
Calcium (mg)	460.3					Missing												
Vitamin A (IU)	987					Missing												
Sugars (g)	29	22.37%				Missing												
Vitamin C (mg)	26.60					Missing												
Protein (g)	17.99	13.65%																
Carbohydrate (g)	90.60	68.77%																
Total Fat (g)	11.19	19.12%		<=10.00%														Correction Required - Total Fat too High
Saturated Fat (g)	3.47	5.93%		<10.00%		Missing												
Trans Fat ¹ (g)	0.01	0.01%				Missing												

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