

# Patrick County Public Schools

Aug 11, 2020 thru Aug 31, 2020

## Base Menu Spreadsheet

Breakfast

### 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)
Tue - 08/11/2020																
Breakfast	Total	1														
MANAGER'S CHOICE	SERVING	1	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											<10.00

Thu - 08/13/2020																
Breakfast	Total	1														
MANAGER'S CHOICE	SERVING	1	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											<10.00

Fri - 08/14/2020																
Breakfast	Total	1														
MANAGER'S CHOICE	SERVING	1	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											<10.00

Mon - 08/17/2020																
Breakfast	Total	1800														
BeneFIT Bar, Chocolate Chip	2.5 oz.	1500	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
CEREAL, VARIETY, 2 oz.	2 oz. bowl	300	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
Juice 100% 4.23 oz. shelf stab	4.23	1800	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
MILK - Variety	HALF PINT	1800	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			475	23	408	3.22	4.53	466.7	594	91.84	*26	13.02	87.38	8.20	2.76	*0.00
% of Calories											*22.2%	11.0%	73.6%	15.5%	5.2%	*0.0%
Nutrient Guideline			450-500		540											<10.00

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Breakfast

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 08/18/2020																
Breakfast	Total	1800														
BISCUITS W/SAUSAGE, Large	1 EACH	1400	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	400	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
Juice 100% 4.23 oz. shelf stab	4.23	1800	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
MILK - Variety	HALF PINT	1500	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			451	21	639	2.52	5.04	499.7	544	92.12	*11	16.33	69.12	12.40	5.27	*0.00
% of Calories											*9.4%	14.5%	61.3%	24.8%	10.5%	*0.0%
Nutrient Guideline			450-500		540											<10.00

Thu - 08/20/2020																
Breakfast	Total	1800														
Bagel, WG Blueberry #696	2 oz.	1400	140	0	220	2.00	1.44	40.0	0	0.0	5	5.0	29.0	1.0	0.00	0.00
Cream Cheese, Portion Cup	1 each	1400	90	24	143	0.00	0.00	20.0	200	0.0	2	2.0	2.0	8.0	5.00	0.00
CEREAL, VARIETY, 2 oz.	2 oz. bowl	400	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
Juice 100% 4.23 oz. shelf stab	4.23	1800	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
MILK - Variety	HALF PINT	1800	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			424	25	504	2.52	5.08	503.1	782	92.23	*14	14.56	74.88	7.80	4.15	*0.00
% of Calories											*13.6%	13.7%	70.7%	16.6%	8.8%	*0.0%
Nutrient Guideline			450-500		540											<10.00

Fri - 08/21/2020																
Breakfast	Total	1800														
Muffin, Orange Dream	4 oz.	1500	330	40	270	2.00	1.80	40.0	100	0.0	28	5.0	55.0	10.0	1.50	0.00
CEREAL, VARIETY, 2 oz.	2 oz. bowl	300	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
Juice 100% 4.23 oz. shelf stab	4.23	1800	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
MILK - Variety	HALF PINT	1500	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			488	38	407	2.39	4.49	433.2	594	91.73	*31	11.68	90.62	8.96	1.46	*0.00
% of Calories											*25.1%	9.6%	74.2%	16.5%	2.7%	*0.0%
Nutrient Guideline			450-500		540											<10.00

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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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 08/24/2020																
Breakfast	Total	1800														
Apple Pie Pocket	2.29	800	210	0	260	2.00	*N/A*	*N/A*	0	0.0	11	5.0	36.0	6.0	1.00	0.00
CEREAL, VARIETY, 2 oz.	2 oz. bowl	1000	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
Juice 100% 4.23 oz. shelf stab	4.23	1800	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
MILK - Variety	HALF PINT	1800	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			409	6	423	3.30	*9.56	*495.4	821	94.56	*19	12.89	82.10	4.08	0.70	*0.00
% of Calories											*19.0%	12.6%	80.2%	9.0%	1.5%	*0.0%
Nutrient Guideline			450-500		540											<10.00

Tue - 08/25/2020																
Breakfast	Total	1800														
Cinnamon Bagel	2.43 oz	1500	240	10	180	2.00	1.44	20.0	100	*N/A*	13	6.0	41.0	6.0	2.50	0.00
CEREAL, VARIETY, 2 oz.	2 oz. bowl	300	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
Juice 100% 4.23 oz. shelf stab	4.23	1800	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
MILK - Variety	HALF PINT	1800	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			433	14	358	2.39	4.23	466.7	677	*91.84	*19	13.86	82.38	5.70	2.34	*0.00
% of Calories											*17.4%	12.8%	76.1%	11.8%	4.9%	*0.0%
Nutrient Guideline			450-500		540											<10.00

Thu - 08/27/2020																
Breakfast	Total	1800														
Cinnamon Toast Crunch Soft Fil	2.36 oz.	1500	260	5	290	3.00	1.44	20.0	0	0.0	15	6.0	41.0	8.0	2.50	0.00
CEREAL, VARIETY, 2 oz.	2 oz. bowl	300	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
Juice 100% 4.23 oz. shelf stab	4.23	1800	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
MILK - Variety	HALF PINT	1800	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			450	10	449	3.22	4.23	466.7	594	91.84	*20	13.86	82.38	7.36	2.34	*0.00
% of Calories											*18.2%	12.3%	73.3%	14.7%	4.7%	*0.0%
Nutrient Guideline			450-500		540											<10.00

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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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 08/28/2020																
Breakfast	Total	1800														
Chocolate Crescent	2.29 oz	1500	230	0	270	2.00	1.44	20.0	0	*N/A*	1	5.99	36.95	7.99	1.50	0.00
CEREAL, VARIETY, 2 oz.	2 oz. bowl	300	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
Juice 100% 4.23 oz. shelf stab	4.23	1800	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
MILK - Variety	HALF PINT	1800	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			424	6	432	2.39	4.22	466.6	594	*91.84	*9	13.85	79.01	7.35	1.51	*0.00
% of Calories											*8.3%	13.1%	74.5%	15.6%	3.2%	*0.0%
Nutrient Guideline			450-500		540											<10.00

Mon - 08/31/2020																
Breakfast	Total	1800														
Cookie, Animal IW	pack	1500	120	0	55	2.00	1.00	11.0	0	0.0	6	2.0	20.0	4.5	0.00	0.00
Yogurt, Yoplait 4 oz.	1 cup	1500	80	5	65	0.00	0.00	140.0	90	0.0	9	4.0	15.0	0.5	0.00	0.00
CEREAL, VARIETY, 2 oz.	2 oz. bowl	300	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
Juice 100% 4.23 oz. shelf stab	4.23	1800	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
MILK - Variety	HALF PINT	1800	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			400	10	308	2.39	3.86	575.8	669	91.84	*20	13.86	77.38	4.86	0.26	*0.00
% of Calories											*20.5%	13.9%	77.4%	10.9%	0.6%	*0.0%
Nutrient Guideline			450-500		540											<10.00

Weighted Average			439	17	436	2.70	*5.03	*486.0	652	*92.20	*19	13.77	80.58	7.41	2.31	*0.00
											*38.7%	12.5%	73.4%	15.2%	4.7%	*0.0%

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Portion Values - Detailed

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Nutrient	Menu AVG	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)
Calories	439		450 - 500		98%			11		Error Messages (if any) Correction Required - Calories are Low							
Cholesterol (mg)	17																
Sodium 1 (mg)	436			540													
Sodium 2 (mg)	436			485													
Fiber (g)	2.70																
Iron (mg)	5.03					Missing											
Calcium (mg)	486.0					Missing											
Vitamin A (IU)	652																
Sugars (g)	19	17.19%															
Vitamin C (mg)	92.20					Missing											
Protein (g)	13.77	12.53%															
Carbohydrate (g)	80.58	73.37%															
Total Fat (g)	7.41	15.18%															
Saturated Fat (g)	2.31	4.73%		<10.00%													
Trans Fat <sup>1</sup> (g)	0.00	0.00%				Missing											

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