

Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

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Generated on: 01/30/2018 10:28:34 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 ¹ (g)
Thu - 02/01/2018															
Breakfast	Total														
Wow EZ Jammer	68 g	298	0	230	4.18	2.82	78.5	*N/A*	*N/A*	11	9.94	28.77	16.74	3.14	0.00
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
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,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		461	*6	457	*5.14	*4.52	*335.7	*684	*25.50	*31	15.14	76.99	11.88	*2.46	*0.01
% of Calories										*26.4%	13.1%	66.8%	23.2%	*4.8%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Fri - 02/02/2018															
Breakfast	Total														
Muffin, Orange Dream	4 oz.	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	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,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		500	*38	441	*4.21	*5.05	*324.7	*733	*23.07	*43	12.67	90.72	10.40	*1.82	*0.01
% of Calories										*34.2%	10.1%	72.6%	18.7%	*3.3%	*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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Patrick County Public Schools

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Base Menu Spreadsheet

Breakfast

Portion 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 - 02/05/2018															
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*
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,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
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		444	*11	527	*5.92	*4.98	*352.1	*820	*31.52	*31	14.69	81.02	8.80	*1.90	*0.01
% of Calories										*27.7%	13.2%	73.0%	17.8%	*3.8%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Base Menu Spreadsheet

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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 ¹ (g)
Tue - 02/06/2018															
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-WHEAT BREAD	1 SLICE	77	0	141	1.88	0.74	32.5	1	0.0	1	4.07	12.79	1.02	0.23	0.26
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
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
MAYONNAISE:individual PC	Pkt 7g	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
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		492	*27	656	*5.86	*5.77	*355.8	678	*31.92	*30	19.35	78.99	11.71	4.16	*0.05
% of Calories										*24.0%	15.7%	64.2%	21.4%	7.6%	*0.1%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Wed - 02/07/2018															
Breakfast	Total														
BeneFIT Bar, Chocolate Chip	2.5 oz.	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
Biscuit & Gravy	280	0	610	2.00	1.08	100.0	0	0.0	5	5.0	37.0	13.0	6.50	0.00	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,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

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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		501	*20	505	*5.40	*3.13	*303.1	*610	*30.60	*40	12.83	88.34	11.68	*4.28	*0.01
% of Calories										*31.9%	10.3%	70.6%	21.0%	*7.7%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Thu - 02/08/2018															
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, 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		504	*5	458	*5.56	*4.12	*287.4	*681	*31.50	*38	12.59	82.55	14.34	*6.30	*0.01
% of Calories										*30.1%	10.0%	65.5%	25.6%	*11.2%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Fri - 02/09/2018															
Breakfast	Total														
Wow EZ Jammer	68 g	298	0	230	4.18	2.82	78.5	*N/A*	*N/A*	11	9.94	28.77	16.74	3.14	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,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		1551	*21	1667	*21.12	*35.75	*1043.1	*3077	*54.51	*80	41.92	245.77	49.54	*11.78	*0.53
% of Calories										*20.6%	10.8%	63.4%	28.7%	*6.8%	*0.3%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Mon - 02/12/2018															
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
Cheesy Eggs	2 oz	95	*203	110	*0.00	*0.86	*69.7	353	*0.0	*0	6.79	0.6	7.09	2.37	0.07
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
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		1438	*234	1577	*17.94	*31.62	*854.4	*3531	*54.51	*82	42.77	230.59	42.39	*13.52	*0.60
% of Calories										*22.8%	11.9%	64.1%	26.5%	*8.5%	*0.4%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 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 ¹ (g)
Tue - 02/13/2018															
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,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		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	

Wed - 02/14/2018															
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
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
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*
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
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
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
MAYONNAISE:individual PC	Pkt 7g	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Breakfast

Portion 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)
Weighted Daily Average		1605	*46	2183	*19.16	*34.51	*1090.4	*3150	*54.90	*74	43.34	247.94	53.54	*15.76	*0.53
% of Calories										*18.4%	10.8%	61.8%	30.0%	*8.8%	*0.3%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Thu - 02/15/2018															
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
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
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
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
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															
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*
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		1851	*56	2302	*20.89	*35.80	*1107.1	*3177	*61.70	*99	42.19	303.95	57.10	*16.54	*0.54
% of Calories										*21.4%	9.1%	65.7%	27.8%	*8.0%	*0.3%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 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 ¹ (g)
Fri - 02/16/2018															
Breakfast	Total														
Wow EZ Jammer	68 g	298	0	230	4.18	2.82	78.5	*N/A*	*N/A*	11	9.94	28.77	16.74	3.14	0.00
Corn Dog Nuggets, 3	3 nuggets	180	25	280	3.00	1.80	20.0	0	0.0	4	6.0	15.0	9.0	2.50	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,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
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
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
Weighted Daily Average		1752	*46	2089	*24.30	*37.66	*1070.1	*3130	*60.88	*86	48.40	262.48	60.01	*14.69	*0.54
% of Calories										*19.6%	11.1%	59.9%	30.8%	*7.5%	*0.3%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Mon - 02/19/2018															
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, 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

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 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 ¹ (g)
Weighted Daily Average		1568	*21	1737	*19.76	*33.63	*978.8	*3087	*54.51	*85	36.99	256.06	47.80	*15.64	*0.53
% of Calories										*21.6%	9.4%	65.3%	27.4%	*9.0%	*0.3%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Tue - 02/20/2018															
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,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
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
MAYONNAISE:individual PC	Pkt 7g	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*N/A*
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
Weighted Daily Average		1635	*56	2213	*20.16	*35.23	*1090.4	*3150	*54.90	*75	47.34	254.94	51.54	*14.26	*0.53
% of Calories										*18.3%	11.6%	62.4%	28.4%	*7.8%	*0.3%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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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 ¹ (g)
Wed - 02/21/2018															
Breakfast	Total														
Wow EZ Jammer	68 g	298	0	230	4.18	2.82	78.5	*N/A*	*N/A*	11	9.94	28.77	16.74	3.14	0.00
Biscuit & Gravy	servng	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,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		1840	*21	2282	*23.07	*36.83	*1145.6	*3077	*60.50	*85	47.12	281.72	63.84	*18.68	*0.54
% of Calories										*18.5%	10.2%	61.3%	31.2%	*9.1%	*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 ¹ (g)
Thu - 02/22/2018															
Breakfast	Total														
Pancakes, Mini, Maple	3.17 oz	230	*N/A*	150	3.00	0.72	40.0	*N/A*	*N/A*	14	4.0	41.0	7.0	0.50	*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,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		1483	*21	1587	*19.94	*33.64	*1004.7	*3077	*54.51	*83	35.99	258.00	39.80	*9.14	*0.53
% of Calories										*22.4%	9.7%	69.6%	24.2%	*5.5%	*0.3%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 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 ¹ (g)
Fri - 02/23/2018															
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
SCRAMBLED EGGS, 1/4 cup	1/4 CUP	90	*218	80	*0.00	*0.93	*30.2	353	*0.0	*N/A*	6.02	0.55	6.8	2.00	0.08
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		1683	*279	1776	*19.94	*35.65	*1034.9	*3430	*54.51	*98	43.00	273.55	50.60	*12.64	*0.61
% of Calories										*23.3%	10.2%	65.0%	27.1%	*6.8%	*0.3%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 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 ¹ (g)
Mon - 02/26/2018															
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
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
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
MAYONNAISE:individual PC	Pkt 7g	50	4	40	0.00	0.04	1.3	20	0.0	0	0.08	0.19	5.56	0.60	*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		1605	*46	2183	*19.16	*34.51	*1090.4	*3150	*54.90	*74	43.34	247.94	53.54	*15.76	*0.53
% of Calories										*18.4%	10.8%	61.8%	30.0%	*8.8%	*0.3%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Tue - 02/27/2018															
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, 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

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 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 ¹ (g)
Weighted Daily Average		1773	*31	2227	*20.94	*35.08	*1084.7	*3077	*55.71	*87	42.99	295.00	51.80	*17.64	*0.53
% of Calories										*19.6%	9.7%	66.6%	26.3%	*9.0%	*0.3%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Wed - 02/28/2018															
Breakfast	Total														
Wow EZ Jammer	68 g	298	0	230	4.18	2.82	78.5	*N/A*	*N/A*	11	9.94	28.77	16.74	3.14	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,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		1551	*21	1667	*21.12	*35.75	*1043.1	*3077	*54.51	*80	41.92	245.77	49.54	*11.78	*0.53
% of Calories										*20.6%	10.8%	63.4%	28.7%	*6.8%	*0.3%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Weighted Average		1290	*52	1516	*15.98	*25.90	*830.1	*2424	*47.96	*68	34.03	208.22	39.28	*11.02	*0.38
										*47.8%	10.6%	64.6%	27.4%	*7.7%	*0.3%

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Patrick County Public Schools

Feb 1, 2018 thru Feb 28, 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 ¹ (g)	Error Messages (if any)
Calories	1290		450 - 500		258%				790								Correction Required - Calories too High
Cholesterol (mg)	52					Missing											
Sodium (mg)	1516		540						976								Correction Required - Sodium too High
Fiber (g)	15.98					Missing											
Iron (mg)	25.90					Missing											
Calcium (mg)	830.1					Missing											
Vitamin A (IU)	2424					Missing											
Sugars (g)	68	21.24%				Missing											
Vitamin C (mg)	47.96					Missing											
Protein (g)	34.03	10.55%															
Carbohydrate (g)	208.22	64.57%															
Total Fat (g)	39.28	27.41%		<=10.00%													Correction Required - Total Fat too High
Saturated Fat (g)	11.02	7.69%		<10.00%		Missing											
Trans Fat ¹ (g)	0.38	0.27%				Missing											

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