

# Patrick County Public Schools

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

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Generated on: 04/26/2018 11:29:00 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 - 05/01/2018															
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*
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
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
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*
Weighted Daily Average		491	*15	351	*5.54	*2.65	*349.5	*736	*37.04	*43	13.03	97.23	8.07	*0.99	*0.01
% of Calories										*35.2%	10.6%	79.2%	14.8%	*1.8%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Wed - 05/02/2018															
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
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

\*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**

**May 1, 2018 thru May 31, 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 <sup>1</sup> (g)
Weighted Daily Average		500	*30	458	*4.79	*3.60	*290.3	*669	*36.70	*45	11.96	91.46	11.00	*2.25	*0.00
% of Calories										*36.4%	9.6%	73.2%	19.8%	*4.1%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Thu - 05/03/2018															
Breakfast	Total														
Corn Dog Nuggets, 3	3 nugget	135	20	205	2.50	0.90	75.0	0	0.0	2	5.0	15.0	6.0	1.75	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,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
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*
Weighted Daily Average		416	*16	436	*6.19	*8.76	*383.6	*937	*41.41	*38	13.42	81.69	5.38	*1.34	*0.00
% of Calories										*36.5%	12.9%	78.5%	11.6%	*2.9%	*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**

**May 1, 2018 thru May 31, 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)
Fri - 05/04/2018															
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
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*
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, Chocolate, Fat Free	HALF PINT	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	HALF PINT	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,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		463	*15	341	4.94	3.54	320.2	*707	39.13	*39	14.04	89.59	6.62	*2.64	*0.00
% of Calories										*34.0%	12.1%	77.3%	12.8%	*5.1%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Mon - 05/07/2018															
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
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*
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
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,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*
MILK, Chocolate, Fat Free	HALF PINT	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	HALF PINT	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00

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May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

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 <sup>1</sup> (g)
Weighted Daily Average		504	*38	451	4.81	3.17	336.4	*648	32.14	*43	13.58	91.06	10.67	*2.25	*0.00
% of Calories										*34.4%	10.8%	72.3%	19.1%	*4.0%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Tue - 05/08/2018															
	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														
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*
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, ONE 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		500	*30	724	5.15	4.42	361.8	*625	34.20	*30	20.58	78.00	12.35	*4.62	*0.00
% of Calories										*23.7%	16.5%	62.4%	22.2%	*8.3%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Wed - 05/09/2018															
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
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*
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*
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		490	*41	478	5.29	3.32	292.3	*629	36.04	*28	11.72	85.41	12.76	*3.02	*0.00
% of Calories										*22.7%	9.6%	69.7%	23.4%	*5.5%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Thu - 05/10/2018															
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
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*
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
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,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*
MILK, Chocolate, Fat Free	HALF PINT	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	HALF PINT	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	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*

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# Patrick County Public Schools

May 1, 2018 thru May 31, 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 <sup>1</sup> (g)
Weighted Daily Average		452	*24	452	5.91	6.40	320.5	*758	38.33	*36	14.26	78.59	9.06	*2.36	*0.00
% of Calories										*32.2%	12.6%	69.6%	18.1%	*4.7%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Fri - 05/11/2018															
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*
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
Weighted Daily Average		467	*19	602	5.15	6.06	350.4	*689	38.21	*32	15.98	75.87	12.20	*5.01	*0.00
% of Calories										*27.5%	13.7%	65.0%	23.5%	*9.7%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Mon - 05/14/2018															
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
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*
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
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

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**Patrick County Public Schools**

**May 1, 2018 thru May 31, 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		519	*5	442	5.52	2.71	283.0	*645	37.00	*42	12.59	85.11	14.85	*6.70	*0.00
% of Calories										*32.1%	9.7%	65.6%	25.7%	*11.6%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Tue - 05/15/2018															
	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)
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	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*
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		501	*20	456	5.60	3.16	316.4	*650	38.10	*45	12.84	91.86	10.20	*3.83	*0.00
% of Calories										*35.9%	10.3%	73.3%	18.3%	*6.9%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Wed - 05/16/2018															
	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)
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*
POP-TARTS, STRAWBERRY, ON	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
E SER															
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

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Patrick County Public Schools

May 1, 2018 thru May 31, 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		508	*23	707	4.84	4.15	368.0	*621	38.23	*31	18.02	76.68	15.45	*6.48	*0.00
% of Calories										*24.3%	14.2%	60.4%	27.4%	*11.5%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Thu - 05/17/2018															
Breakfast	Total														
Muffin, Banana	4 oz	310	60	380	3.00	4.50	250.0	1000	2.4	27	6.0	53.0	9.0	2.00	0.00
Scrambled Eggs	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
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
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
Weighted Daily Average		505	*67	491	*5.63	*5.93	*494.1	*1527	*39.89	*51	13.54	95.99	9.10	*2.13	*0.00
% of Calories										*40.5%	10.7%	76.0%	16.2%	*3.8%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Fri - 05/18/2018															
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*
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

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# Patrick County Public Schools

May 1, 2018 thru May 31, 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 <sup>1</sup> (g)
Weighted Daily Average		440	*8	453	5.20	*2.40	*325.9	*748	38.68	*37	14.22	84.51	6.98	*1.44	*0.00
% of Calories										*33.8%	12.9%	76.8%	14.3%	*2.9%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Mon - 05/21/2018															
	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)
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
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
Weighted Daily Average		505	*22	471	5.66	3.96	307.4	*642	37.16	*29	11.51	89.87	12.56	*2.96	*0.00
% of Calories										*23.2%	9.1%	71.2%	22.4%	*5.3%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Patrick County Public Schools

May 1, 2018 thru May 31, 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)
Tue - 05/22/2018															
Breakfast															
	Total														
Mini French Toast Cinnamon Rus	2.64 oz	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	4 piece	300	0	380	2.00	1.80	60.0	0	0.0	15	6.0	42.0	12.0	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
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
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
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*
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*
Weighted Daily Average		500	*5	447	4.81	2.96	336.9	*638	*37.58	*42	13.00	92.25	10.24	*2.29	*0.00
% of Calories										*33.4%	10.4%	73.8%	18.4%	*4.1%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Wed - 05/23/2018															
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
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
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

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Patrick County Public Schools

May 1, 2018 thru May 31, 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		503	*31	739	4.73	4.48	380.0	*628	31.00	*27	21.00	76.45	13.08	*4.77	*0.00
% of Calories										*21.6%	16.7%	60.8%	23.4%	*8.5%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Thu - 05/24/2018															
	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)
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
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 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		505	*39	419	4.56	2.94	294.2	*516	27.71	*46	11.77	90.56	11.55	*2.58	*0.00
% of Calories										*36.2%	9.3%	71.8%	20.6%	*4.6%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Patrick County Public Schools

May 1, 2018 thru May 31, 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 - 05/25/2018															
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*
Scrambled Eggs	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
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
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
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*
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*
Weighted Daily Average		475	*15	363	*5.48	*2.45	*328.4	*703	*36.16	*41	13.01	94.32	7.09	*1.38	*0.00
% of Calories										*34.8%	10.9%	79.4%	13.4%	*2.6%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Mon - 05/28/2018															
Breakfast															
NO SCHOOL TODAY	Total SERVING	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 - 05/29/2018															
Breakfast															
MANAGER'S CHOICE	Total SERVING	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	

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**Patrick County Public Schools**

**May 1, 2018 thru May 31, 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)
Wed - 05/30/2018															
Breakfast MANAGER'S CHOICE	Total SERVING	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	

Weighted Average		487	*24	489	*5.25	*4.05	*338.9	*722	*36.56	*38 *70.7%	14.21 11.7%	86.66 71.2%	10.49 19.4%	*3.11 *5.7%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	487		450 - 500	100%				
Cholesterol (mg)	24				Missing			
Sodium (mg)	489		540					
Fiber (g)	5.25				Missing			
Iron (mg)	4.05				Missing			
Calcium (mg)	338.9				Missing			
Vitamin A (IU)	722				Missing			
Sugars (g)	38	31.43%			Missing			
Vitamin C (mg)	36.56				Missing			
Protein (g)	14.21	11.69%						
Carbohydrate (g)	86.66	71.25%						
Total Fat (g)	10.49	19.40%	<=10.00%					Correction Required - Total Fat too High
Saturated Fat (g)	3.11	5.75%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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