

Patrick County Public Schools

Nov 1, 2017 thru Nov 30, 2017

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)
Wed - 11/01/2017															
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
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	190	0	154	5.19	1.80	7.5	499	0.0	*N/A*	2.44	35.38	4.99	1.60	0.07
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
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
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
Mayonnaise, FF	1 TBSP	10	*N/A*	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	*N/A*	*N/A*	*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
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		1411	*21	1687	20.14	33.72	1007.8	*2583	*54.53	*83	36.16	260.21	*30.41	*6.82	*0.07
% of Calories										*23.5%	10.3%	73.8%	*19.4%	*4.3%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/02/2017															
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 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
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	190	0	154	5.19	1.80	7.5	499	0.0	*N/A*	2.44	35.38	4.99	1.60	0.07
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
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*

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

Nov 1, 2017 thru Nov 30, 2017

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		1738	*41	2212	21.94	35.80	1084.7	*2577	54.51	*96	41.98	300.91	45.24	*15.81	*0.07
% of Calories										*22.1%	9.7%	69.3%	23.4%	*8.2%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Fri - 11/03/2017															
Breakfast	Total														
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
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	190	0	154	5.19	1.80	7.5	499	0.0	*N/A*	2.44	35.38	4.99	1.60	0.07
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
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
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		1360	*46	1778	20.16	34.84	989.2	*2630	54.90	*75	38.26	234.67	32.42	*8.82	*0.07
% of Calories										*22.0%	11.3%	69.0%	21.5%	*5.8%	*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

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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 - 11/06/2017															
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
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	190	0	154	5.19	1.80	7.5	499	0.0	*N/A*	2.44	35.38	4.99	1.60	0.07
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
Mayonnaise, FF	1 TBSP	10	*N/A*	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	*N/A*	*N/A*	*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
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		1480	*41	2188	19.16	34.48	1089.2	*2630	54.90	*74	43.26	249.67	*38.42	*12.82	*0.07
% of Calories										*20.0%	11.7%	67.5%	*23.4%	*7.8%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Tue - 11/07/2017															
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
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, BROWN SUGAR CI NNAMO	1 Each	198	0	159	5.14	1.80	10.0	499	5.99	*N/A*	2.64	34.33	6.29	2.00	0.08
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
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*

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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		1492	*21	1667	19.71	33.63	981.2	*2587	60.50	*85	37.18	254.93	39.54	*13.71	*0.08
% of Calories										*22.7%	10.0%	68.3%	23.8%	*8.3%	*0.1%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Wed - 11/08/2017															
Breakfast	Total														
Cinnamon Bagel	2.43 oz	240	10	180	2.00	1.44	20.0	100	*N/A*	13	6.0	41.0	6.0	2.50	0.00
Pizza, Breakfast, Tony's Live	3.31 oz.	210	15	480	3.00	1.80	150.0	300	0.0	*N/A*	10.0	27.0	8.0	2.00	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	115	0	170	2.00	8.10	80.0	450	4.5	10	2.0	23.75	1.62	0.13	0.00
TOAST, Whole Grain	SLICE	104	*0	314	1.00	1.80	21.4	*168	0.01	*0	4.04	13.04	4.78	*0.66	*0.00
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, BROWN SUGAR CI	1 Each	198	0	159	5.14	1.80	10.0	499	5.99	*N/A*	2.64	34.33	6.29	2.00	0.08
NNAMO															
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
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		1627	*46	2027	21.89	36.16	1137.1	*2977	*60.50	*82	48.18	283.87	38.54	*11.21	*0.08
% of Calories										*20.2%	11.8%	69.8%	21.3%	*6.2%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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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)
Thu - 11/09/2017															
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
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
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	190	0	154	5.19	1.80	7.5	499	0.0	*N/A*	2.44	35.38	4.99	1.60	0.07
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
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
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		1615	*21	1941	18.01	35.92	1068.0	*2403	*36.83	*81	41.10	277.11	41.97	*10.25	*0.07
% of Calories										*20.2%	10.2%	68.6%	23.4%	*5.7%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/13/2017															
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
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	190	0	154	5.19	1.80	7.5	499	0.0	*N/A*	2.44	35.38	4.99	1.60	0.07
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
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*
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average		1380	*46	1808	20.16	34.84	989.2	*2630	54.90	*75	39.26	236.67	33.42	*8.82	*0.07
% of Calories										*21.7%	11.4%	68.6%	21.8%	*5.8%	*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

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Patrick County Public Schools

Nov 1, 2017 thru Nov 30, 2017

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 - 11/14/2017															
Breakfast	Total														
Apple Pie Pocket	2.29 serving	210	0	260	2.00	*N/A*	*N/A*	0	0.0	11	5.0	36.0	6.0	1.00	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	
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
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	190	0	154	5.19	1.80	7.5	499	0.0	*N/A*	2.44	35.38	4.99	1.60	0.07
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
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		1658	*21	2232	20.94	*34.00	*1064.7	*2577	54.51	*85	41.98	289.91	42.24	*13.81	*0.07
% of Calories										*20.5%	10.1%	69.9%	22.9%	*7.5%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Wed - 11/15/2017															
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
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	190	0	154	5.19	1.80	7.5	499	0.0	*N/A*	2.44	35.38	4.99	1.60	0.07
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
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*
Mayonnaise, FF	1 TBSP	10	*N/A*	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	*N/A*	*N/A*	*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
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

Nov 1, 2017 thru Nov 30, 2017

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		1510	*51	2218	20.16	35.20	1089.2	*2630	54.90	*75	47.26	256.67	*36.42	*11.32	*0.07
% of Calories										*19.8%	12.5%	68.0%	*21.7%	*6.7%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Thu - 11/16/2017															
Breakfast															
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
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 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
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		1476	*41	1712	19.94	34.72	1004.7	*2577	54.51	*71	35.98	261.99	36.24	*9.31	*0.07
% of Calories										*19.2%	9.7%	71.0%	22.1%	*5.7%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Patrick County Public Schools

Nov 1, 2017 thru Nov 30, 2017

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 - 11/17/2017															
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
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
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	190	0	154	5.19	1.80	7.5	499	0.0	*N/A*	2.44	35.38	4.99	1.60	0.07
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
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		1508	*61	1622	19.94	34.72	1004.7	*2577	54.51	*98	36.98	272.91	34.24	*8.31	*0.07
% of Calories										*26.0%	9.8%	72.4%	20.4%	*5.0%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Mon - 11/20/2017															
Breakfast	Total														
BeneFIT Bar, French Toast	2.5 oz.	290	25	200	3.00	1.80	40.0	0	0.0	21	5.0	47.0	9.0	2.50	0.00
Pizza, Breakfast, Tony's Live	3.31 oz.	210	15	480	3.00	1.80	150.0	300	0.0	*N/A*	10.0	27.0	8.0	2.00	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	213	0	257	4.33	16.80	116.7	583	7.0	17	4.67	46.0	1.83	0.00	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	115	0	170	2.00	8.10	80.0	450	4.5	10	2.0	23.75	1.62	0.13	0.00
TOAST, Whole Grain	SLICE	104	*0	314	1.00	1.80	21.4	*168	0.01	*0	4.04	13.04	4.78	*0.66	*0.00
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	190	0	154	5.19	1.80	7.5	499	0.0	*N/A*	2.44	35.38	4.99	1.60	0.07
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
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		1668	*61	2042	22.94	36.52	1154.7	*2877	54.51	*90	46.98	290.91	40.24	*10.81	*0.07
% of Calories										*21.6%	11.3%	69.8%	21.7%	*5.8%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Patrick County Public Schools

Nov 1, 2017 thru Nov 30, 2017

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)
Tue - 11/21/2017															
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
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	190	0	154	5.19	1.80	7.5	499	0.0	*N/A*	2.44	35.38	4.99	1.60	0.07
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
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*
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
CATSUP	pkt	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Mayonnaise, FF	1 TBSP	10	*N/A*	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories		1480	*41	2188	19.16	34.48	1089.2	*2630	54.90	*74 *20.0%	43.26 11.7%	249.67 67.5%	*38.42 *23.4%	*12.82 *7.8%	*0.07 *0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Wed - 11/22/2017															
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
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	190	0	154	5.19	1.80	7.5	499	0.0	*N/A*	2.44	35.38	4.99	1.60	0.07
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
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*

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Patrick County Public Schools

Nov 1, 2017 thru Nov 30, 2017

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		1484	*21	1662	19.76	33.63	978.8	*2587	54.51	*85	36.98	255.98	38.24	*13.31	*0.07
% of Calories										*22.9%	10.0%	69.0%	23.2%	*8.1%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Mon - 11/27/2017															
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
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	190	0	154	5.19	1.80	7.5	499	0.0	*N/A*	2.44	35.38	4.99	1.60	0.07
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
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*
Mayonnaise, FF	1 TBSP	10	*N/A*	120	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	*N/A*	*N/A*	*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
CATSUP	pkt	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		1510	*51	2218	20.16	35.20	1089.2	*2630	54.90	*75	47.26	256.67	*36.42	*11.32	*0.07
% of Calories										*19.8%	12.5%	68.0%	*21.7%	*6.7%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Patrick County Public Schools

Nov 1, 2017 thru Nov 30, 2017

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 - 11/28/2017															
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
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	190	0	154	5.19	1.80	7.5	499	0.0	*N/A*	2.44	35.38	4.99	1.60	0.07
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
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		1476	*41	1712	19.94	34.72	1004.7	*2577	54.51	*71	35.98	261.99	36.24	*9.31	*0.07
% of Calories										*19.2%	9.7%	71.0%	22.1%	*5.7%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Wed - 11/29/2017															
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
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	190	0	154	5.19	1.80	7.5	499	0.0	*N/A*	2.44	35.38	4.99	1.60	0.07
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
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		1758	*56	2222	20.94	35.80	1104.7	*2677	55.71	*99	41.98	304.91	46.24	*13.81	*0.07
% of Calories										*22.5%	9.6%	69.4%	23.7%	*7.1%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Patrick County Public Schools

Nov 1, 2017 thru Nov 30, 2017

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)
Thu - 11/30/2017															
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
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
Cereal Bar	1.3 oz.	150	0	150	1.00	3.60	200.0	0	0.0	*N/A*	2.0	28.0	3.5	0.00	0.00
POP-TARTS, STRAWBERRY, ON E SER	1.76 oz.	190	0	154	5.19	1.80	7.5	499	0.0	*N/A*	2.44	35.38	4.99	1.60	0.07
CHEESE,MOZZARELLA,STRING	1 each	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
FRUIT JUICE,ASSORTED	4 fl.oz.	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
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		1676	*36	2072	24.12	37.55	1193.1	*2877	*54.51	*80	51.91	272.68	47.98	*11.45	*0.07
% of Calories										*19.1%	12.4%	65.1%	25.8%	*6.1%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	
Weighted Average		1543	*41	1958	20.48	*35.05	*1059.1	*2644	*54.40	*82	41.68	266.97	*38.57	*11.25	*0.07
										*47.7%	10.8%	69.2%	*22.5%	*6.6%	*0.0%

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Patrick County Public Schools

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

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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	1543		450 - 500		309%				1043								Correction Required - Calories too High
Cholesterol (mg)	41					Missing											
Sodium (mg)	1958		540						1418								Correction Required - Sodium too High
Fiber (g)	20.48																
Iron (mg)	35.05					Missing											
Calcium (mg)	1059.1					Missing											
Vitamin A (IU)	2644					Missing											
Sugars (g)	82	21.20%				Missing											
Vitamin C (mg)	54.40					Missing											
Protein (g)	41.68	10.81%															
Carbohydrate (g)	266.97	69.23%															
Total Fat (g)	38.57	22.51%		<=10.00%		Missing											Correction Required - Total Fat too High
Saturated Fat (g)	11.25	6.57%		<10.00%		Missing											
Trans Fat ¹ (g)	0.07	0.04%				Missing											

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