

# Patrick County Public Schools

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

Page 1

Generated on: 09/18/2017 9:36:53 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 <sup>1</sup> (g)
Mon - 10/02/2017															
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
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*
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
Weighted Daily Average		486	*31	413	4.47	3.87	306.7	*693	34.35	*45	12.00	89.84	9.97	*1.75	*0.00
% of Calories										*36.9%	9.9%	74.0%	18.5%	*3.2%	*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Patrick County Public Schools**

**Oct 2, 2017 thru Oct 31, 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 <sup>1</sup> (g)
Tue - 10/03/2017															
Breakfast															
	Total														
	Corn Dog Nuggets, 3	180	25	280	3.00	1.80	20.0	0	0.0	4	6.0	15.0	9.0	2.50	0.00
	Wow EZ Jammer	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.	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.	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	104	*0	314	1.00	1.80	21.4	*168	0.01	*0	4.04	13.04	4.78	*0.66	*0.00
	JELLY	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	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	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	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	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	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	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
	Milk, Vanilla, Fat Free	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
	MILK,1% Lowfat	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
	FRUIT,FRESH ASSORTED	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
	MUSTARD: individual PC	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	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	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	469	*19	468	6.30	6.66	352.3	*831	*40.21	*35	14.58	84.45	8.62	*2.03	*0.00
	% of Calories									*29.6%	12.4%	72.0%	16.5%	*3.9%	*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Patrick County Public Schools

Oct 2, 2017 thru Oct 31, 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 <sup>1</sup> (g)
Wed - 10/04/2017															
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
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
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, Chocolate, Fat Free	1 cup	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
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*
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: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
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	*29	709	4.93	4.75	367.3	*615	*31.22	*24	20.39	78.32	12.25	*4.37	*0.00
% of Calories										*19.6%	16.3%	62.7%	22.1%	*7.9%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Patrick County Public Schools

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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)
Thu - 10/05/2017															
Breakfast															
	Total														
Mini Cinnamon Rolls	2.3 oz.	240	0	300	2.00	1.44	40.0	0	0.0	15	5.0	40.0	8.0	2.00	0.00
Scrambled Eggs	1/4 cup	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
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
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, Chocolate, Fat Free	1 cup	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
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*
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		464	*12	455	*5.23	*6.16	*277.0	*645	*33.96	*37	12.47	86.73	9.55	*2.16	*0.01
% of Calories										*31.7%	10.8%	74.8%	18.5%	*4.2%	*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 <sup>1</sup> (g)
Fri - 10/06/2017															
Breakfast															
	Total														
Biscuit, w/Ham, Ele & High	1 each	228	15	1044	0.55	1.48	16.4	2	0.0	0	10.06	23.1	10.71	2.61	0.01
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
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, Chocolate, Fat Free	1 cup	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
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: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		409	*10	700	4.61	8.43	289.0	*780	*38.10	*30	13.28	74.90	7.43	*1.54	*0.00
% of Calories										*29.4%	13.0%	73.3%	16.4%	*3.4%	*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 <sup>1</sup> (g)
Mon - 10/09/2017															
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
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
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
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
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
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*
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		455	*5	543	4.56	*2.23	*334.1	*632	*35.16	*33	13.25	80.56	10.39	*3.76	*0.00
% of Calories										*29.3%	11.7%	70.9%	20.6%	*7.4%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Patrick County Public Schools

Oct 2, 2017 thru Oct 31, 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 <sup>1</sup> (g)
Tue - 10/10/2017															
Breakfast															
	Total														
Dutch Waffle	1 each	311	26	350	0.98	1.90	46.4	39	0.0	*N/A*	5.07	43.49	12.91	2.96	*N/A*
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
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, Chocolate, Fat Free	1 cup	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
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
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 % of Calories		517	*25	493	*3.77	*4.53	*335.1	*718	*36.34	*24 *18.5%	13.05 10.1%	91.10 70.5%	12.10 21.1%	*2.70 *4.7%	*0.00 *0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Patrick County Public Schools

Oct 2, 2017 thru Oct 31, 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 <sup>1</sup> (g)
Wed - 10/11/2017															
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
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
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, Chocolate, Fat Free	1 cup	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
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
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		515	*29	714	5.40	4.70	355.4	*636	*36.32	*28	20.10	81.22	12.96	*4.47	*0.00
% of Calories										*21.9%	15.6%	63.1%	22.6%	*7.8%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Patrick County Public Schools

Oct 2, 2017 thru Oct 31, 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 <sup>1</sup> (g)
Thu - 10/12/2017															
Breakfast															
	Total														
Mini Cinnamon Rolls	2.3 oz.	240	0	300	2.00	1.44	40.0	0	0.0	15	5.0	40.0	8.0	2.00	0.00
Scrambled Eggs	1/4 cup	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
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
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, Chocolate, Fat Free	1 cup	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
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 % of Calories		457	*13	452	*4.75	*5.38	*354.4	*788	*37.12	*36 *31.6%	13.41 11.7%	88.46 77.5%	7.45 14.7%	*1.73 *3.4%	*0.00 *0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Patrick County Public Schools

Oct 2, 2017 thru Oct 31, 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 <sup>1</sup> (g)
Fri - 10/13/2017															
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
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
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
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		459	*12	336	5.22	4.53	275.4	*678	*36.37	*39	13.52	84.86	8.52	*2.70	*0.00
% of Calories										*33.7%	11.8%	74.0%	16.7%	*5.3%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Mon - 10/16/2017															
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
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
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, Chocolate, Fat Free	1 cup	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
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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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		500	*3	430	5.02	3.47	281.3	*627	*34.77	*36	12.14	83.41	13.60	*6.00	*0.00
% of Calories										*28.8%	9.7%	66.7%	24.5%	*10.8%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

Tue - 10/17/2017															
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	serving	280	0	610	2.00	1.08	100.0	0	0.0	5	5.0	37.0	13.0	6.50	0.00
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
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, Chocolate, Fat Free	1 cup	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
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		467	*17	428	5.13	3.70	269.8	*573	*35.74	*39	11.40	86.55	9.38	*3.30	*0.00
% of Calories										*33.4%	9.8%	74.1%	18.1%	*6.3%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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# Patrick County Public Schools

Oct 2, 2017 thru Oct 31, 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 <sup>1</sup> (g)
Wed - 10/18/2017															
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
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
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, Chocolate, Fat Free	1 cup	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
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		454	*19	610	4.07	3.95	362.8	*621	*34.03	*25	16.32	71.45	12.40	*5.08	*0.00
% of Calories										*21.8%	14.4%	62.9%	24.6%	*10.1%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	
Thu - 10/19/2017															
Breakfast	Total														
NO SCHOOL TODAY	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

Oct 2, 2017 thru Oct 31, 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 <sup>1</sup> (g)
Fri - 10/20/2017															
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
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
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
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
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, Chocolate, Fat Free	1 cup	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
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		489	*45	390	*4.03	*3.20	*243.9	*589	*33.07	*45	11.06	90.03	10.25	*1.65	*0.00
% of Calories										*36.8%	9.1%	73.7%	18.9%	*3.0%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Patrick County Public Schools

Oct 2, 2017 thru Oct 31, 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 <sup>1</sup> (g)
Mon - 10/23/2017															
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
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
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
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, Chocolate, Fat Free	1 cup	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
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		464	*33	602	4.88	4.17	471.8	*1143	*33.66	*30	16.58	83.58	8.77	*2.05	*0.00
% of Calories										*25.9%	14.3%	72.1%	17.0%	*4.0%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Patrick County Public Schools

Oct 2, 2017 thru Oct 31, 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 <sup>1</sup> (g)
Tue - 10/24/2017															
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
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
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, Chocolate, Fat Free	1 cup	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
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: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		505	*19	673	4.87	5.16	401.6	*733	*36.72	*28	17.93	80.59	13.49	*5.25	*0.00
% of Calories										*22.2%	14.2%	63.9%	24.1%	*9.4%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Patrick County Public Schools

Oct 2, 2017 thru Oct 31, 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 <sup>1</sup> (g)
Wed - 10/25/2017															
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
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
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, Chocolate, Fat Free	1 cup	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
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 % of Calories		515	*21	519	5.26	4.39	318.0	*648	*33.91	*24 *18.9%	12.25 9.5%	90.73 70.4%	12.95 22.6%	*2.91 *5.1%	*0.00 *0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Patrick County Public Schools

Oct 2, 2017 thru Oct 31, 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 <sup>1</sup> (g)
Thu - 10/26/2017															
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
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
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, Chocolate, Fat Free	1 cup	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
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*
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 % of Calories		455	*21	476	5.60	5.49	320.5	*724	*36.67	*31 *27.1%	14.61 12.8%	78.06 68.6%	9.67 19.1%	*2.21 *4.4%	*0.00 *0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Patrick County Public Schools

Oct 2, 2017 thru Oct 31, 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 <sup>1</sup> (g)
Fri - 10/27/2017															
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
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
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, Chocolate, Fat Free	1 cup	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
Milk, Strawberry, Fat Free	1 cup	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
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 % of Calories		463	*8	537	4.21	3.32	335.9	*639	*34.28	*30 *25.6%	13.19 11.4%	84.09 72.7%	9.45 18.4%	*4.06 *7.9%	*0.00 *0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	

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Patrick County Public Schools

Oct 2, 2017 thru Oct 31, 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 <sup>1</sup> (g)	
Mon - 10/30/2017																
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*
	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
	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, Chocolate, Fat Free	1 cup	130	5	190	0.00	0.36	300.0	500	1.2	*N/A*	8.0	25.0	0.0	0.00	0.00
	Milk, Strawberry, Fat Free	1 cup	130	5	125	0.00	0.00	300.0	500	0.0	*N/A*	8.0	23.0	0.0	0.00	0.00
	Milk, Vanilla, Fat Free	1 cup	120	2	125	0.00	0.00	300.0	500	2.4	*N/A*	8.0	22.0	0.0	0.00	0.00
	MILK,1% Lowfat	HALF PINT	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
	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 % of Calories		452	*4	380	5.71	4.78	318.5	*721	*36.68	*35 *31.3%	12.70 11.2%	88.25 78.1%	7.18 14.3%	*1.21 *2.4%	*0.00 *0.0%
	Nutrient Guideline		450-500		540								<=10.0	<10.00		

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Patrick County Public Schools

Oct 2, 2017 thru Oct 31, 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 <sup>1</sup> (g)
Tue - 10/31/2017															
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
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
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: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		513	*30	722	5.24	4.97	372.7	*645	*33.56	*29	20.97	79.41	13.01	*4.66	*0.00
% of Calories										*22.9%	16.4%	62.0%	22.8%	*8.2%	*0.0%
Nutrient Guideline		450-500		540									<=10.0	<10.00	
Weighted Average		476	*19	526	*4.92	*4.66	*330.6	*699	*35.34	*33	14.53	83.65	10.45	*3.12	*0.00
										*61.4%	12.2%	70.2%	19.7%	*5.9%	*0.0%

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**Patrick County Public Schools**

**Oct 2, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

Nutrient	Menu AVG	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)	Error Messages (if any)
Calories	476		450 - 500		100%												
Cholesterol (mg)	19					Missing											
Sodium (mg)	526		540														
Fiber (g)	4.92					Missing											
Iron (mg)	4.66					Missing											
Calcium (mg)	330.6					Missing											
Vitamin A (IU)	699					Missing											
Sugars (g)	33	27.31%				Missing											
Vitamin C (mg)	35.34					Missing											
Protein (g)	14.53	12.20%															
Carbohydrate (g)	83.65	70.22%															
Total Fat (g)	10.45	19.73%		<=10.00%													Correction Required - Total Fat too High
Saturated Fat (g)	3.12	5.90%		<10.00%		Missing											
Trans Fat <sup>1</sup> (g)	0.00	0.00%				Missing											

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