

# CDE-NSD

## Base Menu Spreadsheet

### Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	S-Fat (g)
FBMP 9-12 BREAKFAST	Total	32			
Sunflower Kernels; Honey Roast	1 EACH	5	170	88	2.00
CEREAL: COCOA PUFFS	BOWL	8	110	160	0.00
STRING CHEESE	1 EACH	5	80	200	3.50
YOGURT; STRAWBERRY	1 CUP	4	210	120	1.50
GRANOLA: 2 OZS	1 EACH	4	250	180	1.00
BAGEL & CREAM CHEESE	SRVG	5	262	256	6.06
MUFFIN: DOUBLE CHOCOLATE	1 EACH	3	229	125	0.90
BENEFIT BAR: APPLE CINNAMON	1 EACH	8	290	240	3.00
SWEET BREAD: VARIETY	1 EACH	4	200	90	1.50
APPLESAUCE:cnnd,unswfnd,+vit C	1 CUP	16	102	5	0.02
ORANGE	0.5 CUP	27	42	0	0.01
JUICE: 4 OZ APPLE (DRIFTWOOD)	0.5 CUP	15	55	15	0.00
JUICE: 4 OZ ORANGE (DRIFTWOOD)	0.5 CUP	15	55	14	0.00
Milk, 1% Fat, Driftwood	1 CUP	15	120	150	1.50
MILK, NON-FAT CHOCOLATE DRIFTW	1 CUP	25	120	150	0.00
Weighted Daily Average			572	449	3.86
% of Calories					6.1%
Nutrient Guideline			450-600	640	<10.00

FBMP 9-12 BREAKFAST	Total	63			
CEREAL: COCOA PUFFS	BOWL	11	110	160	0.00
Sunflower Kernels; Honey Roast	1 EACH	7	170	88	2.00
STRING CHEESE	1 EACH	4	80	200	3.50
YOGURT; STRAWBERRY	1 CUP	5	210	120	1.50
GRANOLA: 2 OZS	1 EACH	5	250	180	1.00
BAGEL & CREAM CHEESE	SRVG	8	262	256	6.06
CINNAMON BUN: WG	1 EACH	9	221	140	1.50
MUFFIN: DOUBLE CHOCOLATE	1 EACH	2	229	125	0.90
BENEFIT BAR: APPLE CINNAMON	1 EACH	4	290	240	3.00
PEARS: CANNED LIGHT SYRUP	0.5 CUP	26	71	6	0.00
ORANGE	0.5 CUP	21	42	0	0.01
JUICE: 4 OZ APPLE (DRIFTWOOD)	0.5 CUP	30	55	15	0.00
JUICE: 4 OZ ORANGE (DRIFTWOOD)	0.5 CUP	15	55	14	0.00
Milk, 1% Fat, Driftwood	1 CUP	34	120	150	1.50
MILK, NON-FAT CHOCOLATE DRIFTW	1 CUP	29	120	150	0.00
Weighted Daily Average			373	309	2.66
% of Calories					6.4%
Nutrient Guideline			450-600	640	<10.00

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### Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	S-Fat (g)
FBMP 9-12 LUNCH	Total	50			
PRETZEL DOG	1 EACH	10	300	600	2.00
BEAN & CHEESE BURRITO; 5.75 OZ	1 EACH	16	380	550	6.00
CHICKEN PATTY S/W (SPICY)	1 EACH	12	340	481	2.50
CHICKEN PATTY SANDWICH (REG)	1 EACH	12	353	633	2.50
TANGERINES	2 EACH	50	93	4	0.05
APPLESAUCE:cnnd,unswtnd,+vit C	0.5 CUP	53	51	2	0.01
TOMATO SALSA	1/8 CUP	50	11	35	0.01
BROCCOLI,RAW	0.5 CUP	50	12	12	0.01
GREEN SALAD: VEGGIE BLEND	1 CUP	50	128	219	1.00
KIDNEY BEANS	0.5 CUP	23	108	379	0.18
BABY CARROTS	0.5 CUP	31	25	55	0.01
Milk, 1% Fat, Driftwood	1 CUP	30	120	150	1.50
MILK, NON-FAT CHOCOLATE DRIFTW	1 CUP	21	120	150	0.00
Mayonnaise: Portion Pac,Packet	1 EACH	32	70	55	1.00
TACO SAUCE	1 EACH	47	5	71	0.02
BBQ SAUCE	1 EACH	56	15	85	0.00
Weighted Daily Average			900	1394	6.25
% of Calories					6.3%
Nutrient Guideline			750-850	1420	<10.00

FBMP 9-12 LUNCH	Total	50			
CHEESEBURGER; MINI TWIN	SRVG	20	320	600	6.00
HOTDOG	1 EACH	6	300	690	6.00
CHICKEN PATTY SANDWICH (REG)	1 EACH	12	353	633	2.50
CHICKEN PATTY S/W (SPICY)	1 EACH	12	340	481	2.50
TANGERINES	2 EACH	23	93	4	0.05
ORANGE	0.5 CUP	35	42	0	0.01
GREEN BEANS: frozen,boiled	0.5 CUP	50	19	1	0.03
BABY CARROTS	0.5 CUP	19	25	55	0.01
GREEN SALAD: VEGGIE BLEND	1 CUP	50	128	219	1.00
KIDNEY BEANS	0.5 CUP	22	108	379	0.18
Milk, 1% Fat, Driftwood	1 CUP	20	120	150	1.50
MILK, NON-FAT CHOCOLATE DRIFTW	1 CUP	30	120	150	0.00
KETCHUP	1 EACH	50	10	110	0.00
MUSTARD: PACKET, 5.5 GRAMS	1 each	50	5	50	0.00
BBQ SAUCE	1 EACH	50	15	85	0.00
Weighted Daily Average			756	1394	6.07
% of Calories					7.2%
Nutrient Guideline			750-850	1420	<10.00

Weighted Average			822	1358	5.75
					6.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	822		750 - 850	100%				
Sodium (mg)	1358		1420					
Saturated Fat (g)	5.75	6.30%	<10.00%					

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	S-Fat (g)
FBMP 9-12 LUNCH	Total	50			
PEANUT BUTTER JELLY S/W	SRVG	16	610	620	4.50
CHILLI CHEESE DOG (WIENER)	1 EACH	10	324	850	4.92
CHICKEN PATTY S/W (SPICY)	1 EACH	12	340	481	2.50
CHICKEN PATTY SANDWICH (REG)	1 EACH	12	353	633	2.50
PEARS: CANNED LIGHT SYRUP	0.5 CUP	50	71	6	0.00
PEARS: ASIAN	0.5 CUP	24	48	0	0.01
PEAS	0.5 CUP	50	62	58	0.04
BABY CARROTS	0.5 CUP	72	25	55	0.01
GREEN SALAD: VEGGIE BLEND	1 CUP	30	128	219	1.00
Milk, 1% Fat, Driftwood	1 CUP	15	120	150	1.50
MILK, NON-FAT CHOCOLATE DRIFTW	1 CUP	45	120	150	0.00
BBQ SAUCE	1 EACH	50	15	85	0.00
RANCH DRESSING: PORTION PAC	1 EACH	30	70	75	1.00
KETCHUP	1 EACH	50	10	110	0.00
MUSTARD: PACKET, 5.5 GRAMS	1 each	50	5	50	0.00
Weighted Daily Average			911	1380	5.34
% of Calories					5.3%
Nutrient Guideline			750-850	1420	<10.00

FBMP 9-12 LUNCH	Total	50			
TURKEY/PEPPERONI HOT POCKET	1 EACH	16	300	680	5.00
CHICKEN PATTY S/W (SPICY)	1 EACH	12	340	481	2.50
CHICKEN PATTY SANDWICH (REG)	1 EACH	12	353	633	2.50
CORNDOG; JUMBO CHICKEN	1 EACH	10	238	690	2.50
ORANGE	0.5 CUP	60	42	0	0.01
PEARS: ASIAN	0.5 CUP	21	48	0	0.01
CARROTS: fresh, boiled	0.5 CUP	50	27	45	0.02
KIDNEY BEANS	0.5 CUP	30	108	379	0.18
GREEN SALAD: VEGGIE BLEND	1 CUP	50	128	219	1.00
Milk, 1% Fat, Driftwood	1 CUP	30	120	150	1.50
MILK, NON-FAT CHOCOLATE DRIFTW	1 CUP	20	120	150	0.00
Weighted Daily Average			721	1265	5.35
% of Calories					6.7%
Nutrient Guideline			750-850	1420	<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	S-Fat (g)
FBMP 9-12 BREAKFAST	Total	96			
CEREAL: COCOA PUFFS	BOWL	17	110	160	0.00
Sunflower Kernels; Honey Roast	1 EACH	11	170	88	2.00
STRING CHEESE	1 EACH	6	80	200	3.50
YOGURT; STRAWBERRY	1 CUP	8	210	120	1.50
GRANOLA: 2 OZS	1 EACH	8	250	180	1.00
BAGEL & CREAM CHEESE	SRVG	1	262	256	6.06
CINNAMON BUN: WG	1 EACH	20	221	140	1.50
MUFFIN: DOUBLE CHOCOLATE	1 EACH	20	229	125	0.90
BENEFIT BAR: APPLE CINNAMON	1 EACH	19	290	240	3.00
PEARS: ASIAN	0.5 CUP	14	48	0	0.01
APPLESAUCE:cnnd,unswtnd,+vit C	0.5 CUP	64	51	2	0.01
ORANGE	0.5 CUP	47	42	0	0.01
JUICE: 4 OZ APPLE (DRIFTWOOD)	0.5 CUP	35	55	15	0.00
JUICE: 4 OZ ORANGE (DRIFTWOOD)	0.5 CUP	30	55	14	0.00
Milk, 1% Fat, Driftwood	1 CUP	20	120	150	1.50
MILK, NON-FAT CHOCOLATE DRIFTW	1 CUP	39	120	150	0.00
Weighted Daily Average			409	285	2.14
% of Calories					4.7%
Nutrient Guideline			450-600	640	<10.00

FBMP 9-12 BREAKFAST	Total	61			
CEREAL: COCOA PUFFS	BOWL	17	110	160	0.00
Sunflower Kernels; Honey Roast	1 EACH	11	170	88	2.00
STRING CHEESE	1 EACH	6	80	200	3.50
YOGURT; STRAWBERRY	1 CUP	7	210	120	1.50
GRANOLA: 2 OZS	1 EACH	7	250	180	1.00
BAGEL & CREAM CHEESE	SRVG	5	262	256	6.06
CINNAMON BUN: WG	1 EACH	8	221	140	1.50
MUFFIN: DOUBLE CHOCOLATE	1 EACH	6	229	125	0.90
BENEFIT BAR: APPLE CINNAMON	1 EACH	18	290	240	3.00
PEARS: ASIAN	0.5 CUP	9	48	0	0.01
APPLESAUCE:cnnd,unswtnd,+vit C	0.5 CUP	32	51	2	0.01
ORANGE	0.5 CUP	46	42	0	0.01
JUICE: 4 OZ APPLE (DRIFTWOOD)	0.5 CUP	18	55	15	0.00
JUICE: 4 OZ ORANGE (DRIFTWOOD)	0.5 CUP	15	55	14	0.00
Milk, 1% Fat, Driftwood	1 CUP	15	120	150	1.50
MILK, NON-FAT CHOCOLATE DRIFTW	1 CUP	20	120	150	0.00
Weighted Daily Average			445	332	3.04
% of Calories					6.2%
Nutrient Guideline			450-600	640	<10.00

Weighted Average			450	344	2.93
					5.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	450		450 - 600	100%				
Sodium (mg)	344		640					
Saturated Fat (g)	2.93	5.86%	<10.00%					

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