

Dublin USD

Oct 3, 2016 thru Oct 7, 2016

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/03/2016																
High School Breakfast	Total	70														
Pizza, WG Breakfast Turkey Sau	1 each	10	210	26	479	2.00	1.80	99.8	200	0.0	*N/A*	8.98	14.97	6.99	2.00	0.00
Breakfast Bar, Benefit Assorte	1 each	10	283	17	232	2.99	1.80	20.0	0	0.0	*N/A*	4.99	47.91	8.39	2.79	0.00
YOGURT PARFAIT w/fruit	1 EACH	10	473	5	172	4.60	2.24	262.8	1022	25.4	*2	12.77	92.24	5.87	1.02	0.00
Breakfast, Crumbcake w/berries	1 EACH	10	374	35	218	5.30	1.65	29.8	60	27.5	*0	4.02	68.74	10.17	1.74	0.00
Breakfast, Burrito Wrap	1 each	10	180	170	410	2.00	0.72	100.0	300	0.0	1	10.0	14.0	10.0	8.00	0.00
Breakfast, Sandwich w/egg saus	1 EACH	10	329	169	597	2.00	1.93	129.6	607	0.0	*9	16.93	35.25	14.18	4.60	*0.00
Breakfast, Scrambled Eggs 6-12	1 EACH	10	369	314	374	3.00	2.21	94.4	656	4.8	*0	15.32	37.83	16.45	6.28	0.00
FRUIT,FRESH ASSORTED	1 EACH	70	74	0	1	2.99	0.25	16.9	175	17.77	14	0.89	19.11	0.27	0.05	*0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	70	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	*0.00
Milk, Non Fat Chocolate	1 each	40	120	5	150	0.00	0.36	300.0	500	0.0	*N/A*	9.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	30	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 % of Calories			568	113	492	6.39	2.49	437.3	1130	50.47	*34 *24.1%	20.45 14.4%	96.94 68.3%	11.75 18.6%	4.51 7.1%	*0.00 *0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 10/04/2016																
High School Breakfast	Total	70														
Pizza, WG Breakfast Turkey Sau	1 each	10	210	26	479	2.00	1.80	99.8	200	0.0	*N/A*	8.98	14.97	6.99	2.00	0.00
Breakfast Bar, Benefit Assorte	1 each	10	283	17	232	2.99	1.80	20.0	0	0.0	*N/A*	4.99	47.91	8.39	2.79	0.00
YOGURT PARFAIT w/fruit	1 EACH	10	473	5	172	4.60	2.24	262.8	1022	25.4	*2	12.77	92.24	5.87	1.02	0.00
Breakfast, Crumbcake w/berries	1 EACH	10	374	35	218	5.30	1.65	29.8	60	27.5	*0	4.02	68.74	10.17	1.74	0.00
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FRUIT,FRESH ASSORTED	1 EACH	70	74	0	1	2.99	0.25	16.9	175	17.77	14	0.89	19.11	0.27	0.05	*0.00
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Milk, Non Fat Chocolate	1 each	40	120	5	150	0.00	0.36	300.0	500	0.0	*N/A*	9.0	22.0	0.0	0.00	0.00
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Wed - 10/05/2016																
High School Breakfast	Total	70														
Pizza, WG Breakfast Turkey Sau	1 each	10	210	26	479	2.00	1.80	99.8	200	0.0	*N/A*	8.98	14.97	6.99	2.00	0.00
Breakfast Bar, Benefit Assorte	1 each	10	283	17	232	2.99	1.80	20.0	0	0.0	*N/A*	4.99	47.91	8.39	2.79	0.00
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FRUIT,FRESH ASSORTED	1 EACH	70	74	0	1	2.99	0.25	16.9	175	17.77	14	0.89	19.11	0.27	0.05	*0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	70	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	*0.00
Milk, Non Fat Chocolate	1 each	40	120	5	150	0.00	0.36	300.0	500	0.0	*N/A*	9.0	22.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	30	102	12	107	0.00	0.07	305.0	478	0.0	13	8.22	12.18	2.37	1.54	*N/A*
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Thu - 10/06/2016																
High School Breakfast	Total	70														
Pizza, WG Breakfast Turkey Sau	1 each	10	210	26	479	2.00	1.80	99.8	200	0.0	*N/A*	8.98	14.97	6.99	2.00	0.00
Breakfast Bar, Benefit Assorte	1 each	10	283	17	232	2.99	1.80	20.0	0	0.0	*N/A*	4.99	47.91	8.39	2.79	0.00
YOGURT PARFAIT w/fruit	1 EACH	10	473	5	172	4.60	2.24	262.8	1022	25.4	*2	12.77	92.24	5.87	1.02	0.00
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Breakfast, Scrambled Eggs 6-12	1 EACH	10	369	314	374	3.00	2.21	94.4	656	4.8	*0	15.32	37.83	16.45	6.28	0.00
FRUIT,FRESH ASSORTED	1 EACH	70	74	0	1	2.99	0.25	16.9	175	17.77	14	0.89	19.11	0.27	0.05	*0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	70	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	*0.00
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Fri - 10/07/2016																
High School Breakfast	Total	70														
Pizza, WG Breakfast Turkey Sau	1 each	10	210	26	479	2.00	1.80	99.8	200	0.0	*N/A*	8.98	14.97	6.99	2.00	0.00
Breakfast Bar, Benefit Assorte	1 each	10	283	17	232	2.99	1.80	20.0	0	0.0	*N/A*	4.99	47.91	8.39	2.79	0.00
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Weighted Daily Average			568	113	492	6.39	2.49	437.3	1130	50.47	*34	20.45	96.94	11.75	4.51	*0.00
% of Calories											*24.1%	14.4%	68.3%	18.6%	7.1%	*0.0%
Nutrient Guideline			450-600		640											<10.00

Weighted Average			568	113	492	6.39	2.49	437.3	1130	50.47	*34	20.45	96.94	11.75	4.51	*0.00
											*54.3%	14.4%	68.3%	18.6%	7.1%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	568		450 - 600	100%				
Cholesterol (mg)	113							
Sodium (mg)	492		640					
Fiber (g)	6.39							
Iron (mg)	2.49							
Calcium (mg)	437.3							
Vitamin A (IU)	1130							
Sugars (g)	34	24.12%			Missing			
Vitamin C (mg)	50.47							
Protein (g)	20.45	14.41%						
Carbohydrate (g)	96.94	68.28%						
Total Fat (g)	11.75	18.61%						
Saturated Fat (g)	4.51	7.15%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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