

# Dublin USD

Jan 9, 2017 thru Jan 13, 2017

## Base Menu Spreadsheet

Elementary 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 <sup>1</sup> (g)
Mon - 01/09/2017																
Elementary Breakfast	Total	50														
Breakfast, Pancake Wraps	40 serving		180	25	280	3.00	1.80	20.0	0	0.0	4	6.0	15.0	9.0	2.50	0.00
Cereal, asst. w/grahams	1 each	5	265	0	266	5.18	11.45	148.0	*800	5.43	10	5.07	53.69	5.12	1.70	0.06
Yogurt, 8oz	1 each	5	200	15	105	0.00	0.00	250.0	100	24.0	*N/A*	7.0	38.0	2.5	1.50	0.00
Granola, Cinnamon	1 each	5	240	0	67	2.67	2.00	53.3	0	0.0	*N/A*	5.33	45.33	4.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	50	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	50	74	0	1	2.99	0.25	16.9	175	17.77	14	0.89	19.11	0.27	0.05	*0.00
Milk, Non Fat Chocolate	1 each	30	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, Non Fat White	1 each	10	90	5	130	0.00	0.00	300.0	500	1.2	*N/A*	9.0	13.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	10	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			463	28	411	6.45	3.51	392.1	*819	45.41	*34 *29.2%	16.74 14.4%	78.67 67.9%	9.28 18.0%	2.70 5.2%	*0.01 *0.0%
Nutrient Guideline			350-500		540											<10.00

Tue - 01/10/2017																
Elementary Breakfast	Total	50														
Breakfast, Lemon Scones	Serving	40	292	12	200	3.50	1.80	120.0	150	2.4	23	4.1	51.7	8.4	3.20	0.00
Cereal, asst. w/grahams	1 each	5	265	0	266	5.18	11.45	148.0	*800	5.43	10	5.07	53.69	5.12	1.70	0.06
Yogurt, 8oz	1 each	5	200	15	105	0.00	0.00	250.0	100	24.0	*N/A*	7.0	38.0	2.5	1.50	0.00
Granola, Cinnamon	1 each	5	240	0	67	2.67	2.00	53.3	0	0.0	*N/A*	5.33	45.33	4.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	50	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	50	74	0	1	2.99	0.25	16.9	175	17.77	14	0.89	19.11	0.27	0.05	*0.00
Milk, Non Fat Chocolate	1 each	30	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, Non Fat White	1 each	10	90	5	130	0.00	0.00	300.0	500	1.2	*N/A*	9.0	13.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	10	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			553	18	347	6.85	3.51	472.1	*939	47.33	*49 *35.2%	15.22 11.0%	108.03 78.1%	8.80 14.3%	3.26 5.3%	*0.01 *0.0%
Nutrient Guideline			350-500		540											<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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Elementary 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 <sup>1</sup> (g)
Wed - 01/11/2017																
Elementary Breakfast	Total	50														
Breakfast, Scrambled Eggs K-5	1 EACH	40	285	157	292	3.00	1.46	57.2	328	4.8	*0	9.66	36.91	10.23	4.39	0.00
Cereal, asst. w/grahams	1 each	5	265	0	266	5.18	11.45	148.0	*800	5.43	10	5.07	53.69	5.12	1.70	0.06
Yogurt, 8oz	1 each	5	200	15	105	0.00	0.00	250.0	100	24.0	*N/A*	7.0	38.0	2.5	1.50	0.00
Granola, Cinnamon	1 each	5	240	0	67	2.67	2.00	53.3	0	0.0	*N/A*	5.33	45.33	4.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	40	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	40	74	0	1	2.99	0.25	16.9	175	17.77	14	0.89	19.11	0.27	0.05	*0.00
Milk, Non Fat Chocolate	1 each	20	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, Non Fat White	1 each	10	90	5	130	0.00	0.00	300.0	500	1.2	*N/A*	9.0	13.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	10	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			495	133	389	5.80	3.07	355.9	*935	40.81	*25 *20.3%	17.60 14.2%	84.85 68.5%	10.17 18.5%	4.20 7.6%	*0.01 *0.0%
Nutrient Guideline			350-500		540											<10.00

Thu - 01/12/2017																
Elementary Breakfast	Total	73														
Muffin, Blueberry (scratch)	2oz muffin	58	116	7	159	0.99	0.27	1.5	5	0.28	9	1.42	20.62	3.17	1.38	*0.00
Cereal, asst. w/grahams	1 each	5	265	0	266	5.18	11.45	148.0	*800	5.43	10	5.07	53.69	5.12	1.70	0.06
Yogurt, 8oz	1 each	5	200	15	105	0.00	0.00	250.0	100	24.0	*N/A*	7.0	38.0	2.5	1.50	0.00
Granola, Cinnamon	1 each	5	240	0	67	2.67	2.00	53.3	0	0.0	*N/A*	5.33	45.33	4.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	50	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	50	74	0	1	2.99	0.25	16.9	175	17.77	14	0.89	19.11	0.27	0.05	*0.00
Milk, Non Fat Chocolate	1 each	30	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, Non Fat White	1 each	10	90	5	130	0.00	0.00	300.0	500	1.2	*N/A*	9.0	13.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	10	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			311	11	255	3.56	1.63	258.8	*565	31.32	*28 *36.1%	9.31 12.0%	62.05 79.8%	3.94 11.4%	1.58 4.6%	*0.00 *0.0%
Nutrient Guideline			350-500		540											<10.00

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

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	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 <sup>1</sup> (g)
Fri - 01/13/2017																
Elementary Breakfast	Total	50														
French Toast Stix, Cinnamon	Serving	30	210	125	320	3.00	1.80	40.0	200	0.0	8	8.0	28.0	8.0	2.00	0.00
Egg Patty	1 each	30	46	116	116	0.00	0.36	20.2	202	0.0	*N/A*	3.04	1.01	3.04	1.01	0.00
Yogurt, 8oz	1 each	10	200	15	105	0.00	0.00	250.0	100	24.0	*N/A*	7.0	38.0	2.5	1.50	0.00
Granola, Cinnamon	1 each	10	240	0	67	2.67	2.00	53.3	0	0.0	*N/A*	5.33	45.33	4.0	0.00	0.00
Cereal, asst. w/grahams	1 each	10	265	0	266	5.18	11.45	148.0	*800	5.43	10	5.07	53.69	5.12	1.70	0.06
FRUIT JUICE,ASSORTED	4 fl.oz.	50	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	50	74	0	1	2.99	0.25	16.9	175	17.77	14	0.89	19.11	0.27	0.05	*0.00
Milk, Non Fat Chocolate	1 each	30	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, Non Fat White	1 each	10	90	5	130	0.00	0.00	300.0	500	1.2	*N/A*	9.0	13.0	0.0	0.00	0.00
MILK,1% Lowfat	HALF PINT	10	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			543	154	493	6.64	4.71	457.4	*1151	48.35	*36	20.30	97.78	9.86	2.83	*0.01
% of Calories											*26.8%	15.0%	72.0%	16.3%	4.7%	*0.0%
Nutrient Guideline			350-500		540									<10.00		

Weighted Average			473	69	379	5.86	3.29	387.3	*882	42.64	*34	15.84	86.28	8.41	2.91	*0.01
											*65.5%	13.4%	72.9%	16.0%	5.5%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	473		350 - 500	100%				
Cholesterol (mg)	69							
Sodium (mg)	379		540					
Fiber (g)	5.86							
Iron (mg)	3.29							
Calcium (mg)	387.3							
Vitamin A (IU)	882							
Sugars (g)	34	29.10%			Missing			
Vitamin C (mg)	42.64				Missing			
Protein (g)	15.84	13.38%						
Carbohydrate (g)	86.28	72.92%						
Total Fat (g)	8.41	15.99%						
Saturated Fat (g)	2.91	5.54%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.01	0.01%			Missing			

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