

Florence USD #1

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

Combined: K-8 Breakfast/6-8 lunch

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 - 11/01/2021 | | | | | | | | | | | | | | | | |
| K-8 Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Blueberry Crumb Cake | 1 each | 1 | 270 | 30 | 250 | 3.00 | *N/A* | *N/A* | *N/A* | *N/A* | 20 | 5.0 | 45.0 | 8.0 | 1.50 | 0.00 |
| Peach Fresh | 1 EACH | 1 | 59 | 0 | 0 | 2.25 | 0.38 | 9.0 | 489 | 9.9 | 13 | 1.37 | 14.31 | 0.38 | 0.03 | 0.00 |
| Fruit Juice | Carton | 1 | 65 | 2 | 7 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 15 | 0.0 | 16.5 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 1 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| 6-8 lunch | Total | 100 | | | | | | | | | | | | | | |
| Chef Salad | 1 each | 25 | 541 | 53 | 1045 | 9.79 | 3.69 | 127.8 | 12446 | 36.84 | *9 | 24.38 | 62.15 | 24.21 | 7.54 | 0.00 |
| Pretzel | 1 each | 75 | 360 | 0 | 300 | 2.00 | 3.60 | 0.0 | 0 | 0.0 | *N/A* | 12.0 | 76.0 | 2.0 | 0.00 | 0.00 |
| Nacho Cheese Sauce | 2 oz | 75 | 60 | 5 | 408 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 1.99 | 4.97 | 3.98 | 0.99 | 0.00 |
| String Cheese | 1 each | 1 | 60 | 10 | 210 | 0.00 | 0.00 | 200.0 | 100 | 0.0 | *N/A* | 8.0 | 1.0 | 2.5 | 2.00 | 0.00 |
| Offered with Entrees | none | 0 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Fresh Vegetables | 3/4 cup | 20 | 45 | 0 | 138 | 2.02 | *0.33 | *35.3 | *5431 | *22.57 | *1 | 1.16 | 9.49 | 0.22 | 0.04 | *0.00 |
| Cool Tropics Slush | pouch | 85 | 60 | 0 | 25 | 0.00 | 0.36 | 0.0 | 500 | 60.0 | 12 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| Milk Fat Free Choco | carton | 80 | 140 | 4 | 200 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 24 | 8.0 | 26.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 5 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 626 | 21 | 1003 | 4.36 | *4.02 | *297.1 | *5008 | *66.82 | *33 | 23.61 | 112.92 | 10.73 | 2.74 | *0.00 |
| % of Calories | | | | | | | | | | | *20.9% | 15.1% | 72.1% | 15.4% | 3.9% | *0.0% |
| Nutrient Guideline | | | 598-698 | | 1352 | | | | | | | | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|-----------------------------|---------|-----|-------|-------|-------|-------|-------|-------|-------|--------|-------|-------|-------|-------|-------|-------|
| Tue - 11/02/2021 | | | | | | | | | | | | | | | | |
| K-8 Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Breakfast Meal Cheerios Bar | 1 each | 1 | 310 | 0 | 235 | 4.00 | 4.50 | 220.0 | 400 | 64.8 | 27 | 3.0 | 63.0 | 6.5 | 1.50 | 0.00 |
| Tropical Fruit | 1/2 cup | 1 | 70 | 0 | 10 | 1.00 | 0.36 | 10.0 | 0 | 30.6 | 14 | 0.0 | 17.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 1 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| 6-8 lunch | Total | 100 | | | | | | | | | | | | | | |
| Chef Salad | 1 each | 25 | 541 | 53 | 1045 | 9.79 | 3.69 | 127.8 | 12446 | 36.84 | *9 | 24.38 | 62.15 | 24.21 | 7.54 | 0.00 |
| Tacos | 3 EACH | 75 | 368 | 52 | 368 | 4.36 | 0.81 | 3.8 | 182 | 2.25 | 3 | 21.94 | 25.48 | 19.14 | 5.99 | 0.00 |
| Salsa commodity | 1/4 cup | 45 | 20 | 0 | 70 | 2.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| Refried Beans Canned | 3/4 cup | 70 | 205 | 5 | 866 | 9.00 | 2.76 | 78.0 | 180 | 0.14 | 2 | 11.18 | 27.96 | 5.36 | 2.56 | 0.00 |
| Churro | 1 each | 75 | 150 | 0 | 60 | 1.00 | 0.72 | 20.0 | 0 | 0.0 | 9 | 3.0 | 27.0 | 4.0 | 1.00 | 0.00 |
| Offered with Entrees | none | 0 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Fresh Vegetables | 3/4 cup | 20 | 45 | 0 | 138 | 2.02 | *0.33 | *35.3 | *5431 | *22.57 | *1 | 1.16 | 9.49 | 0.22 | 0.04 | *0.00 |
| PEARS,FRESH | 1 EACH | 70 | 101 | 0 | 2 | 5.52 | 0.32 | 16.0 | 45 | 7.65 | 17 | 0.64 | 27.11 | 0.25 | 0.04 | 0.00 |
| Milk Fat Free Choco | carton | 80 | 140 | 4 | 200 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 24 | 8.0 | 26.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 5 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Florence USD #1

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Nov 1, 2021 thru Nov 30, 2021

Combined: K-8 Breakfast/6-8 lunch

Generated on: 10/11/2021 12:08:59 PM

| | 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) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|-----------------|----------------|--------------|-------------------------|
| Weighted Daily Average % of Calories | | | 870 | 60 | 1405 | 17.81 | *4.37 | *379.2 | *4876 | *23.65 | *46 *21.0% | 39.82 18.3% | 118.28 54.4% | 27.32 28.3% | 8.97 9.3% | *0.00 *0.0% |
| Nutrient Guideline | | | 598-698 | | 1352 | | | | | | | | | <=30.0 | <10.00 | |

| Wed - 11/03/2021 | | | | | | | | | | | | | | | | |
|--------------------------------------|---------|-----|---------|----|------|-------|-------|--------|--------|--------|---------------|----------------|-----------------|----------------|----------------|----------------|
| K-8 Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Muffin | 1 each | 1 | 380 | 85 | 270 | 4.00 | 1.80 | 60.0 | *N/A* | *N/A* | 32 | 6.0 | 61.0 | 12.0 | 4.00 | 0.00 |
| Apple | 1 EACH | 1 | 72 | 0 | 1 | 3.31 | 0.17 | 8.3 | 75 | 6.35 | 14 | 0.36 | 19.06 | 0.23 | 0.04 | 0.00 |
| Fruit Juice | Carton | 1 | 65 | 2 | 7 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 15 | 0.0 | 16.5 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 1 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| 6-8 lunch | Total | 100 | | | | | | | | | | | | | | |
| Tony's Pizza | 1 each | 100 | 280 | 30 | 410 | 3.00 | 1.80 | 200.0 | 300 | 0.0 | 8 | 15.0 | 26.0 | 9.5 | 6.00 | 0.00 |
| Carrot Sticks | 1/2 cup | 100 | 25 | 0 | 42 | 1.71 | 0.18 | 20.1 | 10191 | 3.6 | 3 | 0.57 | 5.84 | 0.15 | 0.02 | 0.00 |
| Ranch Dressing pk | pk | 100 | 20 | 0 | 80 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* | 1 | 0.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| Ham & Cheese Croissant | 1 EACH | 100 | 310 | 40 | 810 | 3.00 | *N/A* | *N/A* | *N/A* | *N/A* | 5 | 20.0 | 30.0 | 12.0 | 6.00 | 0.00 |
| Baked Lays | bag | 100 | 100 | 0 | 115 | 2.00 | 0.00 | 0.0 | 0 | 1.2 | 2 | 2.0 | 20.0 | 1.5 | 0.00 | 0.00 |
| Fresh Vegetables | 3/4 cup | 100 | 45 | 0 | 138 | 2.02 | *0.33 | *35.3 | *5431 | *22.57 | *1 | 1.16 | 9.49 | 0.22 | 0.04 | *0.00 |
| Orange | 1 EACH | 100 | 62 | 0 | 0 | 3.14 | 0.13 | 52.4 | 295 | 69.69 | 12 | 1.23 | 15.39 | 0.16 | 0.02 | 0.00 |
| Milk Fat Free Choco | carton | 80 | 140 | 4 | 200 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 24 | 8.0 | 26.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 5 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average % of Calories | | | 955 | 74 | 1748 | 14.80 | *2.50 | *561.9 | *16482 | *98.80 | *53 *22.0% | 46.44 19.4% | 131.89 55.2% | 23.56 22.2% | 12.09 11.4% | *0.00 *0.0% |
| Nutrient Guideline | | | 598-698 | | 1352 | | | | | | | | | <=30.0 | <10.00 | |

| Thu - 11/04/2021 | | | | | | | | | | | | | | | | |
|---------------------------|--------|---|-----|----|-----|------|-------|-------|-------|-------|----|------|-------|------|------|------|
| K-8 Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Mini Bagel w/Cream Cheese | pouch | 1 | 240 | 10 | 180 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 13 | 6.0 | 42.0 | 6.0 | 2.50 | 0.00 |
| Banana | 1 EACH | 1 | 105 | 0 | 1 | 3.07 | 0.31 | 5.9 | 76 | 10.27 | 14 | 1.29 | 26.95 | 0.39 | 0.13 | 0.00 |
| Fruit Juice | Carton | 1 | 65 | 2 | 7 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 15 | 0.0 | 16.5 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 1 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |

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
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Florence USD #1

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Portion Values - Detailed

Nov 1, 2021 thru Nov 30, 2021

Combined: K-8 Breakfast/6-8 lunch

Generated on: 10/11/2021 12:08:59 PM

| | 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) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| 6-8 lunch | Total | 100 | | | | | | | | | | | | | | |
| Chef Salad | 1 each | 25 | 541 | 53 | 1045 | 9.79 | 3.69 | 127.8 | 12446 | 36.84 | *9 | 24.38 | 62.15 | 24.21 | 7.54 | 0.00 |
| Roasted Chicken | 1 serving | 75 | 100 | 37 | 200 | 0.00 | 468.00 | 0.0 | 0 | 0.0 | *N/A* | 9.3 | 0.0 | 6.6 | 2.00 | 0.00 |
| Mashed Potatoes | 3/4 cup | 75 | 131 | 0 | 425 | 1.26 | 0.00 | 29.4 | 0 | 4.52 | *0 | 2.51 | 21.36 | 4.56 | 0.60 | 2.85 |
| chicken gravy | 2 oz | 65 | 20 | 0 | 140 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 3.0 | 0.5 | 0.00 | 0.00 |
| Biscuit Small | 1 each | 50 | 129 | 0 | 397 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | *N/A* | 16.87 | 5.95 | 2.98 | 0.00 |
| Offered with Entrees | none | 0 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Fresh Vegetables | 3/4 cup | 20 | 45 | 0 | 138 | 2.02 | *0.33 | *35.3 | *5431 | *22.57 | *1 | 1.16 | 9.49 | 0.22 | 0.04 | *0.00 |
| Grapes | 1/2 CUP | 75 | 31 | 0 | 1 | 0.41 | 0.13 | 6.4 | 46 | 1.84 | 7 | 0.29 | 7.89 | 0.16 | 0.05 | 0.00 |
| Milk Fat Free Choco | carton | 80 | 140 | 4 | 200 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 24 | 8.0 | 26.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 5 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 534 | 44 | 1205 | 4.11 | *348.67 | *321.7 | *4617 | *21.05 | *30 | *22.14 | 71.41 | 17.92 | 5.43 | *2.12 |
| % of Calories | | | | | | | | | | | *22.3% | *16.6% | 53.4% | 30.2% | 9.1% | *3.6% |
| Nutrient Guideline | | | 598-698 | | 1352 | | | | | | | | | <=30.0 | <10.00 | |

| Fri - 11/05/2021 | | | | | | | | | | | | | | | | |
|-------------------------|---------|-----|---------|-------|-------|-------|-------|--------|-------|--------|--------|-------|--------|--------|--------|-------|
| K-8 Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Breakfast Meal Pop-Tart | 1 | 1 | 350 | 0 | 245 | 4.00 | 10.98 | 20.0 | 800 | 63.6 | 34 | 3.0 | 71.0 | 6.0 | 1.00 | 0.00 |
| Nectarine | 1 each | 1 | 62 | 0 | 0 | 2.41 | 0.40 | 8.5 | 471 | 7.67 | 11 | 1.51 | 14.98 | 0.45 | 0.04 | 0.00 |
| MILK,1% Lowfat | 1 | 100 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| 6-8 lunch | Total | 100 | | | | | | | | | | | | | | |
| Chef Salad | 1 each | 25 | 541 | 53 | 1045 | 9.79 | 3.69 | 127.8 | 12446 | 36.84 | *9 | 24.38 | 62.15 | 24.21 | 7.54 | 0.00 |
| Cheeseburger | 1 EACH | 75 | 330 | 58 | 575 | 3.00 | *2.88 | *80.0 | *100 | *1.2 | 6 | 23.0 | 30.0 | 14.5 | 5.50 | 0.00 |
| Ketchup | Packet | 75 | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.0 | 0.0 | 0.00 | 0.00 |
| French Fries | 3/4 cup | 75 | 260 | 0 | 320 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 0 | 4.0 | 42.02 | 9.0 | 1.00 | 0.00 |
| Ketchup | Packet | 75 | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.0 | 0.0 | 0.00 | 0.00 |
| Lettuce & Tomato | serving | 60 | 5 | 0 | 3 | 0.40 | 0.11 | 4.7 | 215 | 2.56 | 1 | 0.29 | 1.12 | 0.06 | 0.01 | 0.00 |
| Offered with Entrees | none | 0 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Applesauce | 1/2 cup | 75 | 51 | 0 | 2 | 1.00 | *N/A* | *N/A* | *N/A* | *N/A* | 11 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Fresh Vegetables | 3/4 cup | 20 | 45 | 0 | 138 | 2.02 | *0.33 | *35.3 | *5431 | *22.57 | *1 | 1.16 | 9.49 | 0.22 | 0.04 | *0.00 |
| Milk Fat Free Choco | carton | 80 | 140 | 4 | 200 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 24 | 8.0 | 26.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 5 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 758 | 60 | 1248 | 7.58 | *3.36 | *356.6 | *4797 | *18.75 | *39 | 33.35 | 106.93 | 23.73 | 6.80 | *0.00 |
| % of Calories | | | | | | | | | | | *20.4% | 17.6% | 56.4% | 28.2% | 8.1% | *0.0% |
| Nutrient Guideline | | | 598-698 | | 1352 | | | | | | | | | <=30.0 | <10.00 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Nov 1, 2021 thru Nov 30, 2021

Combined: K-8 Breakfast/6-8 lunch

Generated on: 10/11/2021 12:08:59 PM

| | 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 - 11/08/2021 | | | | | | | | | | | | | | | | |
| K-8 Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Chocolate Donuts | Package | 1 | 320 | 0 | 270 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 19 | *N/A* | 41.0 | 15.0 | 7.00 | 0.00 |
| Peach Applesauce | bowl | 1 | 60 | 0 | 10 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 12 | *N/A* | 15.0 | 0.0 | 0.00 | 0.00 |
| Fruit Juice | Carton | 1 | 65 | 2 | 7 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 15 | 0.0 | 16.5 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 1 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| 6-8 lunch | | | | | | | | | | | | | | | | |
| | Total | 100 | | | | | | | | | | | | | | |
| Chef Salad | 1 each | 25 | 541 | 53 | 1045 | 9.79 | 3.69 | 127.8 | 12446 | 36.84 | *9 | 24.38 | 62.15 | 24.21 | 7.54 | 0.00 |
| Chicken Nuggets | 6 each | 75 | 293 | 24 | 574 | 0.00 | 2.20 | 48.9 | 122 | 0.0 | 1 | 15.88 | 19.55 | 17.11 | 3.05 | 0.00 |
| BBQ Sauce pk | PK | 75 | 15 | 0 | 150 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 3 | 0.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| Potato Smiles | 7 each | 75 | 182 | 0 | 252 | 2.80 | *N/A* | *N/A* | *N/A* | *N/A* | 0 | 2.8 | 28.0 | 6.3 | 0.70 | 0.00 |
| Ketchup | Packet | 75 | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.0 | 0.0 | 0.00 | 0.00 |
| Corn Muffin Star | Muffin | 75 | 136 | 10 | 82 | 1.40 | 1.00 | 14.0 | 37 | 0.0 | *N/A* | 2.6 | 21.0 | 4.5 | 0.90 | 0.00 |
| Offered with Entrees | none | 0 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Fresh Vegetables | 3/4 cup | 20 | 45 | 0 | 138 | 2.02 | *0.33 | *35.3 | *5431 | *22.57 | *1 | 1.16 | 9.49 | 0.22 | 0.04 | *0.00 |
| Side Kicks | Container | 80 | 80 | 0 | 45 | 0.00 | 0.36 | 80.0 | 1000 | 60.0 | *N/A* | 0.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk Fat Free Choco | carton | 80 | 140 | 4 | 200 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 24 | 8.0 | 26.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 5 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 800 | 43 | 1339 | 5.98 | *3.70 | *405.1 | *5492 | *63.75 | *27 | *28.88 | 110.49 | 27.05 | 5.49 | *0.00 |
| % of Calories | | | | | | | | | | | *13.6% | *14.4% | 55.3% | 30.4% | 6.2% | *0.0% |
| Nutrient Guideline | | | 598-698 | | 1352 | | | | | | | | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|-----------------------------|-----------|-----|-------|-------|-------|-------|-------|-------|-------|--------|-------|-------|-------|-------|-------|-------|
| Tue - 11/09/2021 | | | | | | | | | | | | | | | | |
| K-8 Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Breakfast Meal Cheerios Bar | 1 each | 1 | 310 | 0 | 235 | 4.00 | 4.50 | 220.0 | 400 | 64.8 | 27 | 3.0 | 63.0 | 6.5 | 1.50 | 0.00 |
| Craisins | pouch | 1 | 110 | 0 | 0 | 3.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 28.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 1 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| 6-8 lunch | | | | | | | | | | | | | | | | |
| | Total | 100 | | | | | | | | | | | | | | |
| Chef Salad | 1 each | 25 | 541 | 53 | 1045 | 9.79 | 3.69 | 127.8 | 12446 | 36.84 | *9 | 24.38 | 62.15 | 24.21 | 7.54 | 0.00 |
| Spaghetti and Meat Sauce | 1 CUP | 75 | 517 | 38 | 359 | 12.36 | *2.89 | *28.4 | *0 | *0.0 | *6 | 22.66 | 79.22 | 13.37 | 4.48 | 0.00 |
| Garlic Toast | 1.25 each | 75 | 175 | 0 | 269 | 0.62 | 1.35 | 0.0 | 125 | 0.0 | *N/A* | 2.5 | 17.5 | 10.0 | 2.50 | 0.00 |
| Italian Veggies | 1/2 cup | 50 | 47 | 0 | 67 | 2.67 | 0.24 | 26.7 | 1001 | 12.01 | *0 | 2.67 | 6.68 | 0.0 | 0.00 | 0.00 |
| Offered with Entrees | none | 0 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Peaches | 1/2 cup | 70 | 60 | 0 | 5 | 1.00 | *N/A* | *N/A* | *N/A* | *N/A* | 13 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Rice Krispies Treat | 1 each | 1 | 45 | 0 | 52 | 0.02 | 0.18 | 0.6 | 100 | 0.0 | *N/A* | 0.33 | 8.47 | 1.12 | 0.29 | 0.02 |
| Fresh Vegetables | 3/4 cup | 20 | 45 | 0 | 138 | 2.02 | *0.33 | *35.3 | *5431 | *22.57 | *1 | 1.16 | 9.49 | 0.22 | 0.04 | *0.00 |
| Milk Fat Free Choco | carton | 80 | 140 | 4 | 200 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 24 | 8.0 | 26.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 5 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |

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

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Florence USD #1

Base Menu Spreadsheet

Portion Values - Detailed

Page 5

Nov 1, 2021 thru Nov 30, 2021

Combined: K-8 Breakfast/6-8 lunch

Generated on: 10/11/2021 12:08:59 PM

| | 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) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|-----------------|----------------|--------------|-------------------------|
| Weighted Daily Average % of Calories | | | 843 | 45 | 958 | 14.55 | *4.35 | *330.6 | *5175 | *22.22 | *36 *17.0% | 33.11 15.7% | 124.39 59.0% | 23.61 25.2% | 7.16 7.6% | *0.00 *0.0% |
| Nutrient Guideline | | | 598-698 | | 1352 | | | | | | | | | <=30.0 | <10.00 | |

| Wed - 11/10/2021 | | | | | | | | | | | | | | | | |
|--------------------------------------|---------|-----|---------|----|------|-------|-------|--------|-------|--------|---------------|----------------|-----------------|----------------|----------------|--------------|
| K-8 Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Breakfast Meal Pop-Tart | 1 | 1 | 350 | 0 | 245 | 4.00 | 10.98 | 20.0 | 800 | 63.6 | 34 | 3.0 | 71.0 | 6.0 | 1.00 | 0.00 |
| Nectarine | 1 each | 1 | 62 | 0 | 0 | 2.41 | 0.40 | 8.5 | 471 | 7.67 | 11 | 1.51 | 14.98 | 0.45 | 0.04 | 0.00 |
| MILK,1% Lowfat | carton | 1 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| 6-8 lunch | Total | 100 | | | | | | | | | | | | | | |
| Grilled Cheese Sandwich | 1 EACH | 100 | 260 | 23 | 710 | 6.00 | *1.44 | *120.0 | *0 | *0.0 | *5 | 17.0 | 29.0 | 9.5 | 4.50 | 0.00 |
| Ham & Cheese Croissant | 1 EACH | 100 | 310 | 40 | 810 | 3.00 | *N/A* | *N/A* | *N/A* | *N/A* | 5 | 20.0 | 30.0 | 12.0 | 6.00 | 0.00 |
| Baked Lays | bag | 100 | 100 | 0 | 115 | 2.00 | 0.00 | 0.0 | 0 | 1.2 | 2 | 2.0 | 20.0 | 1.5 | 0.00 | 0.00 |
| Celery Sticks | 1/2 CUP | 100 | 8 | 0 | 48 | 0.96 | 0.12 | 24.0 | 269 | 1.86 | 1 | 0.41 | 1.78 | 0.1 | 0.03 | 0.00 |
| Ranch Dressing pk | pk | 100 | 20 | 0 | 80 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* | 1 | 0.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| Apple | 1 EACH | 75 | 72 | 0 | 1 | 3.31 | 0.17 | 8.3 | 75 | 6.35 | 14 | 0.36 | 19.06 | 0.23 | 0.04 | 0.00 |
| Milk Fat Free Choco | carton | 80 | 140 | 4 | 200 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 24 | 8.0 | 26.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 5 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average % of Calories | | | 866 | 66 | 1915 | 14.36 | *1.84 | *404.4 | *760 | *10.49 | *44 *20.6% | 46.15 21.3% | 120.25 55.6% | 23.26 24.2% | 10.55 11.0% | 0.00 0.0% |
| Nutrient Guideline | | | 598-698 | | 1352 | | | | | | | | | <=30.0 | <10.00 | |

| Fri - 11/12/2021 | | | | | | | | | | | | | | | | |
|------------------|--------|---|-----|----|-----|------|-------|-------|-------|-------|----|------|-------|------|------|------|
| K-8 Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Pumpkin Bread | slice | 1 | 260 | 0 | 250 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 24 | 5.0 | 44.0 | 8.0 | 1.50 | 0.00 |
| PEARS,FRESH | 1 EACH | 1 | 101 | 0 | 2 | 5.52 | 0.32 | 16.0 | 45 | 7.65 | 17 | 0.64 | 27.11 | 0.25 | 0.04 | 0.00 |
| Fruit Juice | Carton | 1 | 65 | 2 | 7 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 15 | 0.0 | 16.5 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 1 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Florence USD #1

Base Menu Spreadsheet

Portion Values - Detailed

Page 6

Nov 1, 2021 thru Nov 30, 2021

Combined: K-8 Breakfast/6-8 lunch

Generated on: 10/11/2021 12:08:59 PM

| | 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) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| 6-8 lunch | Total | 100 | | | | | | | | | | | | | | |
| Chef Salad | 1 each | 25 | 541 | 53 | 1045 | 9.79 | 3.69 | 127.8 | 12446 | 36.84 | *9 | 24.38 | 62.15 | 24.21 | 7.54 | 0.00 |
| Hot Dog | 1 each | 75 | 330 | 40 | 940 | 3.00 | 2.52 | 60.0 | 100 | 0.0 | 6 | 14.0 | 31.0 | 18.0 | 7.00 | 0.00 |
| Baked Beans | 3/4 cup | 75 | 210 | 0 | 825 | 7.50 | 2.70 | 60.0 | 150 | 0.0 | 18 | 9.0 | 43.5 | 1.5 | 0.00 | 0.00 |
| Ketchup | Packet | 75 | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.0 | 0.0 | 0.00 | 0.00 |
| Offered with Entrees | none | 0 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Fresh Vegetables | 3/4 cup | 20 | 45 | 0 | 138 | 2.02 | *0.33 | *35.3 | *5431 | *22.57 | *1 | 1.16 | 9.49 | 0.22 | 0.04 | *0.00 |
| Banana | 1 EACH | 75 | 105 | 0 | 1 | 3.07 | 0.31 | 5.9 | 76 | 10.27 | 14 | 1.29 | 26.95 | 0.39 | 0.13 | 0.00 |
| Milk Fat Free Choco | carton | 80 | 140 | 4 | 200 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 24 | 8.0 | 26.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 5 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 750 | 47 | 1829 | 12.97 | *5.15 | *388.7 | *4824 | *23.93 | *53 | 31.17 | 116.26 | 21.03 | 7.27 | *0.00 |
| % of Calories | | | | | | | | | | | *28.1% | 16.6% | 62.0% | 25.2% | 8.7% | *0.0% |
| Nutrient Guideline | | | 598-698 | | 1352 | | | | | | | | | <=30.0 | <10.00 | |

| Mon - 11/15/2021 | | | | | | | | | | | | | | | | |
|------------------------|---------|-----|---------|-------|-------|-------|---------|--------|-------|--------|--------|-------|--------|--------|--------|-------|
| K-8 Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Blueberry Crumb Cake | 1 each | 1 | 270 | 30 | 250 | 3.00 | *N/A* | *N/A* | *N/A* | *N/A* | 20 | 5.0 | 45.0 | 8.0 | 1.50 | 0.00 |
| Peach Fresh | 1 EACH | 1 | 59 | 0 | 0 | 2.25 | 0.38 | 9.0 | 489 | 9.9 | 13 | 1.37 | 14.31 | 0.38 | 0.03 | 0.00 |
| Fruit Juice | Carton | 1 | 65 | 2 | 7 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 15 | 0.0 | 16.5 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 1 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| 6-8 lunch | Total | 100 | | | | | | | | | | | | | | |
| Chef Salad | 1 each | 25 | 541 | 53 | 1045 | 9.79 | 3.69 | 127.8 | 12446 | 36.84 | *9 | 24.38 | 62.15 | 24.21 | 7.54 | 0.00 |
| Pizza Stick | 3 each | 75 | 780 | 75 | 1530 | 9.00 | 299.70 | 300.0 | 0 | 18.0 | 9 | 33.0 | 96.0 | 27.0 | 13.50 | 0.00 |
| Marinara Sauce | 1/4 cup | 75 | 40 | 0 | 230 | 1.00 | 0.72 | 20.0 | 300 | 6.0 | 4 | 1.0 | 8.0 | 1.0 | 0.00 | 0.00 |
| Offered with Entrees | none | 0 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Fresh Vegetables | 3/4 cup | 20 | 45 | 0 | 138 | 2.02 | *0.33 | *35.3 | *5431 | *22.57 | *1 | 1.16 | 9.49 | 0.22 | 0.04 | *0.00 |
| Cool Tropics Slush | pouch | 85 | 60 | 0 | 25 | 0.00 | 0.36 | 0.0 | 500 | 60.0 | 12 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| Milk Fat Free Choco | carton | 80 | 140 | 4 | 200 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 24 | 8.0 | 26.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 5 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 923 | 73 | 1782 | 10.30 | *224.43 | *532.8 | *5230 | *84.64 | *42 | 38.39 | 130.01 | 27.06 | 12.00 | *0.00 |
| % of Calories | | | | | | | | | | | *18.4% | 16.6% | 56.3% | 26.4% | 11.7% | *0.0% |
| Nutrient Guideline | | | 598-698 | | 1352 | | | | | | | | | <=30.0 | <10.00 | |

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Florence USD #1

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2021 thru Nov 30, 2021

Combined: K-8 Breakfast/6-8 lunch

Generated on: 10/11/2021 12:08:59 PM

| | 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) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/16/2021 | | | | | | | | | | | | | | | | |
| K-8 Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Breakfast Meal Cheerios Bar | 1 each | 1 | 310 | 0 | 235 | 4.00 | 4.50 | 220.0 | 400 | 64.8 | 27 | 3.0 | 63.0 | 6.5 | 1.50 | 0.00 |
| Tropical Fruit | 1/2 cup | 1 | 70 | 0 | 10 | 1.00 | 0.36 | 10.0 | 0 | 30.6 | 14 | 0.0 | 17.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 1 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| 6-8 lunch | Total | 100 | | | | | | | | | | | | | | |
| Chef Salad | 1 each | 25 | 541 | 53 | 1045 | 9.79 | 3.69 | 127.8 | 12446 | 36.84 | *9 | 24.38 | 62.15 | 24.21 | 7.54 | 0.00 |
| Manwich w beef crumble | Sandwiche | 75 | 306 | 44 | 820 | 6.88 | *1.78 | *60.0 | *284 | *0.0 | 11 | 17.84 | 40.55 | 9.93 | 3.97 | 0.00 |
| Baked Beans | 3/4 cup | 45 | 210 | 0 | 825 | 7.50 | 2.70 | 60.0 | 150 | 0.0 | 18 | 9.0 | 43.5 | 1.5 | 0.00 | 0.00 |
| Offered with Entrees | none | 0 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Fresh Vegetables | 3/4 cup | 20 | 45 | 0 | 138 | 2.02 | *0.33 | *35.3 | *5431 | *22.57 | *1 | 1.16 | 9.49 | 0.22 | 0.04 | *0.00 |
| PEARS,FRESH | 1 EACH | 70 | 101 | 0 | 2 | 5.52 | 0.32 | 16.0 | 45 | 7.65 | 17 | 0.64 | 27.11 | 0.25 | 0.04 | 0.00 |
| Carnival Cookie | cookie | 100 | 175 | 7 | 110 | 1.50 | 0.72 | 0.0 | 0 | 0.0 | 14 | 2.0 | 27.0 | 6.0 | 1.50 | 0.00 |
| Milk Fat Free Choco | carton | 80 | 140 | 4 | 200 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 24 | 8.0 | 26.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 5 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 828 | 56 | 1541 | 16.63 | *4.55 | *378.7 | *4895 | *21.88 | *64 | 32.79 | 134.37 | 20.40 | 6.43 | *0.00 |
| % of Calories | | | | | | | | | | | *31.1% | 15.8% | 64.9% | 22.2% | 7.0% | *0.0% |
| Nutrient Guideline | | | 598-698 | | 1352 | | | | | | | | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------|---------|-----|---------|----|------|-------|-------|--------|--------|--------|--------|-------|--------|--------|--------|-------|
| Wed - 11/17/2021 | | | | | | | | | | | | | | | | |
| K-8 Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Muffin | 1 each | 1 | 380 | 85 | 270 | 4.00 | 1.80 | 60.0 | *N/A* | *N/A* | 32 | 6.0 | 61.0 | 12.0 | 4.00 | 0.00 |
| Apple | 1 EACH | 1 | 72 | 0 | 1 | 3.31 | 0.17 | 8.3 | 75 | 6.35 | 14 | 0.36 | 19.06 | 0.23 | 0.04 | 0.00 |
| Fruit Juice | Carton | 1 | 65 | 2 | 7 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 15 | 0.0 | 16.5 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 1 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| 6-8 lunch | Total | 100 | | | | | | | | | | | | | | |
| Tony's Pizza | 1 each | 100 | 280 | 30 | 410 | 3.00 | 1.80 | 200.0 | 300 | 0.0 | 8 | 15.0 | 26.0 | 9.5 | 6.00 | 0.00 |
| Carrot Sticks | 1/2 cup | 100 | 25 | 0 | 42 | 1.71 | 0.18 | 20.1 | 10191 | 3.6 | 3 | 0.57 | 5.84 | 0.15 | 0.02 | 0.00 |
| Ranch Dressing pk | pk | 100 | 20 | 0 | 80 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* | 1 | 0.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| Ham & Cheese Croissant | 1 EACH | 100 | 310 | 40 | 810 | 3.00 | *N/A* | *N/A* | *N/A* | *N/A* | 5 | 20.0 | 30.0 | 12.0 | 6.00 | 0.00 |
| Baked Lays | bag | 100 | 100 | 0 | 115 | 2.00 | 0.00 | 0.0 | 0 | 1.2 | 2 | 2.0 | 20.0 | 1.5 | 0.00 | 0.00 |
| Fresh Vegetables | 3/4 cup | 100 | 45 | 0 | 138 | 2.02 | *0.33 | *35.3 | *5431 | *22.57 | *1 | 1.16 | 9.49 | 0.22 | 0.04 | *0.00 |
| Orange | 1 EACH | 100 | 62 | 0 | 0 | 3.14 | 0.13 | 52.4 | 295 | 69.69 | 12 | 1.23 | 15.39 | 0.16 | 0.02 | 0.00 |
| Milk Fat Free Choco | carton | 80 | 140 | 4 | 200 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 24 | 8.0 | 26.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 5 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 955 | 74 | 1748 | 14.80 | *2.50 | *561.9 | *16482 | *98.80 | *53 | 46.44 | 131.89 | 23.56 | 12.09 | *0.00 |
| % of Calories | | | | | | | | | | | *22.0% | 19.4% | 55.2% | 22.2% | 11.4% | *0.0% |
| Nutrient Guideline | | | 598-698 | | 1352 | | | | | | | | | <=30.0 | <10.00 | |

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Florence USD #1

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2021 thru Nov 30, 2021

Combined: K-8 Breakfast/6-8 lunch

Generated on: 10/11/2021 12:08:59 PM

| | 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) |
|---------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 11/18/2021 | | | | | | | | | | | | | | | | |
| K-8 Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Mini Bagel w/Cream Cheese | pouch | 1 | 240 | 10 | 180 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 13 | 6.0 | 42.0 | 6.0 | 2.50 | 0.00 |
| Banana | 1 EACH | 1 | 105 | 0 | 1 | 3.07 | 0.31 | 5.9 | 76 | 10.27 | 14 | 1.29 | 26.95 | 0.39 | 0.13 | 0.00 |
| Fruit Juice | Carton | 1 | 65 | 2 | 7 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 15 | 0.0 | 16.5 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 1 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| 6-8 lunch | Total | 100 | | | | | | | | | | | | | | |
| Chef Salad | 1 each | 25 | 541 | 53 | 1045 | 9.79 | 3.69 | 127.8 | 12446 | 36.84 | *9 | 24.38 | 62.15 | 24.21 | 7.54 | 0.00 |
| Roasted Chicken | serving | 75 | 100 | 37 | 200 | 0.00 | 468.00 | 0.0 | 0 | 0.0 | *N/A* | 9.3 | 0.0 | 6.6 | 2.00 | 0.00 |
| Mashed Potatoes | 3/4 cup | 75 | 131 | 0 | 425 | 1.26 | 0.00 | 29.4 | 0 | 4.52 | *0 | 2.51 | 21.36 | 4.56 | 0.60 | 2.85 |
| chicken gravy | 2 oz | 65 | 20 | 0 | 140 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 1 | 0.0 | 3.0 | 0.5 | 0.00 | 0.00 |
| Biscuit Small | 1 each | 50 | 129 | 0 | 397 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | *N/A* | 16.87 | 5.95 | 2.98 | 0.00 |
| Offered with Entrees | none | 0 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Fresh Vegetables | 3/4 cup | 20 | 45 | 0 | 138 | 2.02 | *0.33 | *35.3 | *5431 | *22.57 | *1 | 1.16 | 9.49 | 0.22 | 0.04 | *0.00 |
| Grapes | 1/2 CUP | 75 | 31 | 0 | 1 | 0.41 | 0.13 | 6.4 | 46 | 1.84 | 7 | 0.29 | 7.89 | 0.16 | 0.05 | 0.00 |
| Milk Fat Free Choco | carton | 80 | 140 | 4 | 200 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 24 | 8.0 | 26.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 5 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 534 | 44 | 1205 | 4.11 | *348.67 | *321.7 | *4617 | *21.05 | *30 | *22.14 | 71.41 | 17.92 | 5.43 | *2.12 |
| % of Calories | | | | | | | | | | | *22.3% | *16.6% | 53.4% | 30.2% | 9.1% | *3.6% |
| Nutrient Guideline | | | 598-698 | | 1352 | | | | | | | | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|-------------------------|--------|---|-----|----|-----|------|-------|-------|-----|------|----|------|-------|------|------|------|
| Fri - 11/19/2021 | | | | | | | | | | | | | | | | |
| K-8 Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Breakfast Meal Pop-Tart | 1 | 1 | 350 | 0 | 245 | 4.00 | 10.98 | 20.0 | 800 | 63.6 | 34 | 3.0 | 71.0 | 6.0 | 1.00 | 0.00 |
| Nectarine | 1 each | 1 | 62 | 0 | 0 | 2.41 | 0.40 | 8.5 | 471 | 7.67 | 11 | 1.51 | 14.98 | 0.45 | 0.04 | 0.00 |
| MILK,1% Lowfat | carton | 1 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Florence USD #1

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2021 thru Nov 30, 2021

Combined: K-8 Breakfast/6-8 lunch

Generated on: 10/11/2021 12:08:59 PM

| | 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) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| 6-8 lunch | Total | 100 | | | | | | | | | | | | | | |
| Chef Salad | 1 each | 25 | 541 | 53 | 1045 | 9.79 | 3.69 | 127.8 | 12446 | 36.84 | *9 | 24.38 | 62.15 | 24.21 | 7.54 | 0.00 |
| Cheeseburger | 1 EACH | 75 | 330 | 58 | 575 | 3.00 | *2.88 | *80.0 | *100 | *1.2 | 6 | 23.0 | 30.0 | 14.5 | 5.50 | 0.00 |
| Ketchup | Packet | 75 | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.0 | 0.0 | 0.00 | 0.00 |
| French Fries | 3/4 cup | 75 | 260 | 0 | 320 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 0 | 4.0 | 42.02 | 9.0 | 1.00 | 0.00 |
| Ketchup | Packet | 75 | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.0 | 0.0 | 0.00 | 0.00 |
| Lettuce & Tomato | serving | 60 | 5 | 0 | 3 | 0.40 | 0.11 | 4.7 | 215 | 2.56 | 1 | 0.29 | 1.12 | 0.06 | 0.01 | 0.00 |
| Offered with Entrees | none | 0 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Applesauce | 1/2 cup | 75 | 51 | 0 | 2 | 1.00 | *N/A* | *N/A* | *N/A* | *N/A* | 11 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Fresh Vegetables | 3/4 cup | 20 | 45 | 0 | 138 | 2.02 | *0.33 | *35.3 | *5431 | *22.57 | *1 | 1.16 | 9.49 | 0.22 | 0.04 | *0.00 |
| Milk Fat Free Choco | carton | 80 | 140 | 4 | 200 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 24 | 8.0 | 26.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 5 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average % of Calories | | | 758 | 60 | 1248 | 7.58 | *3.36 | *356.6 | *4797 | *18.75 | *39 | 33.35 | 106.93 | 23.73 | 6.80 | *0.00 |
| | | | | | | | | | | | *20.4% | 17.6% | 56.4% | 28.2% | 8.1% | *0.0% |
| Nutrient Guideline | | | 598-698 | | 1352 | | | | | | | | | <=30.0 | <10.00 | |

| Mon - 11/22/2021 | | | | | | | | | | | | | | | | |
|--------------------------------------|-----------|-----|---------|-------|-------|-------|-------|--------|-------|--------|--------|--------|-------|--------|--------|-------|
| K-8 Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Chocolate Donuts | Package | 1 | 320 | 0 | 270 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 19 | *N/A* | 41.0 | 15.0 | 7.00 | 0.00 |
| Peach Applesauce | bowl | 1 | 60 | 0 | 10 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 12 | *N/A* | 15.0 | 0.0 | 0.00 | 0.00 |
| Fruit Juice | Carton | 1 | 65 | 2 | 7 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 15 | 0.0 | 16.5 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 1 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| 6-8 lunch | Total | 100 | | | | | | | | | | | | | | |
| Chicken Tenders | 4.35 oz | 75 | 201 | 50 | 381 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* | 0 | 18.05 | 11.03 | 9.02 | 1.00 | 0.00 |
| BBQ Sauce pk | PK | 75 | 15 | 0 | 150 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 3 | 0.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| Potato Smiles | 7 each | 75 | 182 | 0 | 252 | 2.80 | *N/A* | *N/A* | *N/A* | *N/A* | 0 | 2.8 | 28.0 | 6.3 | 0.70 | 0.00 |
| Ketchup | Packet | 75 | 10 | 0 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 2.0 | 0.0 | 0.00 | 0.00 |
| Corn Muffin Star | muffin | 75 | 136 | 10 | 82 | 1.40 | 1.00 | 14.0 | 37 | 0.0 | *N/A* | 2.6 | 21.0 | 4.5 | 0.90 | 0.00 |
| Offered with Entrees | none | 0 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Fresh Vegetables | 3/4 cup | 20 | 45 | 0 | 138 | 2.02 | *0.33 | *35.3 | *5431 | *22.57 | *1 | 1.16 | 9.49 | 0.22 | 0.04 | *0.00 |
| Side Kicks | Container | 80 | 80 | 0 | 45 | 0.00 | 0.36 | 80.0 | 1000 | 60.0 | *N/A* | 0.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk Fat Free Choco | carton | 80 | 140 | 4 | 200 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 24 | 8.0 | 26.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 5 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average % of Calories | | | 597 | 48 | 937 | 3.56 | *1.16 | *337.2 | *2321 | *54.63 | *24 | *24.45 | 88.78 | 15.06 | 2.10 | *0.00 |
| | | | | | | | | | | | *16.2% | *16.4% | 59.5% | 22.7% | 3.2% | *0.0% |
| Nutrient Guideline | | | 598-698 | | 1352 | | | | | | | | | <=30.0 | <10.00 | |

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Florence USD #1

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

Combined: K-8 Breakfast/6-8 lunch

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) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/23/2021 | | | | | | | | | | | | | | | | |
| K-8 Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Breakfast Meal Cheerios Bar | 1 each | 1 | 310 | 0 | 235 | 4.00 | 4.50 | 220.0 | 400 | 64.8 | 27 | 3.0 | 63.0 | 6.5 | 1.50 | 0.00 |
| Craisins | pouch | 1 | 110 | 0 | 0 | 3.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 28.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 1 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| 6-8 lunch | Total | 100 | | | | | | | | | | | | | | |
| Roast Turkey | 3 oz | 100 | 114 | 45 | 384 | 0.04 | 0.10 | 2.9 | 8 | 0.03 | 0 | 15.85 | 0.2 | 5.96 | 1.99 | 0.00 |
| Mashed Potatoes | 3/4 cup | 100 | 131 | 0 | 425 | 1.26 | 0.00 | 29.4 | 0 | 4.52 | *0 | 2.51 | 21.36 | 4.56 | 0.60 | 2.85 |
| Gravy Chicken | 2 oz | 100 | 5 | 0 | 36 | 0.00 | 0.00 | 0.2 | 0 | 0.0 | 0 | 0.0 | 0.77 | 0.13 | 0.00 | 0.00 |
| Corn Muffin | 1 each | 100 | 136 | 10 | 82 | 1.40 | 1.00 | 14.0 | 37 | 0.0 | *N/A* | 2.6 | 21.0 | 4.5 | 0.90 | 0.00 |
| Pumpkin Pie | slice | 75 | 275 | 37 | 292 | 0.83 | 0.00 | 0.0 | 833 | 0.0 | *N/A* | 4.17 | 38.33 | 9.17 | 3.33 | 0.00 |
| Milk Fat Free Choco | carton | 80 | 140 | 4 | 200 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 24 | 8.0 | 26.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 5 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 707 | 87 | 1303 | 3.35 | 1.20 | 303.7 | 1093 | 7.20 | *20 | 30.69 | 93.57 | 22.01 | 6.03 | 2.82 |
| % of Calories | | | | | | | | | | | *11.5% | 17.4% | 53.0% | 28.0% | 7.7% | 3.6% |
| Nutrient Guideline | | | 598-698 | | 1352 | | | | | | | | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|-------------------------|---------|-----|---------|-------|-------|-------|-------|--------|-------|--------|--------|-------|--------|--------|--------|-------|
| Mon - 11/29/2021 | | | | | | | | | | | | | | | | |
| K-8 Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Breakfast Meal Pop-Tart | 1 | 1 | 350 | 0 | 245 | 4.00 | 10.98 | 20.0 | 800 | 63.6 | 34 | 3.0 | 71.0 | 6.0 | 1.00 | 0.00 |
| Nectarine | 1 each | 1 | 62 | 0 | 0 | 2.41 | 0.40 | 8.5 | 471 | 7.67 | 11 | 1.51 | 14.98 | 0.45 | 0.04 | 0.00 |
| MILK,1% Lowfat | carton | 1 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| 6-8 lunch | Total | 100 | | | | | | | | | | | | | | |
| Chef Salad | 1 each | 25 | 541 | 53 | 1045 | 9.79 | 3.69 | 127.8 | 12446 | 36.84 | *9 | 24.38 | 62.15 | 24.21 | 7.54 | 0.00 |
| Pretzel | 1 each | 75 | 360 | 0 | 300 | 2.00 | 3.60 | 0.0 | 0 | 0.0 | *N/A* | 12.0 | 76.0 | 2.0 | 0.00 | 0.00 |
| Nacho Cheese Sauce | 2 oz | 75 | 60 | 5 | 408 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 1.99 | 4.97 | 3.98 | 0.99 | 0.00 |
| String Cheese | 1 each | 75 | 60 | 10 | 210 | 0.00 | 0.00 | 200.0 | 100 | 0.0 | *N/A* | 8.0 | 1.0 | 2.5 | 2.00 | 0.00 |
| Offered with Entrees | none | 0 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Fresh Vegetables | 3/4 cup | 20 | 45 | 0 | 138 | 2.02 | *0.33 | *35.3 | *5431 | *22.57 | *1 | 1.16 | 9.49 | 0.22 | 0.04 | *0.00 |
| Cool Tropics Slush | pouch | 85 | 60 | 0 | 25 | 0.00 | 0.36 | 0.0 | 500 | 60.0 | 12 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| Milk Fat Free Choco | carton | 80 | 140 | 4 | 200 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 24 | 8.0 | 26.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 5 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 670 | 28 | 1157 | 4.37 | *4.13 | *442.9 | *5090 | *66.83 | *33 | 29.45 | 113.76 | 12.54 | 4.20 | *0.00 |
| % of Calories | | | | | | | | | | | *19.5% | 17.6% | 67.9% | 16.8% | 5.6% | *0.0% |
| Nutrient Guideline | | | 598-698 | | 1352 | | | | | | | | | <=30.0 | <10.00 | |

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Florence USD #1

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

Combined: K-8 Breakfast/6-8 lunch

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) |
|---|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|-----------------|----------------|--------------|-------------------------|
| Tue - 11/30/2021 | | | | | | | | | | | | | | | | |
| K-8 Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Blueberry Crumb Cake | 1 each | 1 | 270 | 30 | 250 | 3.00 | *N/A* | *N/A* | *N/A* | *N/A* | 20 | 5.0 | 45.0 | 8.0 | 1.50 | 0.00 |
| Peach Fresh | 1 EACH | 1 | 59 | 0 | 0 | 2.25 | 0.38 | 9.0 | 489 | 9.9 | 13 | 1.37 | 14.31 | 0.38 | 0.03 | 0.00 |
| Fruit Juice | Carton | 1 | 65 | 2 | 7 | 0.00 | 0.00 | 100.0 | 0 | 60.0 | 15 | 0.0 | 16.5 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 1 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| 6-8 lunch | Total | 100 | | | | | | | | | | | | | | |
| Chef Salad | 1 each | 25 | 541 | 53 | 1045 | 9.79 | 3.69 | 127.8 | 12446 | 36.84 | *9 | 24.38 | 62.15 | 24.21 | 7.54 | 0.00 |
| Taco In A Bag | 1 each | 75 | 403 | 47 | 629 | 4.09 | 0.81 | 63.2 | 331 | 3.33 | 3 | 20.68 | 30.83 | 24.63 | 5.75 | 0.00 |
| Salsa commodity | 1/4 cup | 45 | 20 | 0 | 70 | 2.00 | 0.00 | 0.0 | 0 | 0.0 | 2 | 0.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| Refried Beans Canned | 3/4 cup | 70 | 205 | 5 | 866 | 9.00 | 2.76 | 78.0 | 180 | 0.14 | 2 | 11.18 | 27.96 | 5.36 | 2.56 | 0.00 |
| Churro | 1 each | 1 | 150 | 0 | 60 | 1.00 | 0.72 | 20.0 | 0 | 0.0 | 9 | 3.0 | 27.0 | 4.0 | 1.00 | 0.00 |
| Offered with Entrees | none | 0 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Fresh Vegetables | 3/4 cup | 20 | 45 | 0 | 138 | 2.02 | *0.33 | *35.3 | *5431 | *22.57 | *1 | 1.16 | 9.49 | 0.22 | 0.04 | *0.00 |
| PEARS,FRESH | 1 EACH | 70 | 101 | 0 | 2 | 5.52 | 0.32 | 16.0 | 45 | 7.65 | 17 | 0.64 | 27.11 | 0.25 | 0.04 | 0.00 |
| Milk Fat Free Choco | carton | 80 | 140 | 4 | 200 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 24 | 8.0 | 26.0 | 0.0 | 0.00 | 0.00 |
| MILK,1% Lowfat | carton | 5 | 100 | 10 | 125 | 0.00 | 1.08 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average % of Calories | | | 786 | 56 | 1555 | 16.88 | *3.79 | *407.4 | *4988 | *24.21 | *40 *20.3% | 36.72 18.7% | 102.43 52.1% | 28.48 32.6% | 8.06 9.2% | *0.00 *0.0% |
| Nutrient Guideline | | | 598-698 | | 1352 | | | | | | | | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|-----|----|------|------|--------|--------|-------|--------|---------------|------------------|-----------------|----------------|--------------|----------------|
| Weighted Average | | | 764 | 55 | 1396 | 9.89 | *53.99 | *393.8 | *5641 | *41.53 | *39 *46.1% | *33.28 *17.4% | 110.33 57.7% | 21.61 25.4% | 7.20 8.5% | *0.39 *0.5% |
|------------------|--|--|-----|----|------|------|--------|--------|-------|--------|---------------|------------------|-----------------|----------------|--------------|----------------|

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Florence USD #1

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Nov 1, 2021 thru Nov 30, 2021

Combined: K-8 Breakfast/6-8 lunch

Generated on: 10/11/2021 12:09:00 PM

| Nutrient | Menu AVG | 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) |
|----------------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-------------------------|------------|---|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| | | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) | | | | | | | | | |
| Calories | 764 | | 598 - 698 | 110% | | | | | 66 | Correction Required - Calories too High | | | | | | | |
| Cholesterol (mg) | 55 | | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 1396 | | 1352 | | | | | | 44 | Correction Required - Sodium too High | | | | | | | |
| Sodium 2 (mg) | 1396 | | 1030 | | | | | | 366 | Correction Required - Sodium too High | | | | | | | |
| Fiber (g) | 9.89 | | | | | | | | | | | | | | | | |
| Iron (mg) | 53.99 | | | | | Missing | | | | | | | | | | | |
| Calcium (mg) | 393.8 | | | | | Missing | | | | | | | | | | | |
| Vitamin A (IU) | 5641 | | | | | Missing | | | | | | | | | | | |
| Sugars (g) | 39 | 20.49% | | | | Missing | | | | | | | | | | | |
| Vitamin C (mg) | 41.53 | | | | | Missing | | | | | | | | | | | |
| Protein (g) | 33.28 | 17.41% | | | | Missing | | | | | | | | | | | |
| Carbohydrate (g) | 110.33 | 57.73% | | | | | | | | | | | | | | | |
| Total Fat (g) | 21.61 | 25.44% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 7.20 | 8.48% | | <=30.00% | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.39 | 0.46% | | <10.00% | | Missing | | | | | | | | | | | |

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* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.