

Florence USD #1

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Nov 1, 2021 thru Nov 30, 2021

Combined: STH & MVA BREAKFAST/6-8 lunch

Generated on: 10/11/2021 12:10:34 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 - 11/01/2021																
STH & MVA 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 % of Calories			626	21	1003	4.36	*4.02	*297.1	*5008	*66.82	*33	23.61	112.92	10.73	2.74	*0.00
											*20.9%	15.1%	72.1%	15.4%	3.9%	*0.0%
Nutrient Guideline			600-693		1347		0.03	2.54	10	0.13		0.10		<=30.0	<10.00	

Tue - 11/02/2021																
STH & MVA BREAKFAST	Total	1														
Waffles	3 each	1	150	8	255	1.50	5.40	0.0	0	0.0	8	3.0	22.5	5.25	0.75	0.00
Syrup	pk	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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
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
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.

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Florence USD #1

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2021 thru Nov 30, 2021

Combined: STH & MVA BREAKFAST/6-8 lunch

Generated on: 10/11/2021 12:10:34 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			869	60	1405	17.78	*4.37	*378.0	*4872	*23.60	*46	39.82	118.05	27.31	8.96	*0.00
% of Calories											*21.0%	18.3%	54.3%	28.3%	9.3%	*0.0%
Nutrient Guideline			600-693		1347		0.03	2.54	10	0.13		0.10		<=30.0	<10.00	

Wed - 11/03/2021																
STH & MVA 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			600-693		1347		0.03	2.54	10	0.13		0.10		<=30.0	<10.00	

Thu - 11/04/2021																
STH & MVA 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

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Florence USD #1

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

Combined: STH & MVA 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)
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			600-693		1347		0.03	2.54	10	0.13		0.10		<=30.0	<10.00	

Fri - 11/05/2021																
STH & MVA BREAKFAST	Total	1														
Sausage Biscuit	1 EACH	1	189	30	487	0.00	0.36	20.0	0	0.0	2	*6.0	16.87	9.95	3.98	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
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
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*
Applesuace	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			757	60	1251	7.54	*3.26	*357.6	*4789	*18.71	*39	*33.38	106.56	23.77	6.83	*0.00
% of Calories											*20.4%	*17.6%	56.3%	28.3%	8.1%	*0.0%
Nutrient Guideline			600-693		1347		0.03	2.54	10	0.13		0.10		<=30.0	<10.00	

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Nov 1, 2021 thru Nov 30, 2021

Combined: STH & MVA BREAKFAST/6-8 lunch

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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 ¹ (g)
Mon - 11/08/2021																
STH & MVA 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			600-693		1347		0.03	2.54	10	0.13		0.10		<=30.0	<10.00	

Tue - 11/09/2021																
STH & MVA BREAKFAST	Total	1														
Pancakes	3 each	1	240	15	330	3.00	4.32	240.0	0	0.0	15	6.0	45.0	4.5	0.00	0.00
Syrup	pk	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	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
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

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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 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
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
Weighted Daily Average			843	46	959	14.54	*4.35	*331.8	*5171	*22.17	*36	33.14	124.37	23.59	7.15	*0.00
% of Calories											*17.1%	15.7%	59.0%	25.2%	7.6%	*0.0%
Nutrient Guideline			600-693		1347		0.03	2.54	10	0.13		0.10		<=30.0	<10.00	

Wed - 11/10/2021																
STH & MVA BREAKFAST																
Egg Muffin	1 each	1	260	98	550	1.00	3.24	520.0	3625	1.8	*2	12.5	39.0	6.0	2.50	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
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																
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			865	67	1918	14.33	*1.77	*410.4	*788	*10.47	*44	46.24	120.10	23.26	10.56	0.00
% of Calories											*20.5%	21.4%	55.5%	24.2%	11.0%	0.0%
Nutrient Guideline			600-693		1347		0.03	2.54	10	0.13		0.10		<=30.0	<10.00	

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: STH & MVA BREAKFAST/6-8 lunch

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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 ¹ (g)
Fri - 11/12/2021																
STH & MVA 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
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
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	*387.7	*4824	*23.33	*53	31.17	116.09	21.03	7.27	*0.00
% of Calories											*28.1%	16.6%	61.9%	25.3%	8.7%	*0.0%
Nutrient Guideline			600-693		1347		0.03	2.54	10	0.13		0.10		<=30.0	<10.00	

Mon - 11/15/2021																
STH & MVA 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			600-693		1347		0.03	2.54	10	0.13		0.10		<=30.0	<10.00	

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Florence USD #1

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

Nov 1, 2021 thru Nov 30, 2021

Combined: STH & MVA BREAKFAST/6-8 lunch

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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 ¹ (g)
Tue - 11/16/2021																
STH & MVA BREAKFAST	Total	1														
French Toast	2 each	1	420	250	640	4.00	3.60	120.0	400	0.0	18	16.0	56.0	14.0	5.00	0.00
Syrup	pk	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	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
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			830	59	1545	16.63	*4.54	*378.7	*4895	*21.84	*65	32.92	134.47	20.48	6.47	*0.00
% of Calories											*31.1%	15.9%	64.8%	22.2%	7.0%	*0.0%
Nutrient Guideline			600-693		1347		0.03	2.54	10	0.13		0.10		<=30.0	<10.00	

Wed - 11/17/2021																
STH & MVA 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

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Florence USD #1

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2021 thru Nov 30, 2021

Combined: STH & MVA BREAKFAST/6-8 lunch

Generated on: 10/11/2021 12:10:34 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			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			600-693		1347		0.03	2.54	10	0.13		0.10		<=30.0	<10.00	

Thu - 11/18/2021																
STH & MVA 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 % of Calories			534	44	1205	4.11	*348.67	*321.7	*4617	*21.05	*30 *22.3%	*22.14 *16.6%	71.41 53.4%	17.92 30.2%	5.43 9.1%	*2.12 *3.6%
Nutrient Guideline			600-693		1347		0.03	2.54	10	0.13		0.10		<=30.0	<10.00	

Fri - 11/19/2021																
STH & MVA BREAKFAST	Total	1														
Scrambled Egg	1/4 cup	1	86	210	80	0.00	0.00	0.0	0	0.0	*0	7.4	0.0	5.55	1.85	0.00
Biscuit Small	1 each	1	129	0	397	0.00	0.00	0.0	0	0.0	2	*N/A*	16.87	5.95	2.98	0.00
Jelly	pk	1	25	0	0	0.00	0.00	0.0	0	0.0	4	0.0	6.0	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
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

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Florence USD #1

Base Menu Spreadsheet

Portion Values - Detailed

Nov 1, 2021 thru Nov 30, 2021

Combined: STH & MVA BREAKFAST/6-8 lunch

Generated on: 10/11/2021 12:10:34 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			757	62	1251	7.54	*3.25	*357.4	*4789	*18.71	*39	*33.39	106.62	23.79	6.84	*0.00
											*20.4%	*17.6%	56.3%	28.3%	8.1%	*0.0%
Nutrient Guideline			600-693		1347		0.03	2.54	10	0.13		0.10		<=30.0	<10.00	

Mon - 11/22/2021																
STH & MVA 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			600-693		1347		0.03	2.54	10	0.13		0.10		<=30.0	<10.00	

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Florence USD #1

Base Menu Spreadsheet

Portion Values - Detailed

Page 10

Nov 1, 2021 thru Nov 30, 2021

Combined: STH & MVA BREAKFAST/6-8 lunch

Generated on: 10/11/2021 12:10:34 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 - 11/23/2021																
STH & MVA BREAKFAST	Total	1														
Mini Waffles	1 pouch	1	200	0	170	3.00	*N/A*	*N/A*	*N/A*	*N/A*	1	*N/A*	36.0	6.0	1.00	0.00
Syrup	pk	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	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
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			706	87	1302	3.34	*1.15	*302.5	*1089	*7.15	*20	*30.66	93.47	22.01	6.03	2.82
% of Calories											*11.4%	*17.4%	52.9%	28.0%	7.7%	3.6%
Nutrient Guideline			600-693		1347		0.03	2.54	10	0.13		0.10		<=30.0	<10.00	

Mon - 11/29/2021																
STH & MVA BREAKFAST	Total	1														
Pancake Wrap	1 each	1	200	25	310	3.00	1.80	20.0	0	0.0	4	7.0	17.0	10.0	2.50	0.00
Syrup	pk	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	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
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

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Florence USD #1

Base Menu Spreadsheet

Portion Values - Detailed

Page 11

Nov 1, 2021 thru Nov 30, 2021

Combined: STH & MVA BREAKFAST/6-8 lunch

Generated on: 10/11/2021 12:10:34 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			670	28	1158	4.36	*4.04	*443.8	*5082	*66.80	*33 *19.5%	29.49 17.6%	113.39 67.7%	12.58 16.9%	4.21 5.7%	*0.00 *0.0%
Nutrient Guideline			600-693		1347		0.03	2.54	10	0.13		0.10		<=30.0	<10.00	

Tue - 11/30/2021																
STH & MVA BREAKFAST																
Blueberry Crumb Cake	Total	1														
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			600-693		1347		0.03	2.54	10	0.13		0.10		<=30.0	<10.00	

Weighted Average			764	55	1397	9.89	*53.96	*394.1	*5641	*41.48	*39 *46.1%	*33.30 *17.4%	110.24 57.7%	21.62 25.5%	7.21 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: STH & MVA BREAKFAST/6-8 lunch

Generated on: 10/11/2021 12:10:34 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		600 - 693	110%					71	Correction Required - Calories too High							
Cholesterol (mg)	55																
Sodium 1 (mg)	1397		1347						50	Correction Required - Sodium too High							
Sodium 2 (mg)	1397		1025						372	Correction Required - Sodium too High							
Fiber (g)	9.89																
Iron (mg)	53.96		0.03	181674%	Missing												
Calcium (mg)	394.1		2.54	15490%	Missing												
Vitamin A (IU)	5641		10	57841%	Missing												
Sugars (g)	39	20.47%			Missing												
Vitamin C (mg)	41.48		0.13	32224%	Missing												
Protein (g)	33.30	17.43%	0.10	33633%	Missing												
Carbohydrate (g)	110.24	57.69%															
Total Fat (g)	21.62	25.46%	<=30.00%														
Saturated Fat (g)	7.21	8.49%	<10.00%														
Trans Fat ¹ (g)	0.39	0.46%			Missing												

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