

Florence USD #1

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Nov 1, 2021 thru Nov 30, 2021

Combined: STH & MVA BREAKFAST/k-5 Lunch

Generated on: 10/11/2021 12:11:12 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
k-5 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	4.36	*4.02	*443.7	*5082	*66.82	*33	29.47	113.66	12.56	4.20	*0.00
% of Calories											*19.6%	17.6%	67.8%	16.9%	5.6%	*0.0%
Nutrient Guideline			550-644		1218		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
k-5 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	1/2 cup	70	137	4	577	6.00	1.84	52.0	120	0.1	1	7.45	18.64	3.57	1.71	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

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Nov 1, 2021 thru Nov 30, 2021

Combined: STH & MVA BREAKFAST/k-5 Lunch

Generated on: 10/11/2021 12:11:12 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			710	59	1160	14.96	*3.20	*345.1	*4831	*23.57	*38 *21.7%	35.01 19.7%	91.54 51.6%	23.10 29.3%	7.63 9.7%	*0.00 *0.0%
Nutrient Guideline			550-644		1218		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
k-5 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
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			505	34	695	7.85	*2.18	*526.9	*11105	*75.27	44 35.1%	23.51 18.6%	72.99 57.8%	9.98 17.8%	6.11 10.9%	0.00 0.0%
Nutrient Guideline			550-644		1218		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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Portion Values - Detailed

Nov 1, 2021 thru Nov 30, 2021

Combined: STH & MVA BREAKFAST/k-5 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)
k-5 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	1/2 cup	75	87	0	283	0.84	0.00	19.6	0	3.02	*0	1.68	14.24	3.04	0.40	1.90
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			502	44	1100	3.80	*348.67	*314.4	*4617	*19.93	*30	*21.51	66.13	16.79	5.28	*1.41
% of Calories											*23.7%	*17.1%	52.7%	30.1%	9.5%	*2.5%
Nutrient Guideline			550-644		1218		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
k-5 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	1/2 cup	75	173	0	213	1.33	*N/A*	*N/A*	*N/A*	*N/A*	0	2.67	28.02	6.0	0.67	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			692	60	1171	7.04	*3.26	*357.6	*4789	*18.71	*39	*32.39	96.16	21.54	6.59	*0.00
% of Calories											*22.2%	*18.7%	55.5%	28.0%	8.6%	*0.0%
Nutrient Guideline			550-644		1218		0.03	2.54	10	0.13		0.10		<=30.0	<10.00	

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Base Menu Spreadsheet

Portion Values - Detailed

Page 4

Nov 1, 2021 thru Nov 30, 2021

Combined: STH & MVA BREAKFAST/k-5 Lunch

Generated on: 10/11/2021 12:11:12 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																
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
k-5 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	5 each	75	244	20	479	0.00	1.83	40.7	102	0.0	1	13.24	16.29	14.26	2.55	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	5 each	75	130	0	180	2.00	*N/A*	*N/A*	*N/A*	*N/A*	0	2.0	20.0	4.5	0.50	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
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			725	40	1215	5.39	*3.43	*399.1	*5477	*63.75	*27	*26.32	102.13	23.60	4.96	*0.00
% of Calories											*15.0%	*14.5%	56.3%	29.3%	6.2%	*0.0%
Nutrient Guideline			550-644		1218		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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Combined: STH & MVA BREAKFAST/k-5 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)
k-5 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 each	75	140	0	215	0.50	1.08	0.0	100	0.0	*N/A*	2.0	14.0	8.0	2.00	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			817	46	919	14.45	*4.15	*331.8	*5152	*22.17	*36	32.77	121.77	22.11	6.78	*0.00
% of Calories											*17.6%	16.0%	59.6%	24.4%	7.5%	*0.0%
Nutrient Guideline			550-644		1218		0.03	2.54	10	0.13		0.10		<=30.0	<10.00	

Wed - 11/10/2021																
STH & MVA BREAKFAST	Total	1														
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
k-5 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
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			559	27	1116	11.36	*1.77	*410.4	*788	*10.47	*39	26.44	90.40	11.38	4.62	0.00
% of Calories											*28.2%	18.9%	64.7%	18.3%	7.4%	0.0%
Nutrient Guideline			550-644		1218		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
 * - 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 6

Nov 1, 2021 thru Nov 30, 2021

Combined: STH & MVA BREAKFAST/k-5 Lunch

Generated on: 10/11/2021 12:11:12 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)
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
k-5 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	1/2 cup	75	140	0	550	5.00	1.80	40.0	100	0.0	12	6.0	29.0	1.0	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			698	47	1625	11.12	*4.48	*372.9	*4787	*23.33	*48	28.94	105.33	20.66	7.27	*0.00
% of Calories											*27.6%	16.6%	60.4%	26.7%	9.4%	*0.0%
Nutrient Guideline			550-644		1218		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
k-5 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	2 each	75	520	50	1020	6.00	199.80	200.0	0	12.0	6	22.0	64.0	18.0	9.00	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			730	54	1404	8.07	*150.25	*458.5	*5230	*80.19	*40	30.22	106.25	20.38	8.66	*0.00
% of Calories											*22.0%	16.6%	58.2%	25.1%	10.7%	*0.0%
Nutrient Guideline			550-644		1218		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/k-5 Lunch

Generated on: 10/11/2021 12:11:12 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																
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
k-5 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	1/2 cup	45	140	0	550	5.00	1.80	40.0	100	0.0	12	6.0	29.0	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
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
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			798	59	1422	15.52	*4.14	*369.8	*4872	*21.84	*62	31.58	128.01	20.26	6.47	*0.00
% of Calories											*31.0%	15.8%	64.1%	22.8%	7.3%	*0.0%
Nutrient Guideline			550-644		1218		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
k-5 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
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			505	34	695	7.85	*2.18	*526.9	*11105	*75.27	44	23.51	72.99	9.98	6.11	0.00
% of Calories											35.1%	18.6%	57.8%	17.8%	10.9%	0.0%
Nutrient Guideline			550-644		1218		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 8

Nov 1, 2021 thru Nov 30, 2021

Combined: STH & MVA BREAKFAST/k-5 Lunch

Generated on: 10/11/2021 12:11:12 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																
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
k-5 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	1/2 cup	75	87	0	283	0.84	0.00	19.6	0	3.02	*0	1.68	14.24	3.04	0.40	1.90
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			502	44	1100	3.80	*348.67	*314.4	*4617	*19.93	*30	*21.51	66.13	16.79	5.28	*1.41
% of Calories											*23.7%	*17.1%	52.7%	30.1%	9.5%	*2.5%
Nutrient Guideline			550-644		1218		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

Page 9

Nov 1, 2021 thru Nov 30, 2021

Combined: STH & MVA BREAKFAST/k-5 Lunch

Generated on: 10/11/2021 12:11:12 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)
k-5 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	1/2 cup	75	173	0	213	1.33	*N/A*	*N/A*	*N/A*	*N/A*	0	2.67	28.02	6.0	0.67	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			693	62	1171	7.04	*3.25	*357.4	*4789	*18.71	*39	*32.40	96.22	21.56	6.59	*0.00
											*22.3%	*18.7%	55.5%	28.0%	8.6%	*0.0%
Nutrient Guideline			550-644		1218		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
k-5 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	5 each	75	130	0	180	2.00	*N/A*	*N/A*	*N/A*	*N/A*	0	2.0	20.0	4.5	0.50	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
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			559	48	884	2.96	*1.16	*337.2	*2321	*54.63	*24	*23.86	82.84	13.72	1.95	*0.00
											*17.3%	*17.1%	59.3%	22.1%	3.1%	*0.0%
Nutrient Guideline			550-644		1218		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

Nov 1, 2021 thru Nov 30, 2021

Combined: STH & MVA BREAKFAST/k-5 Lunch

Generated on: 10/11/2021 12:11:12 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
k-5 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
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
Mashed Potatoes	1/2 cup	100	87	0	283	0.84	0.00	19.6	0	3.02	*0	1.68	14.24	3.04	0.40	1.90
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
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			663	87	1162	2.93	*1.15	*292.8	*1089	*5.66	*20	*29.83	86.42	20.50	5.83	1.88
% of Calories											*12.1%	*18.0%	52.1%	27.8%	7.9%	2.6%
Nutrient Guideline			550-644		1218		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
k-5 Lunch	Total	100														
Chef Salad w/Diced Ham	1 each	1	739	61	1228	11.18	*2.69	*93.8	*12409	*37.52	28	25.55	87.09	33.63	9.14	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/k-5 Lunch

Generated on: 10/11/2021 12:11:12 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			543	16	911	2.05	*3.15	*413.1	*2124	*58.05	*31	23.71	98.86	6.92	2.44	*0.00
% of Calories											*22.6%	17.5%	72.8%	11.5%	4.0%	*0.0%
Nutrient Guideline			550-644		1218		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
k-5 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	1/2 cup	70	137	4	577	6.00	1.84	52.0	120	0.1	1	7.45	18.64	3.57	1.71	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			737	54	1354	14.79	*3.15	*389.2	*4947	*24.17	*39	34.10	95.71	27.20	7.46	*0.00
% of Calories											*21.3%	18.5%	52.0%	33.2%	9.1%	*0.0%
Nutrient Guideline			550-644		1218		0.03	2.54	10	0.13		0.10		<=30.0	<10.00	

Weighted Average			645	47	1126	8.07	*49.57	*386.7	*4873	*37.92	*37	*28.17	94.08	17.72	5.79	*0.26
											*51.4%	*17.5%	58.4%	24.7%	8.1%	*0.4%

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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/k-5 Lunch

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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	645		550 - 644	100%					1	Correction Required - Calories too High							
Cholesterol (mg)	47																
Sodium 1 (mg)	1126		1218														
Sodium 2 (mg)	1126		926						200	Correction Required - Sodium too High							
Fiber (g)	8.07																
Iron (mg)	49.57		0.03	166884%	Missing												
Calcium (mg)	386.7		2.54	15198%	Missing												
Vitamin A (IU)	4873		10	49971%	Missing												
Sugars (g)	37	22.85%			Missing												
Vitamin C (mg)	37.92		0.13	29458%	Missing												
Protein (g)	28.17	17.47%	0.10	28452%	Missing												
Carbohydrate (g)	94.08	58.36%															
Total Fat (g)	17.72	24.74%	<=30.00%														
Saturated Fat (g)	5.79	8.08%	<10.00%														
Trans Fat ¹ (g)	0.26	0.36%			Missing												

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