

# Cedarburg School District

Jan 2, 2017 thru Jan 2, 2017

## Base Menu Spreadsheet

BIC

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/02/2017								
BIC	Total							
BRD: BAR, Cereal Trix WG IW	1 Each	150	105	9	2.0	30.0	3.0	0.50
BRD: CRACK BK, GFishCh (1BG)	Serving	105	188	0	2.25	15.0	3.75	0.75
BRD: POPTARTS, Straw 1.76oz WG	Package	180	180	15	2.0	38.0	2.5	1.00
BRD: CRACK SS, Animal WG	Package	130	110	8	2.0	21.0	4.0	1.00
CEREAL BWL, Lucky Charms WG	Bowl	110	180	10	2.0	23.0	1.0	0.00
BRD: CRACK BK, Graham 1oz WG	Serving	120	125	6	2.0	21.0	3.5	0.00
BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	190	130	16	3.0	30.0	6.0	2.00
BRD: CRACK SS, Bear GrhmChocWG	Package	120	85	7	2.0	20.0	4.0	0.00
CEREAL BWL, FrstMiniWhsChocWG	Bowl	100	105	6	3.0	23.0	1.0	0.00
BRD: CRACK SS, ScoobyDoo CinWG	Package	120	115	8	2.0	21.0	3.5	1.00
CEREAL POUCH, Krave Smores WG	Pouch	110	95	9	2.0	21.0	3.0	0.50
CHEESE, MZ String 1ea 1.0	Stick	80	150	0	7.0	1.0	6.0	3.50
BRD: BAGEL, White WG IW	1 Each	140	180	5	6.0	29.0	1.0	0.00
COND PC Cream Cheese 1oz	1 Each	70	115	1	1.0	1.0	7.0	4.00
CEREAL BWL, Froot Loops RS WG	Bowl	110	170	8	2.0	24.0	1.0	0.50
BRD: MUF AP, Choc 2oz WG (1BG)	Muffin	190	130	17	4.0	32.0	6.0	2.00
CEREAL BWL, Frosted Flks RS WG	Bowl	100	160	7	2.0	24.0	0.0	0.00
BRD: MUF AP, ApCin 2ozWG (1BG)	Muffin	190	130	16	3.0	31.0	6.0	2.00
BRD: BAR, NutriGr Strwb1.5WGIW	1 Each	160	150	14	2.0	29.0	4.0	0.50
CHEESE, CH Cubes RF SS 1.0	Pkg (1oz)	90	190	0	7.0	0.0	7.0	4.50
CEREAL BWL, Cheerios AplCin WG	Bowl	110	110	10	2.0	22.0	1.5	0.00
BRD: BAR, Cereal FrtyCh WG IW	1 Each	150	105	9	2.0	30.0	3.0	0.50
CEREAL BWL, Frstd Mini Whs WG	Bowl	100	0	6	3.0	24.0	0.0	0.00
BRD: BAR, NutriGr ApCin1.5WGIW	1 Each	160	130	14	2.0	30.0	4.0	0.50
BRD: BAR, Benefit OatChoc WGIW	1 Each	290	240	22	5.0	47.0	9.0	3.00
CEREAL BWL, Cheerios HnyNut WG	Bowl	110	160	9	2.0	22.0	1.5	0.00
FRUIT: RAISINS, SS 1.5oz	Box (1.5oz)	127	5	25	1.31	33.67	0.2	0.02
FRUIT: APPLE, 138ct 1/8wg 1/2c	4 Wedges	32	2	6	0.17	8.43	0.11	0.02
FRUIT: BANANA (150ct) Whole	Each(150ct)	69	1	9	0.84	17.68	0.26	0.09
FRUIT: CRAISINS, SS Cherry1.16	Box (1.16oz)	110	0	24	0.0	28.0	0.0	0.00
JUICE SS, Grape100% 4oz Cart	1 Each	80	15	18	1.0	18.0	0.0	0.00
JUICE SS, Orange 100% 4oz Cart	1 Each	50	15	10	1.0	12.0	0.0	0.00
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	60	10	13	0.0	14.0	0.0	0.00
JUICE SS, Apple 100% 4oz Cart	1 Each	60	15	13	0.0	14.0	0.0	0.00
Weighted Daily Average		4073	3600	351	78.56	754.77	92.81	27.88
% of Calories				34.5%	7.7%	74.1%	20.5%	6.2%
Nutrient Guideline		350-500	540					<10.00

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient  
**\*** - denotes combined nutrient totals with either missing or incomplete nutrient data  
**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.

# Cedarburg School District

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Base Menu Spreadsheet

BIC

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Average		4073	3600	351 77.5%	78.56 7.7%	754.77 74.1%	92.81 20.5%	27.88 6.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	4073		350 - 500					
Sodium (mg)	3600		540					
Sugars (g)	351	34.47%						
Protein (g)	78.56	7.72%						
Carbohydrate (g)	754.77	74.13%						
Total Fat (g)	92.81	20.51%						
Saturated Fat (g)	27.88	6.16%	<10.00%					

\*Data comparisons are not available for one or two day selections

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