

Cedarburg School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 2, 2017 thru Jan 2, 2017

Elementary Breakfast

Generated on: 12/28/2016 1:23:30 PM

| Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------|----------------|--------------|---------------|--------------|-------------|--------------|--------------|
|-----------------|----------------|--------------|---------------|--------------|-------------|--------------|--------------|

**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

Jan 2, 2017 thru Jan 2, 2017

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

Page 2

Generated on: 12/28/2016 1:23:31 PM

| | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|---------------------------------|--------------|-------------|-----------|------------|-----------|----------|-----------|-----------|
| Mon - 01/02/2017 | | | | | | | | |
| Elementary Breakfast | Total | | | | | | | |
| CEREAL BWL, Cocoa Puffs RS WG | Bowl | 110 | 160 | 8 | 2.0 | 25.0 | 1.5 | 0.00 |
| CEREAL BWL, CinnTstCrnch RS WG | Bowl | 110 | 160 | 6 | 1.0 | 22.0 | 3.0 | 0.50 |
| CEREAL BWL, Lucky Charms WG | Bowl | 110 | 180 | 10 | 2.0 | 23.0 | 1.0 | 0.00 |
| CEREAL BWL, Cheerios HnyNut WG | Bowl | 110 | 160 | 9 | 2.0 | 22.0 | 1.5 | 0.00 |
| CEREAL BWL, FrstMiniWhtsChocWG | Bowl | 100 | 105 | 6 | 3.0 | 23.0 | 1.0 | 0.00 |
| CEREAL BWL, Raisin Bran WG | Bowl | 110 | 125 | 10 | 3.0 | 27.0 | 0.5 | 0.00 |
| CEREAL BWL, Trix RS WG | Bowl | 110 | 140 | 7 | 1.0 | 24.0 | 1.0 | 0.00 |
| CEREAL BWL, Froot Loops RS WG | Bowl | 110 | 170 | 8 | 2.0 | 24.0 | 1.0 | 0.50 |
| CEREAL BWL, Apple Jck RS WG | Bowl | 110 | 160 | 8 | 2.0 | 24.0 | 1.0 | 0.50 |
| CEREAL BWL, Frosted Flks RS WG | Bowl | 100 | 160 | 7 | 2.0 | 24.0 | 0.0 | 0.00 |
| BRD: MUF AP, Blueb 2ozWG (1BG) | Muffin | 190 | 130 | 16 | 3.0 | 30.0 | 6.0 | 2.00 |
| YOGURT SS, Danimals Vanilla4oz | 1 Each | 80 | 60 | 13 | 4.0 | 16.0 | 0.0 | 0.00 |
| BRD: CRACK SS, Animal WG | Package | 130 | 110 | 8 | 2.0 | 21.0 | 4.0 | 1.00 |
| SDW MUFF, EggCHSS 1.0 WG | Sandwich | 170 | 316 | 2 | 8.85 | 24.72 | 5.04 | 1.68 |
| BRD: BAR, Benefit OatRsn WGIW | 1 Each | 290 | 190 | 22 | 5.0 | 48.0 | 9.0 | 3.00 |
| BRD: CRACK SS, Bear GrhmChocWG | Package | 120 | 85 | 7 | 2.0 | 20.0 | 4.0 | 0.00 |
| BRD: FRUDEL, Cherry AP WG IW | Pouch | 210 | 290 | 11 | 5.0 | 37.0 | 6.0 | 1.50 |
| BRD: CRACK SS, ScoobyDoo CinWG | Package | 120 | 115 | 8 | 2.0 | 21.0 | 3.5 | 1.00 |
| BRD: Bkfst Rnd ChocChip2.2ozIW | 1 Each | 270 | 180 | 19 | 5.0 | 44.0 | 8.0 | 2.50 |
| CHEESE, MZ String LF 1ea 1.0 | Stick | 60 | 210 | 0 | 8.0 | 1.0 | 2.5 | 2.00 |
| PIZZA AP Tony Bkfst T.Ssg 1.0 | Pizza | 210 | 480 | 9 | 9.0 | 26.0 | 7.0 | 2.00 |
| BRD: WAFFLE, AP WG Bluebry IW | Pouch | 210 | 180 | 12 | 4.0 | 37.0 | 6.0 | 1.00 |
| BRD: CRACK SS, Grhm DotsABC WG | Package | 130 | 95 | 7 | 2.0 | 20.0 | 4.0 | 0.00 |
| BRD: PANCAKES, AP WG MplBstIW | Pouch | 240 | 200 | 14 | 4.0 | 40.0 | 8.0 | 2.00 |
| 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 |
| STICKS, CORN DOG TKyMplBfst1.IW | 1 Each | 160 | 310 | 4 | 8.0 | 17.0 | 6.0 | 1.50 |
| COND PC Syrup 1.4oz Smuckers | 1 Each | 110 | 25 | 21 | 0.0 | 29.0 | 0.0 | 0.00 |
| BRD: PANCAKES, AP WG (2BG) | 2 Pancake | 153 | 220 | 3 | 3.33 | 27.33 | 4.0 | 0.67 |
| BRD: BAR, Benefit FrTst WGIW | 1 Each | 290 | 200 | 21 | 5.0 | 47.0 | 9.0 | 2.50 |
| BRD: FRUDEL, Apple AP WG IW | Pouch | 210 | 280 | 11 | 5.0 | 36.0 | 6.0 | 1.50 |
| BRD: WAFFLE, AP WG Maple Md IW | Pouch | 210 | 170 | 13 | 4.0 | 38.0 | 6.0 | 1.00 |
| STICKS, BOSCO Apple AP | 1 Each | 180 | 160 | 9 | 5.0 | 37.0 | 1.5 | 0.00 |
| BRD: DONUT, Glaze Vanilla WG | 1 Each | 340 | 300 | 22 | 5.0 | 45.34 | 16.0 | 7.00 |
| BRD: BAR, Benefit OatChoc WGIW | 1 Each | 290 | 240 | 22 | 5.0 | 47.0 | 9.0 | 3.00 |
| BRD: MUF AP, Choc 2oz WG (1BG) | Muffin | 190 | 130 | 17 | 4.0 | 32.0 | 6.0 | 2.00 |
| BRD: ROLL DG, Cinn SS 2.6oz | 1 Each | 170 | 135 | 10 | 5.0 | 36.0 | 1.0 | 0.50 |
| FRUIT: STRAWBERRIES, Fz 1/2c | 1/2 Cup | 27 | 2 | 4 | 0.33 | 7.01 | 0.08 | 0.00 |
| FRUIT: PEARS, Dice w/Jc 1/2c | 1/2 Cup | 63 | 5 | 12 | 0.43 | 16.36 | 0.09 | 0.01 |

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

Jan 2, 2017 thru Jan 2, 2017

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

Page 3

Generated on: 12/28/2016 1:23:31 PM

| | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-------------|-----------|------------|-----------|----------|-----------|-----------|
| Mon - 01/02/2017 | | | | | | | | |
| FRUIT: APPLE, 138ct 1/8wg 1/2c | 4 Wedges | 32 | 2 | 6 | 0.17 | 8.43 | 0.11 | 0.02 |
| FRUIT: FRUIT MIX w/Jc 1/2c | 1/2 Cup | 61 | 5 | 13 | 1.01 | 13.13 | 0.0 | 0.00 |
| FRUIT: BANANA (150ct) Whole | Each(150ct) | 69 | 1 | 9 | 0.84 | 17.68 | 0.26 | 0.09 |
| FRUIT: APPLESAUCE, AP 1/2c | 1/2 Cup | 88 | 3 | 19 | 0.21 | 22.52 | 0.22 | 0.04 |
| FRUIT: BLUEBERRIES, Fz 1/2c | 1/2 Cup | 36 | 1 | 6 | 0.29 | 8.5 | 0.45 | 0.04 |
| FRUIT: ORANGE 138ct 1/8wg 1/2c | 8 Wedges | 47 | 0 | 9 | 0.94 | 11.73 | 0.12 | 0.01 |
| FRUIT: PEACHES Dice w/Jc 1/2c | 1/2 Cup | 55 | 5 | 13 | 0.78 | 14.35 | 0.04 | 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 | | 6749 | 6705 | 531 | 147.18 | 1223.0 | 158.40 | 45.05 |
| % of Calories | | | | 31.5% | 8.7% | 72.5% | 21.1% | 6.0% |
| Nutrient Guideline | | 350-500 | 540 | | | | | <10.00 |

| | | | | | | | | |
|------------------|--|------|------|-------|--------|--------|--------|-------|
| Weighted Average | | 6749 | 6705 | 531 | 147.18 | 1223.0 | 158.40 | 45.05 |
| | | | | 70.9% | 8.7% | 72.5% | 21.1% | 6.0% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target* | Miss Data | Shortfall* | Overage* | Error Messages (if any)* |
|-------------------|----------|-----------|---------------|--------------|-----------|------------|----------|--------------------------|
| Calories | 6749 | | 350 - 500 | | | | | |
| Sodium (mg) | 6705 | | 540 | | | | | |
| Sugars (g) | 531 | 31.50% | | | | | | |
| Protein (g) | 147.18 | 8.72% | | | | | | |
| Carbohydrate (g) | 1223.09 | 72.49% | | | | | | |
| Total Fat (g) | 158.40 | 21.12% | | | | | | |
| Saturated Fat (g) | 45.05 | 6.01% | <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
***** - 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.