

Cedarburg School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 2, 2017 thru Jan 2, 2017

Middle Breakfast

Generated on: 12/28/2016 1:27:05 PM

Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
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**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
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Mon - 01/02/2017								
Middle 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, Cheerios HnyNut WG	Bowl	110	160	9	2.0	22.0	1.5	0.00
CEREAL BWL, Raisin Bran WG	Bowl	110	125	10	3.0	27.0	0.5	0.00
CEREAL BWL, Froot Loops RS WG	Bowl	110	170	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
CEREAL BWL, Rice Krispies WG	Bowl	100	170	1	2.0	23.0	0.5	0.00
BRD: CRACK BK, GFishCh (1BG)	Serving	105	188	0	2.25	15.0	3.75	0.75
BRD: FR TST STK, AP WG(2.25BG)	4 Sticks	300	380	15	6.0	42.0	12.0	3.00
COND PC Syrup 1.4oz Smuckers	1 Each	110	25	21	0.0	29.0	0.0	0.00
SDW BGL, EggPty PSaus WG 2.0	Sandwich	400	790	5	24.0	30.0	21.0	7.50
MELT MUFF, EggPty AM 1.25 WG	Sandwich	235	560	1	10.5	25.5	11.0	3.75
MELT MUFF, CSaus AM 1.25 WG	Sandwich	265	700	1	18.5	25.5	11.0	3.75
EGG: Frittata CH CHam Denv 2.0	1/24 Cut	101	159	2	7.9	2.48	6.81	3.18
CHEESE, MZ String LF 1ea 1.0	Stick	60	210	0	8.0	1.0	2.5	2.00
BRD: ROLL DG, CinOrgGlzSS2.6oz	1 Each	196	135	16	5.01	42.63	1.0	0.50
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
SDW BN, ChixBrstBrd BLTRch 2.0	Sandwich	441	926	6	27.13	42.52	18.13	2.84
PIZZA AP Tony Bkfst T.Ssg 1.0	Pizza	210	480	9	9.0	26.0	7.0	2.00
EGG: Scrambled CH SS 2.0	#16 scp (2 MMA	93	124	1	7.23	1.35	6.63	3.14
VEG: POTATO, HB Patty 1ea	Patty	130	250	0	1.0	14.0	8.0	2.00
BRD: MUF AP, Choc 4oz WG (2BG)	Muffin	390	260	34	7.0	64.0	12.0	4.00
YOGURT SS, Danimals Vanilla4oz	1 Each	80	60	13	4.0	16.0	0.0	0.00
BRD: FRUDEL, Cherry AP WG IW	Pouch	210	290	11	5.0	37.0	6.0	1.50
BRD: PANCAKES, AP WG (2BG)	2 Pancake	153	220	3	3.33	27.33	4.0	0.67
BRD: MUF AP, ApCin 4ozWG (2BG)	Muffin	380	260	33	7.0	61.0	12.0	4.00
STICKS, CORN DOG TkMplBkfst1.0	1 Each	160	310	4	8.0	17.0	6.0	1.50
BRD: PANCAKES, Mini WG (2BG)	6 Pancake	170	260	6	4.0	31.0	4.0	0.50
BRD: Bkfst Rnd Cinn 2.5oz WG	1 Each	240	210	17	5.0	43.0	6.0	2.00
BRD: BAGEL, Cinn Rsn WG	1 Each	170	150	8	7.0	33.0	1.5	0.00
COND PC Cream Cheese 1oz	1 Each	70	115	1	1.0	1.0	7.0	4.00
QUES 6" CH CSaus WG 1.25	Half Each	227	366	1	12.92	15.77	12.84	7.15
ENT: TORT ROLL6" EggSSCHHam1.0	1 Each	174	387	2	9.04	16.38	8.16	4.26
BRD: WAFFLE, AP WG Maple Md IW	Pouch	210	170	13	4.0	38.0	6.0	1.00
SMOOTHIE, YogStrw Pine SS 1.0	8 oz spdl (1c)	172	64	30	3.6	38.26	0.85	0.52
BRD: BISC AP, 2.0oz WG	1 Each	210	460	2	4.0	27.0	10.0	9.00
COND_Gravy, Country SS	1/4 Cup	34	201	3	0.63	6.44	0.65	0.18
BRD: Bkfst Rnd Choc Chip 2.5oz	1 Each	260	190	17	5.0	43.0	7.0	2.00

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Page 3

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Mon - 01/02/2017								
BRD: DONUT, Glaze Vanilla WG	1 Each	340	300	22	5.0	45.34	16.0	7.00
BURR 6" Egg CH CSaus SS WG 1.5	1 Each	185	246	3	10.46	17.69	8.26	3.39
Weighted Daily Average		7622	10881	372	255.51	1117.1	252.58	89.07
% of Calories				19.5%	13.4%	58.6%	29.8%	10.5%
Nutrient Guideline		400-550	600					<10.00

Weighted Average		7622	10881	372 43.9%	255.51 13.4%	1117.1 58.6%	252.58 29.8%	89.07 10.5%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	7622		400 - 550					
Sodium (mg)	10881		600					
Sugars (g)	372	19.53%						
Protein (g)	255.51	13.41%						
Carbohydrate (g)	1117.19	58.63%						
Total Fat (g)	252.58	29.82%						
Saturated Fat (g)	89.07	10.52%	<10.00%					

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

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