

BCSD Nutrition Services

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Combined: Elementary (K-5) Breakfast/Elementary (K-5) - Lunch

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|-------------------------------|-----------------|----------|
| Mon - 12/03/2018 | | |
| Elementary (K-5) Breakfast | Total | |
| Breakfast-Yogurt & Grahams | see recipe | 38.0 |
| Breakfast-Cereal & String Chz | see recipe | 24.4 |
| Milk-Chocolate or White | 1 each | 15.33 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Juice 100%-Variety | 1 each | 14.6 |
| Elementary (K-5) - Lunch | Total | |
| Chicken-Tenders | serving (3each) | 16.19 |
| Sandwich-Turkey & Cheese | sandwich | 28.45 |
| PBJ&String Cheese | see recipe | 62.67 |
| Milk-Lunch (Elem) | 1 each | 17.68 |
| Cheese-String | 1 each | 1.0 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Chip-Potato Baked | bag | 20.0 |
| Yogurt-4 oz assorted | 1 each | 20.0 |
| Beans-Baked | 1/2 cup | 33.09 |
| Carrots-Cooked | 1/2 CUP | 5.64 |
| Condiments-Lunch (Elem) | 1 each | 5.01 |
| Weighted Daily Average | | 97.18 |
| % of Calories | | 55.8% |
| Nutrient Guideline | | |

| | | |
|-------------------------------|-------------|-------|
| Tue - 12/04/2018 | | |
| Elementary (K-5) Breakfast | Total | |
| Breakfast-Yogurt & Grahams | see recipe | 38.0 |
| Breakfast-Cereal & String Chz | see recipe | 24.4 |
| Milk-Chocolate or White | 1 each | 15.33 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Juice 100%-Variety | 1 each | 14.6 |
| Elementary (K-5) - Lunch | Total | |
| Breakfast-French Toast Sticks | Serving (4) | 35.0 |
| Sausage-Link | 2 each | 0.0 |
| Sandwich-Ham & Cheese | sandwich | 30.76 |
| PBJ&String Cheese | see recipe | 62.67 |
| Milk-Lunch (Elem) | 1 each | 17.68 |
| Cheese-String | 1 each | 1.0 |
| Potatoes-Tater Tots | 3 oz | 19.05 |
| Cucumber-Sliced | 1/2 cup | 1.89 |
| Applesauce-Cinnamon | 1/2 cup | 25.52 |
| Juice 100%-Variety | 1/2 each | 7.3 |
| Condiments-Lunch (Elem) | 1 each | 5.01 |
| Weighted Daily Average | | 93.72 |
| % of Calories | | 51.1% |
| Nutrient Guideline | | |

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Combined: Elementary (K-5) Breakfast/Elementary (K-5) - Lunch

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|-------------------------------|--------------|----------|
| Wed - 12/05/2018 | | |
| Elementary (K-5) Breakfast | Total | |
| Breakfast-Yogurt & Grahams | see recipe | 38.0 |
| Breakfast-Cereal & String Chz | see recipe | 24.4 |
| Milk-Chocolate or White | 1 each | 15.33 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Juice 100%-Variety | 1 each | 14.6 |
| Elementary (K-5) - Lunch | Total | |
| Nachos-Elementary (chs only) | see recipe | 34.57 |
| Sandwich-Turkey & Cheese | sandwich | 28.45 |
| PBJ&String Cheese | see recipe | 62.67 |
| Milk-Lunch (Elem) | 1 each | 17.68 |
| Cheese-String | 1 each | 1.0 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Corn-Yellow | 1/2 cup | 17.74 |
| Peppers-red sliced | 1/2 cup | 3.0 |
| Beans-Black | 2 oz | 9.59 |
| Salsa | 1.5 oz | 2.93 |
| Condiments-Lunch (Elem) | 1 each | 5.01 |
| Weighted Daily Average | | 87.13 |
| % of Calories | | 58.8% |
| Nutrient Guideline | | |

| | | |
|-------------------------------|----------------|-------|
| Thu - 12/06/2018 | | |
| Elementary (K-5) Breakfast | Total | |
| Breakfast-Yogurt & Grahams | see recipe | 38.0 |
| Breakfast-Cereal & String Chz | see recipe | 24.4 |
| Milk-Chocolate or White | 1 each | 15.33 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Juice 100%-Variety | 1 each | 14.6 |
| Elementary (K-5) - Lunch | Total | |
| Pizza-Cheese or Pepperoni | slice (1/10th) | 28.02 |
| Sandwich-Turkey & Cheese | sandwich | 28.45 |
| PBJ&String Cheese | see recipe | 62.67 |
| Milk-Lunch (Elem) | 1 each | 17.68 |
| Cheese-String | 1 each | 1.0 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Vegetables-Mixed | 1/2 cup | 10.95 |
| Salad-Romaine Lettuce | 1 cup | 3.18 |
| Beans-Garbanzo Marinated | serving (2oz) | 7.49 |
| Condiments-Lunch (Elem) | 1 each | 5.01 |
| Weighted Daily Average | | 69.85 |
| % of Calories | | 50.4% |
| Nutrient Guideline | | |

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Combined: Elementary (K-5) Breakfast/Elementary (K-5) - Lunch

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|-------------------------------|--------------|----------|
| Fri - 12/07/2018 | | |
| Elementary (K-5) Breakfast | Total | |
| Breakfast-Yogurt & Grahams | see recipe | 38.0 |
| Breakfast-Cereal & String Chz | see recipe | 24.4 |
| Milk-Chocolate or White | 1 each | 15.33 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Juice 100%-Variety | 1 each | 14.6 |
| Elementary (K-5) - Lunch | Total | |
| Early Dismissal | 1 each | *N/A* |
| No lunch | 1 each | 0.0 |
| Weighted Daily Average | | *76.22 |
| % of Calories | | *70.9% |
| Nutrient Guideline | | |

| | | |
|-------------------------------|------------|-------|
| Mon - 12/10/2018 | | |
| Elementary (K-5) Breakfast | Total | |
| Breakfast-Yogurt & Grahams | see recipe | 38.0 |
| Breakfast-Cereal & String Chz | see recipe | 24.4 |
| Milk-Chocolate or White | 1 each | 15.33 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Juice 100%-Variety | 1 each | 14.6 |
| Elementary (K-5) - Lunch | Total | |
| Sandwich-Chicken Patty | sandwich | 35.0 |
| Sandwich-Turkey & Cheese | sandwich | 28.45 |
| PBJ&String Cheese | see recipe | 62.67 |
| Milk-Lunch (Elem) | 1 each | 17.68 |
| Cheese-String | 1 each | 1.0 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Potatoes-Instant with Cheese | 1/2 cup | 6.14 |
| Corn-Yellow | 1/2 cup | 17.74 |
| Cucumber-Sliced | 1/2 cup | 1.89 |
| Condiments-Lunch (Elem) | 1 each | 5.01 |
| Weighted Daily Average | | 85.02 |
| % of Calories | | 55.0% |
| Nutrient Guideline | | |

| | | |
|-------------------------------|------------|-------|
| Tue - 12/11/2018 | | |
| Elementary (K-5) Breakfast | Total | |
| Breakfast-Yogurt & Grahams | see recipe | 38.0 |
| Breakfast-Cereal & String Chz | see recipe | 24.4 |
| Milk-Chocolate or White | 1 each | 15.33 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Juice 100%-Variety | 1 each | 14.6 |

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Combined: Elementary (K-5) Breakfast/Elementary (K-5) - Lunch

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|-------------------------------|--------------|----------|
| Elementary (K-5) - Lunch | Total | |
| Italian Dippers | see recipe | 48.0 |
| Sandwich-Ham & Cheese | sandwich | 30.76 |
| PBJ&String Cheese | see recipe | 62.67 |
| Milk-Lunch (Elem) | 1 each | 17.68 |
| Cheese-String | 1 each | 1.0 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Broccoli-Cooked | 1/2 CUP | 4.92 |
| Condiments-Lunch (Elem) | 1 each | 5.01 |
| Gelatin-Red with Pears | 1/2 cup | 20.8 |
| Weighted Daily Average | | 100.07 |
| % of Calories | | 54.1% |
| Nutrient Guideline | | |

| Wed - 12/12/2018 | | |
|-------------------------------|------------|-------|
| Elementary (K-5) Breakfast | Total | |
| Breakfast-Yogurt & Grahams | see recipe | 38.0 |
| Breakfast-Cereal & String Chz | see recipe | 24.4 |
| Milk-Chocolate or White | 1 each | 15.33 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Juice 100%-Variety | 1 each | 14.6 |
| Elementary (K-5) - Lunch | Total | |
| Taco-Beef (Elementary) | see recipe | 24.28 |
| Sandwich-Turkey & Cheese | sandwich | 28.45 |
| PBJ&String Cheese | see recipe | 62.67 |
| Milk-Lunch (Elem) | 1 each | 17.68 |
| Cheese-String | 1 each | 1.0 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Rice-White Parboiled | 1/2 cup | 18.95 |
| lettuce-shred | 1/4 cup | 0.38 |
| Salsa | 1 oz | 1.96 |
| Peppers-red sliced | 1/2 cup | 3.0 |
| Condiments-Lunch (Elem) | 1 each | 5.01 |
| Weighted Daily Average | | 78.69 |
| % of Calories | | 64.2% |
| Nutrient Guideline | | |

| Thu - 12/13/2018 | | |
|-------------------------------|------------|-------|
| Elementary (K-5) Breakfast | Total | |
| Breakfast-Yogurt & Grahams | see recipe | 38.0 |
| Breakfast-Cereal & String Chz | see recipe | 24.4 |
| Milk-Chocolate or White | 1 each | 15.33 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Juice 100%-Variety | 1 each | 14.6 |

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Portion Values - Detailed

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| | Portion Size | Carb (g) |
|-------------------------------|--------------|----------|
| Elementary (K-5) - Lunch | Total | |
| Alfredo-Chicken | 1 cup | 34.01 |
| Breadstick-French (not WG) | 1 each | 27.0 |
| Sandwich-Bologna & Cheese | Sandwich | 33.24 |
| PBJ&String Cheese | see recipe | 62.67 |
| Milk-Lunch (Elem) | 1 each | 17.68 |
| Cheese-String | 1 each | 1.0 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Green Beans-Cooked | 1/2 CUP | 5.0 |
| Tomatoes-Cherry/Grape | 1/2 cup | 3.46 |
| Condiments-Lunch (Elem) | 1 each | 5.01 |
| Weighted Daily Average | | 95.30 |
| % of Calories | | 59.8% |
| Nutrient Guideline | | |

| Fri - 12/14/2018 | | |
|-------------------------------|----------------|-------|
| Elementary (K-5) Breakfast | Total | |
| Breakfast-Yogurt & Grahams | see recipe | 38.0 |
| Breakfast-Cereal & String Chz | see recipe | 24.4 |
| Milk-Chocolate or White | 1 each | 15.33 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Juice 100%-Variety | 1 each | 14.6 |
| Elementary (K-5) - Lunch | Total | |
| Pizza-Cheese or Pepperoni | slice (1/10th) | 28.02 |
| Sandwich-Turkey & Cheese | sandwich | 28.45 |
| PBJ&String Cheese | see recipe | 62.67 |
| Milk-Lunch (Elem) | 1 each | 17.68 |
| Cheese-String | 1 each | 1.0 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Vegetables-Mixed | 1/2 cup | 10.95 |
| Salad-Romaine Lettuce | 1 cup | 3.18 |
| Beans-Garbanzo Marinated | serving (2oz) | 7.49 |
| Condiments-Lunch (Elem) | 1 each | 5.01 |
| Weighted Daily Average | | 69.85 |
| % of Calories | | 50.4% |
| Nutrient Guideline | | |

| Mon - 12/17/2018 | | |
|-------------------------------|------------|-------|
| Elementary (K-5) Breakfast | Total | |
| Breakfast-Yogurt & Grahams | see recipe | 38.0 |
| Breakfast-Cereal & String Chz | see recipe | 24.4 |
| Milk-Chocolate or White | 1 each | 15.33 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Juice 100%-Variety | 1 each | 14.6 |

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Combined: Elementary (K-5) Breakfast/Elementary (K-5) - Lunch

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|-------------------------------|--------------|----------|
| Elementary (K-5) - Lunch | Total | |
| Burger-Plain | 1 each | 25.0 |
| Burger-Cheese | 1 each | 25.23 |
| Sandwich-Turkey & Cheese | sandwich | 28.45 |
| PBJ&String Cheese | see recipe | 62.67 |
| Milk-Lunch (Elem) | 1 each | 17.68 |
| Cheese-String | 1 each | 1.0 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Potatoes-French Fries | 3 oz cooked | 22.78 |
| Beans-Baked | 1/2 cup | 33.09 |
| Cucumber-Sliced | 1/2 cup | 1.89 |
| Condiments-Lunch (Elem) | 1 each | 5.01 |
| Weighted Daily Average | | 99.66 |
| % of Calories | | 54.7% |
| Nutrient Guideline | | |

| Tue - 12/18/2018 | | |
|-------------------------------|-------------|-------|
| Elementary (K-5) Breakfast | Total | |
| Breakfast-Yogurt & Grahams | see recipe | 38.0 |
| Breakfast-Cereal & String Chz | see recipe | 24.4 |
| Milk-Chocolate or White | 1 each | 15.33 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Juice 100%-Variety | 1 each | 14.6 |
| Elementary (K-5) - Lunch | Total | |
| Breakfast-French Toast Sticks | Serving (4) | 35.0 |
| Sausage-Link | 2 each | 0.0 |
| Sandwich-Ham & Cheese | sandwich | 30.76 |
| PBJ&String Cheese | see recipe | 62.67 |
| Milk-Lunch (Elem) | 1 each | 17.68 |
| Cheese-String | 1 each | 1.0 |
| Potatoes-Tater Tots | 3 oz | 19.05 |
| Peppers-red sliced | 1/2 cup | 3.0 |
| Applesauce-Cinnamon | 1/2 cup | 25.52 |
| Juice 100%-Variety | 1/2 each | 7.3 |
| Condiments-Lunch (Elem) | 1 each | 5.01 |
| Weighted Daily Average | | 94.06 |
| % of Calories | | 51.2% |
| Nutrient Guideline | | |

| Wed - 12/19/2018 | | |
|-------------------------------|------------|-------|
| Elementary (K-5) Breakfast | Total | |
| Breakfast-Yogurt & Grahams | see recipe | 38.0 |
| Breakfast-Cereal & String Chz | see recipe | 24.4 |
| Milk-Chocolate or White | 1 each | 15.33 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Juice 100%-Variety | 1 each | 14.6 |

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Portion Values - Detailed

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| | Portion Size | Carb (g) |
|-------------------------------|---------------|----------|
| Elementary (K-5) - Lunch | Total | |
| Chicken Nuggets (Tyson 2155) | serving (5ea) | 12.0 |
| Sandwich-Turkey & Cheese | sandwich | 28.45 |
| PBJ&String Cheese | see recipe | 62.67 |
| Milk-Lunch (Elem) | 1 each | 17.68 |
| Cheese-String | 1 each | 1.0 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Macaroni & Cheese | 1/2 cup | 23.8 |
| Green Beans-Cooked | 1/2 CUP | 5.0 |
| Carrots-baby | 1/2 cup | 11.5 |
| Condiments-Lunch (Elem) | 1 each | 5.01 |
| Weighted Daily Average | | 75.63 |
| % of Calories | | 47.9% |
| Nutrient Guideline | | |

| Thu - 12/20/2018 | | |
|-------------------------------|------------|-------|
| Elementary (K-5) Breakfast | Total | |
| Breakfast-Yogurt & Grahams | see recipe | 38.0 |
| Breakfast-Cereal & String Chz | see recipe | 24.4 |
| Milk-Chocolate or White | 1 each | 15.33 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Juice 100%-Variety | 1 each | 14.6 |
| Elementary (K-5) - Lunch | Total | |
| Sandwich-Cheese Toasted | sandwich | 28.9 |
| Sandwich-Bologna & Cheese | Sandwich | 33.24 |
| PBJ&String Cheese | see recipe | 62.67 |
| Milk-Lunch (Elem) | 1 each | 17.68 |
| Cheese-String | 1 each | 1.0 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Soup-Tomato | 1 cup | 27.33 |
| Broccoli-Cooked | 1/2 CUP | 4.92 |
| Condiments-Lunch (Elem) | 1 each | 5.01 |
| Weighted Daily Average | | 85.59 |
| % of Calories | | 51.6% |
| Nutrient Guideline | | |

| Fri - 12/21/2018 | | |
|-------------------------------|------------|-------|
| Elementary (K-5) Breakfast | Total | |
| Breakfast-Yogurt & Grahams | see recipe | 38.0 |
| Breakfast-Cereal & String Chz | see recipe | 24.4 |
| Milk-Chocolate or White | 1 each | 15.33 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Juice 100%-Variety | 1 each | 14.6 |

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Portion Values - Detailed

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| | Portion Size | Carb (g) |
|-------------------------------|----------------|----------|
| Elementary (K-5) - Lunch | Total | |
| Pizza-Cheese or Pepperoni | slice (1/10th) | 28.02 |
| Sandwich-Turkey & Cheese | sandwich | 28.45 |
| PBJ&String Cheese | see recipe | 62.67 |
| Milk-Lunch (Elem) | 1 each | 17.68 |
| Cheese-String | 1 each | 1.0 |
| Fruit-Canned or Fresh-1/2 cup | 1/2 cup | 16.61 |
| Vegetables-Mixed | 1/2 cup | 10.95 |
| Salad-Romaine Lettuce | 1 cup | 3.18 |
| Beans-Garbanzo Marinated | serving (2oz) | 7.49 |
| Condiments-Lunch (Elem) | 1 each | 5.01 |
| Weighted Daily Average | | 69.85 |
| % of Calories | | 50.4% |
| Nutrient Guideline | | |

| Mon - 12/24/2018 | | |
|----------------------------|--------|------|
| Elementary (K-5) Breakfast | Total | |
| No School | 1 each | 0.0 |
| No Breakfast or Lunch | 1 each | 0.0 |
| Elementary (K-5) - Lunch | Total | |
| No School | 1 each | 0.0 |
| No Breakfast or Lunch | 1 each | 0.0 |
| Weighted Daily Average | | 0.00 |
| % of Calories | | 0.0% |
| Nutrient Guideline | | |

| Tue - 12/25/2018 | | |
|----------------------------|--------|------|
| Elementary (K-5) Breakfast | Total | |
| No School | 1 each | 0.0 |
| No Breakfast or Lunch | 1 each | 0.0 |
| Elementary (K-5) - Lunch | Total | |
| No School | 1 each | 0.0 |
| No Breakfast or Lunch | 1 each | 0.0 |
| Weighted Daily Average | | 0.00 |
| % of Calories | | 0.0% |
| Nutrient Guideline | | |

| Wed - 12/26/2018 | | |
|----------------------------|--------|------|
| Elementary (K-5) Breakfast | Total | |
| No School | 1 each | 0.0 |
| No Breakfast or Lunch | 1 each | 0.0 |
| Elementary (K-5) - Lunch | Total | |
| No School | 1 each | 0.0 |
| No Breakfast or Lunch | 1 each | 0.0 |
| Weighted Daily Average | | 0.00 |
| % of Calories | | 0.0% |
| Nutrient Guideline | | |

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Portion Values - Detailed

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| | Portion Size | Carb (g) |
|----------------------------|--------------|----------|
| Thu - 12/27/2018 | | |
| Elementary (K-5) Breakfast | Total | |
| No School | 1 each | 0.0 |
| No Breakfast or Lunch | 1 each | 0.0 |
| Elementary (K-5) - Lunch | Total | |
| No School | 1 each | 0.0 |
| No Breakfast or Lunch | 1 each | 0.0 |
| Weighted Daily Average | | 0.00 |
| % of Calories | | 0.0% |
| Nutrient Guideline | | |

| | | |
|----------------------------|--------|------|
| Fri - 12/28/2018 | | |
| Elementary (K-5) Breakfast | Total | |
| No School | 1 each | 0.0 |
| No Breakfast or Lunch | 1 each | 0.0 |
| Elementary (K-5) - Lunch | Total | |
| No School | 1 each | 0.0 |
| No Breakfast or Lunch | 1 each | 0.0 |
| Weighted Daily Average | | 0.00 |
| % of Calories | | 0.0% |
| Nutrient Guideline | | |

| | | |
|----------------------------|--------|------|
| Mon - 12/31/2018 | | |
| Elementary (K-5) Breakfast | Total | |
| No School | 1 each | 0.0 |
| No Breakfast or Lunch | 1 each | 0.0 |
| Elementary (K-5) - Lunch | Total | |
| No School | 1 each | 0.0 |
| No Breakfast or Lunch | 1 each | 0.0 |
| Weighted Daily Average | | 0.00 |
| % of Calories | | 0.0% |
| Nutrient Guideline | | |

| | | |
|------------------|--|--------|
| Weighted Average | | *85.19 |
| | | *54.6% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 85.19 | 54.62% | | | Missing | | | |

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.