

Yadkin County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 1, 2019 thru Apr 30, 2019

Elementary Breakfast

Generated on: 3/29/2019 10:35:41 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 04/01/2019							
Elementary Breakfast	Total	1					
Pizza, Bkfst Sausage, Beacon	1 each	1	210	480	9.0	26.0	7.0
DOUGHNUT, WG SUPER PLUS	1 EACH	1	240	300	7.0	38.0	8.0
Fruit Cocktail: USDA	1/2 cup	1	69	8	0.5	17.77	0.1
Juice , Apple 100%	1 EACH	1	60	0	0.0	14.0	0.0
JUICE,FRUIT PUNCH BLEND,100%,S	1 EACH	1	60	10	0.0	14.0	0.0
JUICE,GRAPE,100%	1 EACH	1	80	0	0.0	20.0	0.0
JUICE,ORANGE,100% , 4oz	1 EACH	1	60	10	0.0	15.0	0.0
Milk, 1% Lowfat, unflavored	half pint	1	110	125	9.0	13.0	2.5
Milk, CHOCOLATE NON FAT	half pint	1	130	210	8.0	24.0	0.0
Milk, Skim, unflavored	half pint	1	80	125	9.0	13.0	0.0
Milk, STRAWBERRY, NON FAT	half pint	1	130	90	8.0	23.0	0.0
Weighted Daily Average			1229	1358	50.50	217.77	17.60
% of Calories					16.4%	70.9%	12.9%
Nutrient Guideline			400-500	540			<=35.0

Tue - 04/02/2019							
Elementary Breakfast	Total	1					
BISCUIT, EGG AND CHEESE	1 EACH	1	295	915	8.5	25.0	16.5
Muffins, Choco. Chip WG	1 each	1	270	190	4.0	44.0	9.0
Pears, diced, cnd	1/2 cup	1	75	6	0.25	19.79	0.04
Weighted Daily Average			640	1111	12.75	88.79	25.54
% of Calories					8.0%	55.5%	35.9%
Nutrient Guideline			400-500	540			<=35.0

Wed - 04/03/2019							
Elementary Breakfast	Total	1					
Biscuit, Chicken	1 each	1	280	880	10.0	29.0	13.5
CINNAMON BUN,WG,2.7OZHADLEY	1 EACH	1	230	230	5.0	38.0	7.0
Peach Cups	1 Each	1	80	0	1.0	19.0	0.0
Weighted Daily Average			590	1110	16.00	86.00	20.50
% of Calories					10.8%	58.3%	31.3%
Nutrient Guideline			400-500	540			<=35.0

Thu - 04/04/2019							
Elementary Breakfast	Total	1					
BISCUIT, SAUSAGE	1 EACH	1	360	940	10.0	23.0	25.0
Honey Bun,WG,IW,2G	1 each	1	270	210	6.0	40.0	10.0
Applesauce, swt, cnd	1/2 cup	1	59	2	0.24	15.55	0.07
Weighted Daily Average			689	1152	16.24	78.55	35.07
% of Calories					9.4%	45.6%	45.8%
Nutrient Guideline			400-500	540			<=35.0

Fri - 04/05/2019							
Elementary Breakfast	Total	1					
BISCUIT, EGG AND BACON	1 EACH	1	320	1030	10.0	24.0	19.0
STRUDEL,APPLE FRUDEL,PILLSBURY	1 EACH	1	210	280	5.0	36.0	6.0
Berry , Mixed Cups	1 Each	1	90	0	0.0	20.07	0.0

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Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			620	1310	15.00 9.7%	80.07 51.6%	25.00 36.3%
Nutrient Guideline			400-500	540			<=35.0

Mon - 04/08/2019							
Elementary Breakfast	Total	1					
Yogurt, Stawberry, Lowfat 4 oz	1 each	1	80	65	4.01	15.05	0.0
Honey Graham Crackers	1 each	1	90	95	4.0	17.0	2.5
Muffin, Apple Cinn. WG,IW, 2 G	1 each	1	250	150	5.0	43.0	7.0
Peaches, sliced, cnd	1/2 cup	1	71	7	0.66	19.24	0.04
Weighted Daily Average % of Calories			492	317	13.68 11.1%	94.29 76.7%	9.54 17.5%
Nutrient Guideline			400-500	540			<=35.0

Tue - 04/09/2019							
Elementary Breakfast	Total	1					
Biscuit, Chicken	1 each	1	280	880	10.0	29.0	13.5
Muffin, Blueb, WG, IW, 2g	1 each	1	250	180	4.0	41.0	8.0
Fruit Cup, Frozen (J and J)	1 each	1	70	10	0.0	19.0	0.0
Weighted Daily Average % of Calories			600	1070	14.00 9.3%	89.00 59.3%	21.50 32.2%
Nutrient Guideline			400-500	540			<=35.0

Wed - 04/10/2019							
Elementary Breakfast	Total	1					
BISCUIT, SAUSAGE	1 EACH	1	360	940	10.0	23.0	25.0
POP-TARTS	1 Each	1	366	385	4.7	74.7	5.5
Apple, Fresh	1 each	1	95	2	0.47	25.13	0.31
Weighted Daily Average % of Calories			821	1327	15.17 7.4%	122.83 59.9%	30.81 33.8%
Nutrient Guideline			400-500	540			<=35.0

Thu - 04/11/2019							
Elementary Breakfast	Total	1					
BISCUIT, EGG AND CHEESE	1 EACH	1	295	915	8.5	25.0	16.5
BREAD, BANANA SWEET SLICE	1 EACH	1	280	220	5.0	44.0	10.0
Pears, diced, cnd	1/2 cup	1	75	6	0.25	19.79	0.04
Weighted Daily Average % of Calories			650	1141	13.75 8.5%	88.79 54.7%	26.54 36.8%
Nutrient Guideline			400-500	540			<=35.0

Fri - 04/12/2019							
Elementary Breakfast	Total	1					
BISCUIT, EGG AND BACON	1 EACH	1	320	1030	10.0	24.0	19.0
STRUDEL,CHERRY FRUDEL,PILLSBUR	1 EACH	1	210	280	5.0	36.0	6.0
STRAWBERRY CUPS	1 each	1	90	0	1.0	21.93	0.0

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Yadkin County Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

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Weighted Daily Average % of Calories			620	1310	16.00 10.3%	81.93 52.9%	25.00 36.3%
Nutrient Guideline			400-500	540			<=35.0

Mon - 04/15/2019							
Elementary Breakfast NO SCHOOL TODAY	Total SERVING	1					
		1	0	0	0.0	0.0	0.0
Weighted Daily Average % of Calories			0	0	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			400-500	540			<=35.0

Tue - 04/16/2019							
Elementary Breakfast NO SCHOOL TODAY	Total SERVING	1					
		1	0	0	0.0	0.0	0.0
Weighted Daily Average % of Calories			0	0	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			400-500	540			<=35.0

Wed - 04/17/2019							
Elementary Breakfast NO SCHOOL TODAY	Total SERVING	1					
		1	0	0	0.0	0.0	0.0
Weighted Daily Average % of Calories			0	0	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			400-500	540			<=35.0

Thu - 04/18/2019							
Elementary Breakfast NO SCHOOL TODAY	Total SERVING	1					
		1	0	0	0.0	0.0	0.0
Weighted Daily Average % of Calories			0	0	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			400-500	540			<=35.0

Fri - 04/19/2019							
Elementary Breakfast NO SCHOOL TODAY	Total SERVING	1					
		1	0	0	0.0	0.0	0.0
Weighted Daily Average % of Calories			0	0	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			400-500	540			<=35.0

Mon - 04/22/2019							
Elementary Breakfast BISCUIT, SAUSAGE	Total	1					
	1 EACH	1	360	940	10.0	23.0	25.0
STRUDEL, APPLE FRUDEL, PILLSBURY	1 EACH	1	210	280	5.0	36.0	6.0
Pineapple Tidbits	1/2 cup	1	75	11	0.0	18.27	0.0

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Page 4

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			645	1231	15.00 9.3%	77.27 47.9%	31.00 43.2%
Nutrient Guideline			400-500	540			<=35.0

Tue - 04/23/2019							
Elementary Breakfast	Total	1					
BISCUIT, EGG AND CHEESE	1 EACH	1	295	915	8.5	25.0	16.5
Honey Bun,WG,IW,2G	1 each	1	270	210	6.0	40.0	10.0
Peach Cups	1 Each	1	80	0	1.0	19.0	0.0
Weighted Daily Average % of Calories			645	1125	15.50 9.6%	84.00 52.1%	26.50 37.0%
Nutrient Guideline			400-500	540			<=35.0

Wed - 04/24/2019							
Elementary Breakfast	Total	1					
Biscuit, Chicken	1 each	1	280	880	10.0	29.0	13.5
CINNAMON BUN,WG,2.7OZHADLEY	1 EACH	1	230	230	5.0	38.0	7.0
Pears, diced, cnd	1/2 cup	1	75	6	0.25	19.79	0.04
Weighted Daily Average % of Calories			585	1116	15.25 10.4%	86.79 59.4%	20.54 31.6%
Nutrient Guideline			400-500	540			<=35.0

Thu - 04/25/2019							
Elementary Breakfast	Total	1					
BISCUIT, EGG AND BACON	1 EACH	1	320	1030	10.0	24.0	19.0
Muffins, Choco. Chip WG	1 each	1	270	190	4.0	44.0	9.0
Fruit Cocktail: USDA	1/2 cup	1	69	8	0.5	17.77	0.1
Weighted Daily Average % of Calories			659	1228	14.50 8.8%	85.77 52.1%	28.10 38.4%
Nutrient Guideline			400-500	540			<=35.0

Fri - 04/26/2019							
Elementary Breakfast	Total	1					
Yogurt, Stawberry, Lowfat 4 oz	1 each	1	80	65	4.01	15.05	0.0
Honey Graham Crackers	1 each	1	90	95	4.0	17.0	2.5
DOUGHNUT, WG SUPER PLUS	1 EACH	1	240	300	7.0	38.0	8.0
STRAWBERRY CUPS	1 each	1	90	0	1.0	21.93	0.0
Weighted Daily Average % of Calories			500	460	16.01 12.8%	91.98 73.6%	10.50 18.9%
Nutrient Guideline			400-500	540			<=35.0

Mon - 04/29/2019							
Elementary Breakfast	Total	1					
Pizza, Bkfst Sausage, Beacon	1 each	1	210	480	9.0	26.0	7.0
POP-TARTS	1 Each	1	366	385	4.7	74.7	5.5
Peaches, sliced, cnd	1/2 cup	1	71	7	0.66	19.24	0.04

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Page 5

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			647	872	14.36 8.9%	119.94 74.1%	12.54 17.4%
Nutrient Guideline			400-500	540			<=35.0

Tue - 04/30/2019							
Elementary Breakfast	Total	1					
BISCUIT, EGG AND CHEESE	1 EACH	1	295	915	8.5	25.0	16.5
STRUDEL, CHERRY FRUDEL, PILLSBUR	1 EACH	1	210	280	5.0	36.0	6.0
Fruit Cup , Frozen (J and J)	1 each	1	70	10	0.0	19.0	0.0
Weighted Daily Average % of Calories			575	1205	13.50 9.4%	80.00 55.7%	22.50 35.2%
Nutrient Guideline			400-500	540			<=35.0

Weighted Average			659	1085	16.89 10.3%	97.28 59.0%	22.87 31.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	659		400 - 500	132%			159	Correction Required -
Sodium 1 (mg)	1085		540				545	Calories too High
Sodium 2 (mg)	1085		485				600	Correction Required -
Protein (g)	16.89	10.25%						Sodium too High
Carbohydrate (g)	97.28	59.04%						Correction Required -
Total Fat (g)	22.87	31.23%	<=35.00%					Sodium too High

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