

Yadkin County Schools

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

HIGH BREAKFAST

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-----------|-----------|----------|-----------|
| Tue - 10/01/2019 | | | | | | | |
| HIGH BREAKFAST | Total | 1 | | | | | |
| BISCUIT, SAUSAGE | 1 EACH | 1 | 360 | 940 | 10.0 | 23.0 | 25.0 |
| Bread Berry WG | 1 each | 1 | 268 | 232 | 6.1 | 43.92 | 9.76 |
| Pears, diced, cnd | 1/2 cup | 1 | 75 | 6 | 0.25 | 19.79 | 0.04 |
| 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 | | | 1413 | 1748 | 50.35 | 222.72 | 37.30 |
| % of Calories | | | | | 14.2% | 63.0% | 23.8% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| | | | | | | | |
|--------------------------------|---------|---|---------|-----|-------|-------|--------|
| Wed - 10/02/2019 | | | | | | | |
| HIGH BREAKFAST | Total | 1 | | | | | |
| Pizza, Bkfst Sausage, Beacon | 1 each | 1 | 210 | 480 | 9.0 | 26.0 | 7.0 |
| STRUDEL,CHERRY FRUDEL,PILLSBUR | 1 EACH | 1 | 210 | 280 | 5.0 | 36.0 | 6.0 |
| Fruit Cocktail: USDA | 1/2 cup | 1 | 69 | 8 | 0.5 | 17.77 | 0.1 |
| Weighted Daily Average | | | 489 | 768 | 14.50 | 79.77 | 13.10 |
| % of Calories | | | | | 11.9% | 65.3% | 24.1% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| | | | | | | | |
|------------------------|---------|---|---------|------|-------|-------|--------|
| Thu - 10/03/2019 | | | | | | | |
| HIGH BREAKFAST | Total | 1 | | | | | |
| Biscuit, Chicken | 1 each | 1 | 280 | 880 | 10.0 | 29.0 | 13.5 |
| Honey Bun,WG,1W,2G | 1 each | 1 | 270 | 210 | 6.0 | 40.0 | 10.0 |
| Fruit Cocktail: USDA | 1/2 cup | 1 | 69 | 8 | 0.5 | 17.77 | 0.1 |
| Weighted Daily Average | | | 619 | 1098 | 16.50 | 86.77 | 23.60 |
| % of Calories | | | | | 10.7% | 56.1% | 34.3% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| | | | | | | | |
|-------------------------|---------|---|---------|------|-------|-------|--------|
| Fri - 10/04/2019 | | | | | | | |
| HIGH 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 |
| Peaches, sliced, cnd | 1/2 cup | 1 | 71 | 7 | 0.66 | 19.24 | 0.04 |
| Weighted Daily Average | | | 636 | 1112 | 13.16 | 88.24 | 25.54 |
| % of Calories | | | | | 8.3% | 55.5% | 36.1% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| | | | | | | | |
|-------------------|---------|---|-----|-----|------|-------|------|
| Mon - 10/07/2019 | | | | | | | |
| HIGH BREAKFAST | Total | 1 | | | | | |
| BISCUIT, EGG | 1 EACH | 1 | 240 | 780 | 6.0 | 24.0 | 12.0 |
| POP-TARTS | 1 Each | 1 | 366 | 385 | 4.7 | 74.7 | 5.5 |
| Pears, diced, cnd | 1/2 cup | 1 | 75 | 6 | 0.25 | 19.79 | 0.04 |

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

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Base Menu Spreadsheet

HIGH BREAKFAST

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) |
|------------------------|--------------|-----------|-------------|-----------|-----------|----------|-----------|
| Weighted Daily Average | | | 681 | 1171 | 10.95 | 118.49 | 17.54 |
| % of Calories | | | | | 6.4% | 69.6% | 23.2% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| Tue - 10/08/2019 | | | | | | | |
|-------------------------|---------|---|---------|------|-------|-------|--------|
| HIGH BREAKFAST | Total | 1 | | | | | |
| Biscuit, Chicken | 1 each | 1 | 280 | 880 | 10.0 | 29.0 | 13.5 |
| 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 |
| Weighted Daily Average | | | 589 | 1188 | 17.50 | 84.77 | 21.60 |
| % of Calories | | | | | 11.9% | 57.6% | 33.0% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| Wed - 10/09/2019 | | | | | | | |
|-------------------------------|---------|---|---------|------|-------|-------|--------|
| HIGH BREAKFAST | Total | 1 | | | | | |
| BISCUIT, SAUSAGE | 1 EACH | 1 | 360 | 940 | 10.0 | 23.0 | 25.0 |
| CINNAMON BUN, WG, 2.7OZHADLEY | 1 EACH | 1 | 230 | 230 | 5.0 | 38.0 | 7.0 |
| Peaches, sliced, cnd | 1/2 cup | 1 | 71 | 7 | 0.66 | 19.24 | 0.04 |
| Weighted Daily Average | | | 661 | 1177 | 15.66 | 80.24 | 32.04 |
| % of Calories | | | | | 9.5% | 48.5% | 43.6% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| Thu - 10/10/2019 | | | | | | | |
|-----------------------------|--------|---|---------|------|-------|-------|--------|
| HIGH BREAKFAST | Total | 1 | | | | | |
| BISCUIT, EGG AND BACON | 1 EACH | 1 | 320 | 1030 | 10.0 | 24.0 | 19.0 |
| 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 | | | 640 | 1220 | 14.00 | 84.00 | 27.00 |
| % of Calories | | | | | 8.7% | 52.5% | 38.0% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| Fri - 10/11/2019 | | | | | | | |
|---------------------------|---------|---|---------|------|-------|-------|--------|
| HIGH 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 |
| Applesauce, swt, cnd | 1/2 cup | 1 | 59 | 2 | 0.24 | 15.55 | 0.07 |
| Weighted Daily Average | | | 634 | 1137 | 13.74 | 84.55 | 26.57 |
| % of Calories | | | | | 8.7% | 53.4% | 37.7% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| Mon - 10/14/2019 | | | | | | | |
|----------------------------|--------|---|-----|-----|------|-------|------|
| HIGH BREAKFAST | Total | 1 | | | | | |
| Pancake Sausage on a Stick | 1 each | 1 | 229 | 404 | 6.55 | 21.82 | 12.0 |
| SYRUP, PANCAKE | 1 TBSP | 1 | 47 | 50 | 0.0 | 12.63 | 0.0 |
| Bread Berry WG | 1 each | 1 | 268 | 232 | 6.1 | 43.92 | 9.76 |

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HIGH BREAKFAST

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| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) |
|---|--------------|-----------|-------------|-----------|---------------|----------------|----------------|
| Weighted Daily Average % of Calories | | | 544 | 686 | 12.65 9.3% | 78.37 57.6% | 21.76 36.0% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| Tue - 10/15/2019 | | | | | | | |
|---|---------|---|---------|------|---------------|----------------|----------------|
| HIGH BREAKFAST | Total | 1 | | | | | |
| BISCUIT, EGG AND BACON | 1 EACH | 1 | 320 | 1030 | 10.0 | 24.0 | 19.0 |
| 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 | | | 625 | 1266 | 15.25 9.8% | 81.79 52.4% | 26.04 37.5% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| Wed - 10/16/2019 | | | | | | | |
|---|---------|---|---------|------|----------------|----------------|----------------|
| HIGH BREAKFAST | Total | 1 | | | | | |
| Biscuit, Chicken | 1 each | 1 | 280 | 880 | 10.0 | 29.0 | 13.5 |
| Muffin, Apple Cinn. WG, IW, 2 G | 1 each | 1 | 250 | 150 | 5.0 | 43.0 | 7.0 |
| Fruit Cocktail: USDA | 1/2 cup | 1 | 69 | 8 | 0.5 | 17.77 | 0.1 |
| Weighted Daily Average % of Calories | | | 599 | 1038 | 15.50 10.4% | 89.77 60.0% | 20.60 31.0% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| Thu - 10/17/2019 | | | | | | | |
|---|---------|---|---------|-----|---------------|----------------|----------------|
| HIGH BREAKFAST | Total | 1 | | | | | |
| Biscuit, plain 2.2 oz, Richs | 1 each | 1 | 190 | 670 | 4.0 | 24.0 | 9.0 |
| Bread Berry WG | 1 each | 1 | 268 | 232 | 6.1 | 43.92 | 9.76 |
| Peaches, sliced, cnd | 1/2 cup | 1 | 71 | 7 | 0.66 | 19.24 | 0.04 |
| Weighted Daily Average % of Calories | | | 530 | 908 | 10.76 8.1% | 87.16 65.8% | 18.80 31.9% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| Fri - 10/18/2019 | | | | | | | |
|---|---------|---|---------|-----|--------------|--------------|--------------|
| HIGH BREAKFAST | Total | 1 | | | | | |
| NO SCHOOL TODAY | SERVING | 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 | | | 450-600 | 640 | | | <=30.0 |

| Mon - 10/21/2019 | | | | | | | |
|---|---------|---|---------|-----|--------------|--------------|--------------|
| HIGH BREAKFAST | Total | 1 | | | | | |
| NO SCHOOL TODAY | SERVING | 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 | | | 450-600 | 640 | | | <=30.0 |

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| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) |
|------------------------------|--------------|-----------|-------------|-----------|-----------|----------|-----------|
| Tue - 10/22/2019 | | | | | | | |
| HIGH BREAKFAST | Total | 1 | | | | | |
| Pizza, Bkfst Sausage, Beacon | 1 each | 1 | 210 | 480 | 9.0 | 26.0 | 7.0 |
| 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 | | | 539 | 692 | 15.24 | 81.55 | 17.07 |
| % of Calories | | | | | 11.3% | 60.6% | 28.5% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| | | | | | | | |
|-------------------------|--------|---|---------|------|-------|-------|--------|
| Wed - 10/23/2019 | | | | | | | |
| HIGH BREAKFAST | Total | 1 | | | | | |
| BISCUIT, SAUSAGE | 1 EACH | 1 | 360 | 940 | 10.0 | 23.0 | 25.0 |
| Muffins, Choco. Chip WG | 1 each | 1 | 270 | 190 | 4.0 | 44.0 | 9.0 |
| Peaches, fresh | 1 EACH | 1 | 59 | 0 | 1.37 | 14.31 | 0.38 |
| Weighted Daily Average | | | 689 | 1130 | 15.36 | 81.31 | 34.37 |
| % of Calories | | | | | 8.9% | 47.2% | 44.9% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| | | | | | | | |
|-------------------------|---------|---|---------|------|-------|-------|--------|
| Thu - 10/24/2019 | | | | | | | |
| HIGH BREAKFAST | Total | 1 | | | | | |
| BISCUIT, EGG AND BACON | 1 EACH | 1 | 320 | 1030 | 10.0 | 24.0 | 19.0 |
| DOUGHNUT, WG SUPER PLUS | 1 EACH | 1 | 240 | 300 | 7.0 | 38.0 | 8.0 |
| Pears, diced, cnd | 1/2 cup | 1 | 75 | 6 | 0.25 | 19.79 | 0.04 |
| Weighted Daily Average | | | 635 | 1336 | 17.25 | 81.79 | 27.04 |
| % of Calories | | | | | 10.9% | 51.5% | 38.3% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| | | | | | | | |
|--------------------------------|--------|---|---------|-----|-------|--------|--------|
| Fri - 10/25/2019 | | | | | | | |
| HIGH 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 |
| POP-TARTS | 1 Each | 1 | 366 | 385 | 4.7 | 74.7 | 5.5 |
| Fruit Cup , Frozen (J and J) | 1 each | 1 | 70 | 10 | 0.0 | 19.0 | 0.0 |
| Weighted Daily Average | | | 606 | 555 | 12.71 | 125.75 | 8.00 |
| % of Calories | | | | | 8.4% | 83.0% | 11.9% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| | | | | | | | |
|----------------------------------|---------|---|---------|------|-------|-------|--------|
| Mon - 10/28/2019 | | | | | | | |
| HIGH BREAKFAST | Total | 1 | | | | | |
| BISCUIT, SAUSAGE | 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 |
| Peaches, sliced, cnd | 1/2 cup | 1 | 71 | 7 | 0.66 | 19.24 | 0.04 |
| Weighted Daily Average | | | 641 | 1227 | 15.66 | 78.24 | 31.04 |
| % of Calories | | | | | 9.8% | 48.8% | 43.6% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

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| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) |
|-------------------------------|--------------|-----------|-------------|-----------|-----------|----------|-----------|
| Tue - 10/29/2019 | | | | | | | |
| HIGH BREAKFAST | Total | 1 | | | | | |
| BISCUIT, EGG AND BACON | 1 EACH | 1 | 320 | 1030 | 10.0 | 24.0 | 19.0 |
| CINNAMON BUN, WG, 2.7OZHADLEY | 1 EACH | 1 | 230 | 230 | 5.0 | 38.0 | 7.0 |
| Fruit Cocktail: USDA | 1/2 cup | 1 | 69 | 8 | 0.5 | 17.77 | 0.1 |
| Weighted Daily Average | | | 619 | 1268 | 15.50 | 79.77 | 26.10 |
| % of Calories | | | | | 10.0% | 51.6% | 38.0% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| | | | | | | | |
|------------------------------|--------|---|---------|------|-------|-------|--------|
| Wed - 10/30/2019 | | | | | | | |
| HIGH 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 | | | 600 | 1070 | 14.00 | 89.00 | 21.50 |
| % of Calories | | | | | 9.3% | 59.3% | 32.2% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| | | | | | | | |
|----------------------------------|--------|---|---------|------|-------|-------|--------|
| Thu - 10/31/2019 | | | | | | | |
| HIGH 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 |
| Apple, Fresh | 1 each | 1 | 95 | 2 | 0.47 | 25.13 | 0.31 |
| Weighted Daily Average | | | 600 | 1197 | 13.97 | 86.13 | 22.81 |
| % of Calories | | | | | 9.3% | 57.5% | 34.2% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| | | | | | | | |
|------------------|--|--|-----|------|-------|-------|-------|
| Weighted Average | | | 647 | 1095 | 16.20 | 93.82 | 23.78 |
| | | | | | 10.0% | 58.0% | 33.1% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 647 | | 450 - 600 | 108% | | | 47 | Correction Required - |
| Sodium 1 (mg) | 1095 | | 640 | | | | 455 | Calories too High |
| Sodium 2 (mg) | 1095 | | 570 | | | | 525 | Correction Required - |
| Protein (g) | 16.20 | 10.02% | | | | | | Sodium too High |
| Carbohydrate (g) | 93.82 | 58.00% | | | | | | Correction Required - |
| Total Fat (g) | 23.78 | 33.08% | <=30.00% | | | | | Sodium too High |
| | | | | | | | | Correction Required - |
| | | | | | | | | Total Fat too High |

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