

Yadkin County Schools

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Elementary 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							
Elementary 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			400-500	540			<=35.0

Wed - 10/02/2019							
Elementary 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
BLUEBERRIES,Fresh	serving	1	42	1	0.55	10.72	0.24
Weighted Daily Average			462	761	14.55	72.72	13.24
% of Calories					12.6%	62.9%	25.8%
Nutrient Guideline			400-500	540			<=35.0

Thu - 10/03/2019							
Elementary 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			400-500	540			<=35.0

Fri - 10/04/2019							
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
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			400-500	540			<=35.0

Mon - 10/07/2019							
Elementary 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

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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			400-500	540			<=35.0

Tue - 10/08/2019							
Elementary 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			400-500	540			<=35.0

Wed - 10/09/2019							
Elementary 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			400-500	540			<=35.0

Thu - 10/10/2019							
Elementary 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			400-500	540			<=35.0

Fri - 10/11/2019							
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
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			400-500	540			<=35.0

Mon - 10/14/2019							
Elementary 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
Fruit Cup , Frozen (J and J)	1 each	1	70	10	0.0	19.0	0.0

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			614	696	12.65 8.2%	97.37 63.4%	21.76 31.9%
Nutrient Guideline			400-500	540			<=35.0

Tue - 10/15/2019							
Elementary 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			400-500	540			<=35.0

Wed - 10/16/2019							
Elementary 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			400-500	540			<=35.0

Thu - 10/17/2019							
Elementary 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
Peaches, sliced, cnd	1/2 cup	1	71	7	0.66	19.24	0.04
Weighted Daily Average % of Calories			700	1178	16.76 9.6%	86.16 49.2%	34.80 44.8%
Nutrient Guideline			400-500	540			<=35.0

Fri - 10/18/2019							
Elementary 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			400-500	540			<=35.0

Mon - 10/21/2019							
Elementary 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			400-500	540			<=35.0

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/22/2019							
Elementary 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			400-500	540			<=35.0

Wed - 10/23/2019							
Elementary 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, sliced, cnd	1/2 cup	1	71	7	0.66	19.24	0.04
Weighted Daily Average			701	1137	14.66	86.24	34.04
% of Calories					8.4%	49.2%	43.7%
Nutrient Guideline			400-500	540			<=35.0

Thu - 10/24/2019							
Elementary 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			400-500	540			<=35.0

Fri - 10/25/2019							
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
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			400-500	540			<=35.0

Mon - 10/28/2019							
Elementary 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			400-500	540			<=35.0

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/29/2019							
Elementary 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			400-500	540			<=35.0

Wed - 10/30/2019							
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			600	1070	14.00	89.00	21.50
% of Calories					9.3%	59.3%	32.2%
Nutrient Guideline			400-500	540			<=35.0

Thu - 10/31/2019							
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
Banana, fresh	1 each	1	121	1	1.48	31.06	0.45
Weighted Daily Average			626	1196	14.98	92.06	22.95
% of Calories					9.6%	58.8%	33.0%
Nutrient Guideline			400-500	540			<=35.0

Weighted Average			659	1108	16.50	94.86	24.54
					10.0%	57.6%	33.5%

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)	1108		540				568	Calories too High
Sodium 2 (mg)	1108		485				623	Correction Required -
Protein (g)	16.50	10.02%						Sodium too High
Carbohydrate (g)	94.86	57.57%						Correction Required -
Total Fat (g)	24.54	33.51%	<=35.00%					Sodium too High

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