

Yadkin County Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2019 thru Apr 30, 2019

HIGH BREAKFAST

Generated on: 3/29/2019 10:38:20 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-----------|-----------|----------|-----------|
| Mon - 04/01/2019 | | | | | | | |
| 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 |
| 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 | | | 1305 | 1756 | 51.25 | 222.79 | 24.04 |
| % of Calories | | | | | 15.7% | 68.3% | 16.6% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| | | | | | | | |
|-------------------------|---------|---|---------|------|-------|-------|--------|
| Tue - 04/02/2019 | | | | | | | |
| 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 |
| Fruit Cocktail: USDA | 1/2 cup | 1 | 69 | 8 | 0.5 | 17.77 | 0.1 |
| Weighted Daily Average | | | 634 | 1113 | 13.00 | 86.77 | 25.60 |
| % of Calories | | | | | 8.2% | 54.8% | 36.4% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| | | | | | | | |
|-----------------------------|--------|---|---------|------|------|-------|--------|
| Wed - 04/03/2019 | | | | | | | |
| HIGH BREAKFAST | Total | 1 | | | | | |
| BISCUIT, GRAVY | 1 EACH | 1 | 240 | 870 | 3.0 | 29.0 | 11.5 |
| 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 | | | 550 | 1100 | 9.00 | 86.00 | 18.50 |
| % of Calories | | | | | 6.5% | 62.5% | 30.3% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| | | | | | | | |
|------------------------|---------|---|---------|------|-------|-------|--------|
| Thu - 04/04/2019 | | | | | | | |
| HIGH 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 | | | 450-600 | 640 | | | <=30.0 |

| | | | | | | | |
|--------------------------------|--------|---|-----|------|------|-------|------|
| Fri - 04/05/2019 | | | | | | | |
| HIGH 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 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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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 | | | 450-600 | 640 | | | <=30.0 |

| Mon - 04/08/2019 | | | | | | | |
|---|---------|---|---------|-----|----------------|----------------|---------------|
| 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 |
| 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 | | | 450-600 | 640 | | | <=30.0 |

| Tue - 04/09/2019 | | | | | | | |
|---|--------|---|---------|------|---------------|----------------|----------------|
| 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 % of Calories | | | 600 | 1070 | 14.00 9.3% | 89.00 59.3% | 21.50 32.2% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| Wed - 04/10/2019 | | | | | | | |
|---|--------|---|---------|------|---------------|-----------------|----------------|
| HIGH 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 | | | 450-600 | 640 | | | <=30.0 |

| Thu - 04/11/2019 | | | | | | | |
|---|---------|---|---------|------|---------------|----------------|----------------|
| 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 |
| 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 | | | 450-600 | 640 | | | <=30.0 |

| Fri - 04/12/2019 | | | | | | | |
|--------------------------------|--------|---|-----|------|------|-------|------|
| HIGH 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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| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------------|--------------|-----------|-------------|-----------|----------------|----------------|----------------|
| Weighted Daily Average % of Calories | | | 620 | 1310 | 16.00 10.3% | 81.93 52.9% | 25.00 36.3% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| Mon - 04/15/2019 | | | | | | | |
|--------------------------------------|---------------|---|---------|-----|--------------|--------------|--------------|
| HIGH 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 | | | 450-600 | 640 | | | <=30.0 |

| Tue - 04/16/2019 | | | | | | | |
|--------------------------------------|---------------|---|---------|-----|--------------|--------------|--------------|
| HIGH 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 | | | 450-600 | 640 | | | <=30.0 |

| Wed - 04/17/2019 | | | | | | | |
|--------------------------------------|---------------|---|---------|-----|--------------|--------------|--------------|
| HIGH 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 | | | 450-600 | 640 | | | <=30.0 |

| Thu - 04/18/2019 | | | | | | | |
|--------------------------------------|---------------|---|---------|-----|--------------|--------------|--------------|
| HIGH 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 | | | 450-600 | 640 | | | <=30.0 |

| Fri - 04/19/2019 | | | | | | | |
|--------------------------------------|---------------|---|---------|-----|--------------|--------------|--------------|
| HIGH 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 | | | 450-600 | 640 | | | <=30.0 |

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

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| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) |
|------------------------|--------------|-----------|-------------|-----------|-----------|----------|-----------|
| Weighted Daily Average | | | 645 | 1231 | 15.00 | 77.27 | 31.00 |
| % of Calories | | | | | 9.3% | 47.9% | 43.2% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| Tue - 04/23/2019 | | | | | | | |
|------------------------|--------|---|---------|------|-------|-------|--------|
| HIGH BREAKFAST | Total | 1 | | | | | |
| BISCUIT, GRAVY | 1 EACH | 1 | 240 | 870 | 3.0 | 29.0 | 11.5 |
| 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 | | | 590 | 1080 | 10.00 | 88.00 | 21.50 |
| % of Calories | | | | | 6.8% | 59.7% | 32.8% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| Wed - 04/24/2019 | | | | | | | |
|-----------------------------|---------|---|---------|------|-------|-------|--------|
| HIGH 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 | | | 585 | 1116 | 15.25 | 86.79 | 20.54 |
| % of Calories | | | | | 10.4% | 59.4% | 31.6% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| Thu - 04/25/2019 | | | | | | | |
|-------------------------|---------|---|---------|------|-------|-------|--------|
| HIGH 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 | | | 659 | 1228 | 14.50 | 85.77 | 28.10 |
| % of Calories | | | | | 8.8% | 52.1% | 38.4% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| Fri - 04/26/2019 | | | | | | | |
|--------------------------------|--------|---|---------|-----|-------|-------|--------|
| 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 |
| 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 | | | 500 | 460 | 16.01 | 91.98 | 10.50 |
| % of Calories | | | | | 12.8% | 73.6% | 18.9% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| Mon - 04/29/2019 | | | | | | | |
|------------------------------|---------|---|-----|-----|------|-------|------|
| HIGH 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 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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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 | | | 647 | 872 | 14.36 8.9% | 119.94 74.1% | 12.54 17.4% |
| Nutrient Guideline | | | 450-600 | 640 | | | <=30.0 |

| Tue - 04/30/2019 | | | | | | | |
|---|--------|---|---------|------|---------------|----------------|----------------|
| 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 |
| 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 | | | 450-600 | 640 | | | <=30.0 |

| | | | | | | | |
|------------------|--|--|-----|------|---------------|----------------|----------------|
| Weighted Average | | | 658 | 1105 | 16.22 9.9% | 97.69 59.4% | 22.84 31.3% |
|------------------|--|--|-----|------|---------------|----------------|----------------|

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 658 | | 450 - 600 | 110% | | | 58 | Correction Required - |
| Sodium 1 (mg) | 1105 | | 640 | | | | 465 | Calories too High |
| Sodium 2 (mg) | 1105 | | 570 | | | | 535 | Correction Required - |
| Protein (g) | 16.22 | 9.86% | | | | | | Sodium too High |
| Carbohydrate (g) | 97.69 | 59.42% | | | | | | Correction Required - |
| Total Fat (g) | 22.84 | 31.26% | <=30.00% | | | | | Sodium too High |
| | | | | | | | | Correction Required - |
| | | | | | | | | Total Fat too High |

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