

NUTRITION SERVICES

Dec 1, 2024 thru Dec 31, 2024

Base Menu Spreadsheet

BREAKFAST, K-12

Portion Values - Detailed

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Generated on: 11/20/2024 10:11:30 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 12/02/2024				
BREAKFAST, K-12	Total			
FRENCH TOAST STICKS	1 EACH	240	2.00	38.0
BAGEL W/ CREAM CHEESE (BRK)	1 EACH	353	4.50	55.96
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		1088	16.82	190.11
% of Calories				69.9%
Nutrient Guideline		0		

Tue - 12/03/2024				
BREAKFAST, K-12	Total			
SCRAMBLED EGGS W/MUFFIN BRK	1 EACH	209	1.80	20.42
BREAKFAST SCONES	1 EACH	243	3.40	33.13
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		947	15.52	149.71
% of Calories				63.2%
Nutrient Guideline		0		

Wed - 12/04/2024				
BREAKFAST, K-12	Total			
CHICKEN PATTY BISCUIT	1 EACH	420	5.00	44.0
CONCHA	1 EACH	220	2.00	34.0
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		1135	17.32	174.15
% of Calories				61.4%
Nutrient Guideline		0		

Thu - 12/05/2024				
BREAKFAST, K-12	Total			
PANCAKES W/SYRUP BRK	1 EACH	399	8.00	88.12
SUNBUTTER & JELLY SANDWICH BRK	1 EACH	296	7.13	43.56
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average % of Calories		1190	25.45	227.83 76.6%
Nutrient Guideline		0		

Fri - 12/06/2024				
BREAKFAST, K-12	Total			
BREAKFAST CHILAQUILES	#8SCOOP+1OZC HIP	286	3.07	23.63
COWBOY BREAD	1 EACH	310	2.00	48.0
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average % of Calories		1091	15.39	167.78 61.5%
Nutrient Guideline		0		

Mon - 12/09/2024				
BREAKFAST, K-12	Total			
MELTED CHEESE BAGEL	1 EACH	219	2.18	22.8
BREAKFAST SCONES	1 EACH	243	3.40	33.13
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average % of Calories		956	15.90	152.09 63.6%
Nutrient Guideline		0		

Tue - 12/10/2024				
BREAKFAST, K-12	Total			
BREAKFAST BURRITO	1 EACH	424	5.18	52.21
BAGEL W/ CREAM CHEESE (BRK)	1 EACH	353	4.50	55.96
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average % of Calories		1272	19.99	204.31 64.2%
Nutrient Guideline		0		

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Wed - 12/11/2024				
BREAKFAST, K-12	Total			
BREAKFAST BOWL W/BISCUIT	1 EACH	366	3.10	33.29
HARD BOILED EGG W/MUFFIN BRK	1 EACH	196	1.80	20.06
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		1056	15.22	149.50
% of Calories				56.6%
Nutrient Guideline		0		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 12/12/2024				
BREAKFAST, K-12	Total			
APPLE CINNAMON FRUDEL	1 EACH	210	2.00	36.0
YOGURT WITH GRAHAMS, BRK	1 EACH	205	1.00	39.0
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		910	13.32	171.15
% of Calories				75.3%
Nutrient Guideline		0		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 12/13/2024				
BREAKFAST, K-12	Total			
FRENCH TOAST STICKS	1 EACH	240	2.00	38.0
CHEESY CORNBREAD MUFFIN	1 EACH	190	2.00	30.0
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		925	14.32	164.15
% of Calories				71.0%
Nutrient Guideline		0		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 12/16/2024				
BREAKFAST, K-12	Total			
EGG & CHEESE BURRITO	1 EACH	359	2.00	24.02
SUNBUTTER & JELLY SANDWICH BRK	1 EACH	296	7.13	43.56
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		1149	19.45	163.73
% of Calories				57.0%
Nutrient Guideline		0		

Tue - 12/17/2024				
BREAKFAST, K-12	Total			
SCRAMBLED EGGS W/MUFFIN BRK	1 EACH	209	1.80	20.42
BAGEL W/ CREAM CHEESE (BRK)	1 EACH	353	4.50	55.96
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		1057	16.62	172.53
% of Calories				65.3%
Nutrient Guideline		0		

Wed - 12/18/2024				
BREAKFAST, K-12	Total			
PANCAKES W/SYRUP BRK	1 EACH	399	8.00	88.12
CONCHA	1 EACH	220	2.00	34.0
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		1114	20.32	218.28
% of Calories				78.4%
Nutrient Guideline		0		

Thu - 12/19/2024				
BREAKFAST, K-12	Total			
CHICKEN PATTY BISCUIT	1 EACH	420	5.00	44.0
CINNAMON SWIRL	1 EACH	260	3.00	41.0
BREAKFAST CEREAL	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Weighted Daily Average		1175	18.32	181.15
% of Calories				61.7%
Nutrient Guideline		0		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 12/20/2024				
BREAKFAST, K-12				
CHERRY FRUDEL	Total			
BREAKFAST SCONES	1 EACH	210	2.00	37.0
BREAKFAST CEREAL	1 EACH	243	3.40	33.13
1st Fresh Fruit, (1/2c): _____	1 EACH	190	6.00	46.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
Milk, Unflavored, NF, 8 fl oz	EACH	42	2.16	10.58
Milk, 1%, 8 fl oz	1 CUP	90	0.00	13.0
	1 CUP	130	0.00	16.0
Weighted Daily Average		948	15.72	166.28
% of Calories				70.2%
Nutrient Guideline		0		

Weighted Average		1067	17.31	176.85
				66.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1067		0					
Fiber (g)	17.31							
Carbohydrate (g)	176.85	66.27%						

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