

National School District

Oct 9, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

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Generated on: 10/9/2017 8:55:11 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 10/09/2017				
NSD Breakfast	Total	3000		
NSD Muffin, Blueberry	1 EACH	1000	223	38.5
NSD Back 2 Basics, Choc Ch Bar	1 EACH	1000	260	44.0
NSD Cereal, Cheerios, Apl Cinn	1 EACH	500	110	23.0
NSD Cereal, Frosted Flakes, RS	1 EACH	500	100	24.0
NSD String Cheese	1 EACH	1000	80	1.0
Cherries Dried	serving	1500	97	23.84
NSD Apple, fresh	1 EACH	1500	95	25.13
NSD Juice, Orange 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			466	89.82
% of Calories				77.1%
Nutrient Guideline			400-500	

Tue - 10/10/2017				
NSD Breakfast	Total	3000		
NSD Muffin Top, Sweet Potato CC	1 EACH	1000	260	43.0
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
NSD Cereal, Golden Grahams	1 EACH	500	110	24.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Raisins, box	1 EACH	2000	113	29.98
NSD Bananas, petite	1 EACH	1000	105	26.95
NSD Juice, Appleberry, 4 oz	1 EACH	2500	55	13.5
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			499	92.89
% of Calories				74.5%
Nutrient Guideline			400-500	

Wed - 10/11/2017				
NSD Breakfast	Total	3000		
NSD Pancake & Sausage Stick	1 Each	1000	188	24.0
NSD Bfast Pizza Bagel, Cheese	1 EACH	1000	149	15.67
NSD Cereal, Frosted Flakes, RS	1 EACH	250	100	24.0
NSD Cereal, Cheerios, Apl Cinn	1 EACH	750	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Apple, fresh	1 EACH	1500	95	25.13
NSD Peaches, frozen, diced	1 EACH	1500	80	19.0
NSD Juice, Apple, 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			410	73.04
% of Calories				71.3%
Nutrient Guideline			400-500	

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

Portion Values - Detailed

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Oct 9, 2017 thru Dec 15, 2017

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 10/12/2017				
NSD Breakfast	Total	3000		
NSD Mini Pork Sausage Biscuit	1 EACH	1000	230	25.0
NSD BeneFIT Bar, Oat CC	1 EACH	1000	290	47.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD Cereal, Golden Grahams	1 EACH	500	110	24.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Bananas, petite	1 EACH	1500	105	26.95
NSD Cranberries, dried	1/4 cup	1500	93	25.0
NSD Juice, Orange 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			483	87.81
% of Calories				72.7%
Nutrient Guideline			400-500	

Fri - 10/13/2017				
NSD Breakfast	Total	3000		
NSD French Toast Sticks, IW	1 EACH	1000	240	37.98
NSD Ultimate Bkfst Round, IW	1 EACH	1000	280	44.0
NSD Cereal, Cheerios, Apl Cinn	1 EACH	500	110	23.0
NSD Cereal, Frosted Flakes, RS	1 EACH	500	100	24.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Pears, raw	1 EACH	1500	101	27.11
Cherries Dried	serving	1500	97	23.84
NSD Juice, Apple, 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			482	90.63
% of Calories				75.3%
Nutrient Guideline			400-500	

Mon - 10/16/2017				
NSD Breakfast	Total	3000		
NSD Muffin, Blueberry	1 EACH	1000	223	38.5
NSD Back 2 Basics, Choc Ch Bar	1 EACH	1000	260	44.0
NSD Cereal, Cheerios, Apl Cinn	1 EACH	500	110	23.0
NSD Cereal, Frosted Flakes, RS	1 EACH	500	100	24.0
NSD String Cheese	1 EACH	1000	80	1.0
Cherries Dried	serving	1500	97	23.84
NSD Apple, fresh	1 EACH	1500	95	25.13
NSD Juice, Orange 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			466	89.82
% of Calories				77.1%
Nutrient Guideline			400-500	

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Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 10/17/2017				
NSD Breakfast	Total	3000		
NSD Muffin Top, Sweet Potato CC	1 EACH	1000	260	43.0
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
NSD Cereal, Golden Grahams	1 EACH	500	110	24.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Raisins, box	1 EACH	2000	113	29.98
NSD Bananas, petite	1 EACH	1000	105	26.95
NSD Juice, Appleberry, 4 oz	1 EACH	2500	55	13.5
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			499	92.89
% of Calories				74.5%
Nutrient Guideline			400-500	

Wed - 10/18/2017				
NSD Breakfast	Total	3000		
NSD Pancake & Sausage Stick	1 Each	1000	188	24.0
NSD Bfast Pizza Bagel, Cheese	1 EACH	1000	149	15.67
NSD Cereal, Frosted Flakes, RS	1 EACH	250	100	24.0
NSD Cereal, Cheerios, Apl Cinn	1 EACH	750	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Apple, fresh	1 EACH	1500	95	25.13
NSD Peaches, frozen, diced	1 EACH	1500	80	19.0
NSD Juice, Apple, 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			410	73.04
% of Calories				71.3%
Nutrient Guideline			400-500	

Thu - 10/19/2017				
NSD Breakfast	Total	3000		
NSD Mini Pork Sausage Biscuit	1 EACH	1000	230	25.0
NSD BeneFIT Bar, Oat CC	1 EACH	1000	290	47.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD Cereal, Golden Grahams	1 EACH	500	110	24.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Bananas, petite	1 EACH	1500	105	26.95
NSD Cranberries, dried	1/4 cup	1500	93	25.0
NSD Juice, Orange 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			483	87.81
% of Calories				72.7%
Nutrient Guideline			400-500	

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

Portion Values - Detailed

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NSD Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 10/20/2017				
NSD Breakfast	Total	3000		
NSD French Toast Sticks, IW	1 EACH	1000	240	37.98
NSD Ultimate Bkfst Round, IW	1 EACH	1000	280	44.0
NSD Cereal, Cheerios, Apl Cinn	1 EACH	500	110	23.0
NSD Cereal, Frosted Flakes, RS	1 EACH	500	100	24.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Pears, raw	1 EACH	1500	101	27.11
Cherries Dried	serving	1500	97	23.84
NSD Juice, Apple, 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			482	90.63
% of Calories				75.3%
Nutrient Guideline			400-500	

Mon - 10/23/2017				
NSD Breakfast	Total	3000		
NSD Muffin, Blueberry	1 EACH	1000	223	38.5
NSD Back 2 Basics, Choc Ch Bar	1 EACH	1000	260	44.0
NSD Cereal, Cheerios, Apl Cinn	1 EACH	500	110	23.0
NSD Cereal, Frosted Flakes, RS	1 EACH	500	100	24.0
NSD String Cheese	1 EACH	1000	80	1.0
Cherries Dried	serving	1500	97	23.84
NSD Apple, fresh	1 EACH	1500	95	25.13
NSD Juice, Orange 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			466	89.82
% of Calories				77.1%
Nutrient Guideline			400-500	

Tue - 10/24/2017				
NSD Breakfast	Total	3000		
NSD Muffin Top, Sweet Potato CC	1 EACH	1000	260	43.0
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
NSD Cereal, Golden Grahams	1 EACH	500	110	24.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Raisins, box	1 EACH	2000	113	29.98
NSD Bananas, petite	1 EACH	1000	105	26.95
NSD Juice, Appleberry, 4 oz	1 EACH	2500	55	13.5
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			499	92.89
% of Calories				74.5%
Nutrient Guideline			400-500	

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Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 10/25/2017				
NSD Breakfast	Total	3000		
NSD Pancake & Sausage Stick	1 Each	1000	188	24.0
NSD Bfast Pizza Bagel, Cheese	1 EACH	1000	149	15.67
NSD Cereal, Frosted Flakes, RS	1 EACH	250	100	24.0
NSD Cereal, Cheerios, Apl Cinn	1 EACH	750	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Apple, fresh	1 EACH	1500	95	25.13
NSD Peaches, frozen, diced	1 EACH	1500	80	19.0
NSD Juice, Apple, 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			410	73.04
% of Calories				71.3%
Nutrient Guideline			400-500	

Thu - 10/26/2017				
NSD Breakfast	Total	3000		
NSD Mini Pork Sausage Biscuit	1 EACH	1000	230	25.0
NSD BeneFIT Bar, Oat CC	1 EACH	1000	290	47.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD Cereal, Golden Grahams	1 EACH	500	110	24.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Bananas, petite	1 EACH	1500	105	26.95
NSD Cranberries, dried	1/4 cup	1500	93	25.0
NSD Juice, Orange 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			483	87.81
% of Calories				72.7%
Nutrient Guideline			400-500	

Fri - 10/27/2017				
NSD Breakfast	Total	3000		
NSD French Toast Sticks, IW	1 EACH	1000	240	37.98
NSD Ultimate Bkfst Round, IW	1 EACH	1000	280	44.0
NSD Cereal, Cheerios, Apl Cinn	1 EACH	500	110	23.0
NSD Cereal, Frosted Flakes, RS	1 EACH	500	100	24.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Pears, raw	1 EACH	1500	101	27.11
Cherries Dried	serving	1500	97	23.84
NSD Juice, Apple, 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			482	90.63
% of Calories				75.3%
Nutrient Guideline			400-500	

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Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 10/30/2017				
NSD Breakfast	Total	3000		
NSD Muffin, Blueberry	1 EACH	1000	223	38.5
NSD Back 2 Basics, Choc Ch Bar	1 EACH	1000	260	44.0
NSD Cereal, Cheerios, Apl Cinn	1 EACH	500	110	23.0
NSD Cereal, Frosted Flakes, RS	1 EACH	500	100	24.0
NSD String Cheese	1 EACH	1000	80	1.0
Cherries Dried	serving	1500	97	23.84
NSD Apple, fresh	1 EACH	1500	95	25.13
NSD Juice, Orange 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			466	89.82
% of Calories				77.1%
Nutrient Guideline			400-500	

Tue - 10/31/2017				
NSD Breakfast	Total	3000		
NSD Muffin Top, Sweet Potato CC	1 EACH	1000	260	43.0
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
NSD Cereal, Golden Grahams	1 EACH	500	110	24.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Raisins, box	1 EACH	2000	113	29.98
NSD Bananas, petite	1 EACH	1000	105	26.95
NSD Juice, Appleberry, 4 oz	1 EACH	2500	55	13.5
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			499	92.89
% of Calories				74.5%
Nutrient Guideline			400-500	

Wed - 11/01/2017				
NSD Breakfast	Total	3000		
NSD Pancake & Sausage Stick	1 Each	1000	188	24.0
NSD Bfast Pizza Bagel, Cheese	1 EACH	1000	149	15.67
NSD Cereal, Frosted Flakes, RS	1 EACH	250	100	24.0
NSD Cereal, Cheerios, Apl Cinn	1 EACH	750	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Apple, fresh	1 EACH	1500	95	25.13
NSD Peaches, frozen, diced	1 EACH	1500	80	19.0
NSD Juice, Apple, 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
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% of Calories				71.3%
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NSD Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 11/02/2017				
NSD Breakfast	Total	3000		
NSD Mini Pork Sausage Biscuit	1 EACH	1000	230	25.0
NSD BeneFIT Bar, Oat CC	1 EACH	1000	290	47.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
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Weighted Daily Average			483	87.81
% of Calories				72.7%
Nutrient Guideline			400-500	

Fri - 11/03/2017				
NSD Breakfast	Total	3000		
NSD French Toast Sticks, IW	1 EACH	1000	240	37.98
NSD Ultimate Bkfst Round, IW	1 EACH	1000	280	44.0
NSD Cereal, Cheerios, Apl Cinn	1 EACH	500	110	23.0
NSD Cereal, Frosted Flakes, RS	1 EACH	500	100	24.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Pears, raw	1 EACH	1500	101	27.11
Cherries Dried	serving	1500	97	23.84
NSD Juice, Apple, 4 oz	1 EACH	2500	55	14.0
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Weighted Daily Average			482	90.63
% of Calories				75.3%
Nutrient Guideline			400-500	

Mon - 11/06/2017				
NSD Breakfast	Total	3000		
NSD Muffin, Blueberry	1 EACH	1000	223	38.5
NSD Back 2 Basics, Choc Ch Bar	1 EACH	1000	260	44.0
NSD Cereal, Cheerios, Apl Cinn	1 EACH	500	110	23.0
NSD Cereal, Frosted Flakes, RS	1 EACH	500	100	24.0
NSD String Cheese	1 EACH	1000	80	1.0
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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 11/07/2017				
NSD Breakfast	Total	3000		
NSD Muffin Top, Sweet Potato CC	1 EACH	1000	260	43.0
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
NSD Cereal, Golden Grahams	1 EACH	500	110	24.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
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NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
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% of Calories				74.5%
Nutrient Guideline			400-500	

Wed - 11/08/2017				
NSD Breakfast	Total	3000		
NSD Pancake & Sausage Stick	1 Each	1000	188	24.0
NSD Bfast Pizza Bagel, Cheese	1 EACH	1000	149	15.67
NSD Cereal, Frosted Flakes, RS	1 EACH	250	100	24.0
NSD Cereal, Cheerios, Apl Cinn	1 EACH	750	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Apple, fresh	1 EACH	1500	95	25.13
NSD Peaches, frozen, diced	1 EACH	1500	80	19.0
NSD Juice, Apple, 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			410	73.04
% of Calories				71.3%
Nutrient Guideline			400-500	

Thu - 11/09/2017				
NSD Breakfast	Total	3000		
NSD Mini Pork Sausage Biscuit	1 EACH	1000	230	25.0
NSD BeneFIT Bar, Oat CC	1 EACH	1000	290	47.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD Cereal, Golden Grahams	1 EACH	500	110	24.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Bananas, petite	1 EACH	1500	105	26.95
NSD Cranberries, dried	1/4 cup	1500	93	25.0
NSD Juice, Orange 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			483	87.81
% of Calories				72.7%
Nutrient Guideline			400-500	

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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National School District

Oct 9, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 11/13/2017				
NSD Breakfast	Total	3000		
NSD Muffin, Blueberry	1 EACH	1000	223	38.5
NSD Back 2 Basics, Choc Ch Bar	1 EACH	1000	260	44.0
NSD Cereal, Cheerios, Apl Cinn	1 EACH	500	110	23.0
NSD Cereal, Frosted Flakes, RS	1 EACH	500	100	24.0
NSD String Cheese	1 EACH	1000	80	1.0
Cherries Dried	serving	1500	97	23.84
NSD Apple, fresh	1 EACH	1500	95	25.13
NSD Juice, Orange 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			466	89.82
% of Calories				77.1%
Nutrient Guideline			400-500	

Tue - 11/14/2017				
NSD Breakfast	Total	3000		
NSD Muffin Top, Sweet Potato CC	1 EACH	1000	260	43.0
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
NSD Cereal, Golden Grahams	1 EACH	500	110	24.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Raisins, box	1 EACH	2000	113	29.98
NSD Bananas, petite	1 EACH	1000	105	26.95
NSD Juice, Appleberry, 4 oz	1 EACH	2500	55	13.5
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			499	92.89
% of Calories				74.5%
Nutrient Guideline			400-500	

Wed - 11/15/2017				
NSD Breakfast	Total	3000		
NSD Pancake & Sausage Stick	1 Each	1000	188	24.0
NSD Bfast Pizza Bagel, Cheese	1 EACH	1000	149	15.67
NSD Cereal, Frosted Flakes, RS	1 EACH	250	100	24.0
NSD Cereal, Cheerios, Apl Cinn	1 EACH	750	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Apple, fresh	1 EACH	1500	95	25.13
NSD Peaches, frozen, diced	1 EACH	1500	80	19.0
NSD Juice, Apple, 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			410	73.04
% of Calories				71.3%
Nutrient Guideline			400-500	

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National School District

Oct 9, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 11/16/2017				
NSD Breakfast	Total	3000		
NSD Mini Pork Sausage Biscuit	1 EACH	1000	230	25.0
NSD BeneFIT Bar, Oat CC	1 EACH	1000	290	47.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD Cereal, Golden Grahams	1 EACH	500	110	24.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Bananas, petite	1 EACH	1500	105	26.95
NSD Cranberries, dried	1/4 cup	1500	93	25.0
NSD Juice, Orange 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			483	87.81
% of Calories				72.7%
Nutrient Guideline			400-500	

Fri - 11/17/2017				
NSD Breakfast	Total	3000		
NSD French Toast Sticks, IW	1 EACH	1000	240	37.98
NSD Ultimate Bkfst Round, IW	1 EACH	1000	280	44.0
NSD Cereal, Cheerios, Apl Cinn	1 EACH	500	110	23.0
NSD Cereal, Frosted Flakes, RS	1 EACH	500	100	24.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Pears, raw	1 EACH	1500	101	27.11
Cherries Dried	serving	1500	97	23.84
NSD Juice, Apple, 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			482	90.63
% of Calories				75.3%
Nutrient Guideline			400-500	

Mon - 11/27/2017				
NSD Breakfast	Total	3000		
NSD Muffin, Blueberry	1 EACH	1000	223	38.5
NSD Back 2 Basics, Choc Ch Bar	1 EACH	1000	260	44.0
NSD Cereal, Cheerios, Apl Cinn	1 EACH	500	110	23.0
NSD Cereal, Frosted Flakes, RS	1 EACH	500	100	24.0
NSD String Cheese	1 EACH	1000	80	1.0
Cherries Dried	serving	1500	97	23.84
NSD Apple, fresh	1 EACH	1500	95	25.13
NSD Juice, Orange 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			466	89.82
% of Calories				77.1%
Nutrient Guideline			400-500	

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National School District

Oct 9, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 11/28/2017				
NSD Breakfast	Total	3000		
NSD Muffin Top, Sweet Potato CC	1 EACH	1000	260	43.0
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
NSD Cereal, Golden Grahams	1 EACH	500	110	24.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Raisins, box	1 EACH	2000	113	29.98
NSD Bananas, petite	1 EACH	1000	105	26.95
NSD Juice, Appleberry, 4 oz	1 EACH	2500	55	13.5
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			499	92.89
% of Calories				74.5%
Nutrient Guideline			400-500	

Wed - 11/29/2017				
NSD Breakfast	Total	3000		
NSD Pancake & Sausage Stick	1 Each	1000	188	24.0
NSD Bfast Pizza Bagel, Cheese	1 EACH	1000	149	15.67
NSD Cereal, Frosted Flakes, RS	1 EACH	250	100	24.0
NSD Cereal, Cheerios, Apl Cinn	1 EACH	750	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Apple, fresh	1 EACH	1500	95	25.13
NSD Peaches, frozen, diced	1 EACH	1500	80	19.0
NSD Juice, Apple, 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			410	73.04
% of Calories				71.3%
Nutrient Guideline			400-500	

Thu - 11/30/2017				
NSD Breakfast	Total	3000		
NSD Mini Pork Sausage Biscuit	1 EACH	1000	230	25.0
NSD BeneFIT Bar, Oat CC	1 EACH	1000	290	47.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD Cereal, Golden Grahams	1 EACH	500	110	24.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Bananas, petite	1 EACH	1500	105	26.95
NSD Cranberries, dried	1/4 cup	1500	93	25.0
NSD Juice, Orange 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			483	87.81
% of Calories				72.7%
Nutrient Guideline			400-500	

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National School District

Oct 9, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 12/01/2017				
NSD Breakfast	Total	3000		
NSD French Toast Sticks, IW	1 EACH	1000	240	37.98
NSD Ultimate Bkfst Round, IW	1 EACH	1000	280	44.0
NSD Cereal, Cheerios, Apl Cinn	1 EACH	500	110	23.0
NSD Cereal, Frosted Flakes, RS	1 EACH	500	100	24.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Pears, raw	1 EACH	1500	101	27.11
Cherries Dried	serving	1500	97	23.84
NSD Juice, Apple, 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			482	90.63
% of Calories				75.3%
Nutrient Guideline			400-500	

Mon - 12/04/2017				
NSD Breakfast	Total	3000		
NSD Muffin, Blueberry	1 EACH	1000	223	38.5
NSD Back 2 Basics, Choc Ch Bar	1 EACH	1000	260	44.0
NSD Cereal, Cheerios, Apl Cinn	1 EACH	500	110	23.0
NSD Cereal, Frosted Flakes, RS	1 EACH	500	100	24.0
NSD String Cheese	1 EACH	1000	80	1.0
Cherries Dried	serving	1500	97	23.84
NSD Apple, fresh	1 EACH	1500	95	25.13
NSD Juice, Orange 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			466	89.82
% of Calories				77.1%
Nutrient Guideline			400-500	

Tue - 12/05/2017				
NSD Breakfast	Total	3000		
NSD Muffin Top, Sweet Potato CC	1 EACH	1000	260	43.0
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
NSD Cereal, Golden Grahams	1 EACH	500	110	24.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Raisins, box	1 EACH	2000	113	29.98
NSD Bananas, petite	1 EACH	1000	105	26.95
NSD Juice, Appleberry, 4 oz	1 EACH	2500	55	13.5
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			499	92.89
% of Calories				74.5%
Nutrient Guideline			400-500	

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National School District

Oct 9, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 12/06/2017				
NSD Breakfast	Total	3000		
NSD Pancake & Sausage Stick	1 Each	1000	188	24.0
NSD Bfast Pizza Bagel, Cheese	1 EACH	1000	149	15.67
NSD Cereal, Frosted Flakes, RS	1 EACH	250	100	24.0
NSD Cereal, Cheerios, Apl Cinn	1 EACH	750	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Apple, fresh	1 EACH	1500	95	25.13
NSD Peaches, frozen, diced	1 EACH	1500	80	19.0
NSD Juice, Apple, 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			410	73.04
% of Calories				71.3%
Nutrient Guideline			400-500	

Thu - 12/07/2017				
NSD Breakfast	Total	3000		
NSD Mini Pork Sausage Biscuit	1 EACH	1000	230	25.0
NSD BeneFIT Bar, Oat CC	1 EACH	1000	290	47.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD Cereal, Golden Grahams	1 EACH	500	110	24.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Bananas, petite	1 EACH	1500	105	26.95
NSD Cranberries, dried	1/4 cup	1500	93	25.0
NSD Juice, Orange 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			483	87.81
% of Calories				72.7%
Nutrient Guideline			400-500	

Fri - 12/08/2017				
NSD Breakfast	Total	3000		
NSD French Toast Sticks, IW	1 EACH	1000	240	37.98
NSD Ultimate Bkfst Round, IW	1 EACH	1000	280	44.0
NSD Cereal, Cheerios, Apl Cinn	1 EACH	500	110	23.0
NSD Cereal, Frosted Flakes, RS	1 EACH	500	100	24.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Pears, raw	1 EACH	1500	101	27.11
Cherries Dried	serving	1500	97	23.84
NSD Juice, Apple, 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			482	90.63
% of Calories				75.3%
Nutrient Guideline			400-500	

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National School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 9, 2017 thru Dec 15, 2017

NSD Breakfast

Generated on: 10/9/2017 8:55:11 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 12/11/2017				
NSD Breakfast	Total	3000		
NSD Muffin, Blueberry	1 EACH	1000	223	38.5
NSD Back 2 Basics, Choc Ch Bar	1 EACH	1000	260	44.0
NSD Cereal, Cheerios, Apl Cinn	1 EACH	500	110	23.0
NSD Cereal, Frosted Flakes, RS	1 EACH	500	100	24.0
NSD String Cheese	1 EACH	1000	80	1.0
Cherries Dried	serving	1500	97	23.84
NSD Apple, fresh	1 EACH	1500	95	25.13
NSD Juice, Orange 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			466	89.82
% of Calories				77.1%
Nutrient Guideline			400-500	

Tue - 12/12/2017				
NSD Breakfast	Total	3000		
NSD Muffin Top, Sweet Potato CC	1 EACH	1000	260	43.0
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
NSD Cereal, Golden Grahams	1 EACH	500	110	24.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Raisins, box	1 EACH	2000	113	29.98
NSD Bananas, petite	1 EACH	1000	105	26.95
NSD Juice, Appleberry, 4 oz	1 EACH	2500	55	13.5
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			499	92.89
% of Calories				74.5%
Nutrient Guideline			400-500	

Wed - 12/13/2017				
NSD Breakfast	Total	3000		
NSD Pancake & Sausage Stick	1 Each	1000	188	24.0
NSD Bfast Pizza Bagel, Cheese	1 EACH	1000	149	15.67
NSD Cereal, Frosted Flakes, RS	1 EACH	250	100	24.0
NSD Cereal, Cheerios, Apl Cinn	1 EACH	750	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Apple, fresh	1 EACH	1500	95	25.13
NSD Peaches, frozen, diced	1 EACH	1500	80	19.0
NSD Juice, Apple, 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			410	73.04
% of Calories				71.3%
Nutrient Guideline			400-500	

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National School District

Oct 9, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 12/14/2017				
NSD Breakfast	Total	3000		
NSD Mini Pork Sausage Biscuit	1 EACH	1000	230	25.0
NSD BeneFIT Bar, Oat CC	1 EACH	1000	290	47.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD Cereal, Golden Grahams	1 EACH	500	110	24.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Bananas, petite	1 EACH	1500	105	26.95
NSD Cranberries, dried	1/4 cup	1500	93	25.0
NSD Juice, Orange 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			483	87.81
% of Calories				72.7%
Nutrient Guideline			400-500	

Fri - 12/15/2017				
NSD Breakfast	Total	3000		
NSD French Toast Sticks, IW	1 EACH	1000	240	37.98
NSD Ultimate Bkfst Round, IW	1 EACH	1000	280	44.0
NSD Cereal, Cheerios, Apl Cinn	1 EACH	500	110	23.0
NSD Cereal, Frosted Flakes, RS	1 EACH	500	100	24.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Pears, raw	1 EACH	1500	101	27.11
Cherries Dried	serving	1500	97	23.84
NSD Juice, Apple, 4 oz	1 EACH	2500	55	14.0
NSD Milk, 1% White	1 EACH	250	120	16.0
NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			482	90.63
% of Calories				75.3%
Nutrient Guideline			400-500	

Weighted Average			467	86.75
				74.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	467		400 - 500	100%				
Carbohydrate (g)	86.75	74.23%						

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