

# National School District

Feb 25, 2018 thru Apr 27, 2018

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

Page 1

Generated on: 3/5/2018 2:13:30 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
<b>Mon - 02/26/2018</b>				
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, Scooters	1 EACH	500	110	20.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Cranberries, dried	1/4 cup	1500	93	25.0
NSD Apple, fresh	1 EACH	1500	95	25.13
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			478	86.23
% of Calories				72.2%
Nutrient Guideline			400-500	

<b>Tue - 02/27/2018</b>				
NSD Breakfast	Total	3000		
NSD Muffin Top, Sweet Potato CC	1 EACH	1000	260	43.0
NSD Back 2 Basics, Choc Ch Bar	1 EACH	1000	260	44.0
NSD Cereal, Shredded Wheat, Fr	1 EACH	500	100	23.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
Cherries Dried	serving	2000	97	23.84
NSD Apple, fresh	1 EACH	1000	95	25.13
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			478	90.52
% of Calories				75.7%
Nutrient Guideline			400-500	

<b>Wed - 02/28/2018</b>				
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, Cinnamon Toasters	1 EACH	250	120	22.0
NSD Cereal, Chex, Cinnamon	1 EACH	750	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Pears, raw	1 EACH	1500	101	27.11
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			415	73.86
% of Calories				71.2%
Nutrient Guideline			400-500	

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

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Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

Page 2

Generated on: 3/5/2018 2:13:30 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 03/01/2018				
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, Chex, Cinnamon	1 EACH	500	110	23.0
NSD Cereal, Shredded Wheat, Fr	1 EACH	500	100	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Apple, fresh	1 EACH	1500	95	25.13
NSD Cranberries, dried	1/4 cup	1500	93	25.0
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			476	89.64
% of Calories				75.3%
Nutrient Guideline			400-500	

Fri - 03/02/2018				
NSD Breakfast	Total	3000		
NSD Muffin, Blueberry	EACH	1000	223	38.5
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
NSD Cereal, Scooters	1 EACH	500	110	20.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Oranges, raw	1/2 cup	1500	42	10.58
NSD Applesauce Cups	1 EACH	1500	51	13.75
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			423	74.33
% of Calories				70.3%
Nutrient Guideline			400-500	

Mon - 03/05/2018				
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, Scooters	1 EACH	500	110	20.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Cranberries, dried	1/4 cup	1500	93	25.0
NSD Apple, fresh	1 EACH	1500	95	25.13
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			478	86.23
% of Calories				72.2%
Nutrient Guideline			400-500	

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NSD Breakfast

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 03/06/2018				
NSD Breakfast	Total	3000		
NSD Muffin Top, Sweet Potato CC	1 EACH	1000	260	43.0
NSD Back 2 Basics, Choc Ch Bar	1 EACH	1000	260	44.0
NSD Cereal, Shredded Wheat, Fr	1 EACH	500	100	23.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
Cherries Dried	serving	2000	97	23.84
NSD Apple, fresh	1 EACH	1000	95	25.13
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			478	90.52
% of Calories				75.7%
Nutrient Guideline			400-500	

Wed - 03/07/2018				
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, Cinnamon Toasters	1 EACH	250	120	22.0
NSD Cereal, Chex, Cinnamon	1 EACH	750	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Pears, raw	1 EACH	1500	101	27.11
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			415	73.86
% of Calories				71.2%
Nutrient Guideline			400-500	

Thu - 03/08/2018				
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, Chex, Cinnamon	1 EACH	500	110	23.0
NSD Cereal, Shredded Wheat, Fr	1 EACH	500	100	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Apple, fresh	1 EACH	1500	95	25.13
NSD Cranberries, dried	1/4 cup	1500	93	25.0
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			476	89.64
% of Calories				75.3%
Nutrient Guideline			400-500	

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NSD Breakfast

### Portion Values - Detailed

Page 4

Generated on: 3/5/2018 2:13:30 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 03/09/2018				
NSD Breakfast	Total	3000		
NSD Muffin, Blueberry	EACH	1000	223	38.5
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
NSD Cereal, Scooters	1 EACH	500	110	20.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Oranges, raw	1/2 cup	1500	42	10.58
NSD Applesauce Cups	1 EACH	1500	51	13.75
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			423	74.33
% of Calories				70.3%
Nutrient Guideline			400-500	

Mon - 03/12/2018				
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, Scooters	1 EACH	500	110	20.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Cranberries, dried	1/4 cup	1500	93	25.0
NSD Apple, fresh	1 EACH	1500	95	25.13
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			478	86.23
% of Calories				72.2%
Nutrient Guideline			400-500	

Tue - 03/13/2018				
NSD Breakfast	Total	3000		
NSD Muffin Top, Sweet Potato CC	1 EACH	1000	260	43.0
NSD Back 2 Basics, Choc Ch Bar	1 EACH	1000	260	44.0
NSD Cereal, Shredded Wheat, Fr	1 EACH	500	100	23.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
Cherries Dried	serving	2000	97	23.84
NSD Apple, fresh	1 EACH	1000	95	25.13
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			478	90.52
% of Calories				75.7%
Nutrient Guideline			400-500	

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### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 03/14/2018				
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, Cinnamon Toasters	1 EACH	250	120	22.0
NSD Cereal, Chex, Cinnamon	1 EACH	750	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Pears, raw	1 EACH	1500	101	27.11
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			415	73.86
% of Calories				71.2%
Nutrient Guideline			400-500	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 03/15/2018				
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, Chex, Cinnamon	1 EACH	500	110	23.0
NSD Cereal, Shredded Wheat, Fr	1 EACH	500	100	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Apple, fresh	1 EACH	1500	95	25.13
NSD Cranberries, dried	1/4 cup	1500	93	25.0
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			476	89.64
% of Calories				75.3%
Nutrient Guideline			400-500	

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 03/16/2018				
NSD Breakfast	Total	3000		
NSD Muffin, Blueberry	EACH	1000	223	38.5
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
NSD Cereal, Scooters	1 EACH	500	110	20.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Oranges, raw	1/2 cup	1500	42	10.58
NSD Applesauce Cups	1 EACH	1500	51	13.75
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			423	74.33
% of Calories				70.3%
Nutrient Guideline			400-500	

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NSD Breakfast

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 03/19/2018				
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, Scooters	1 EACH	500	110	20.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Cranberries, dried	1/4 cup	1500	93	25.0
NSD Apple, fresh	1 EACH	1500	95	25.13
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			478	86.23
% of Calories				72.2%
Nutrient Guideline			400-500	

Tue - 03/20/2018				
NSD Breakfast	Total	3000		
NSD Muffin Top, Sweet Potato CC	1 EACH	1000	260	43.0
NSD Back 2 Basics, Choc Ch Bar	1 EACH	1000	260	44.0
NSD Cereal, Shredded Wheat, Fr	1 EACH	500	100	23.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
Cherries Dried	serving	2000	97	23.84
NSD Apple, fresh	1 EACH	1000	95	25.13
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			478	90.52
% of Calories				75.7%
Nutrient Guideline			400-500	

Wed - 03/21/2018				
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, Cinnamon Toasters	1 EACH	250	120	22.0
NSD Cereal, Chex, Cinnamon	1 EACH	750	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Pears, raw	1 EACH	1500	101	27.11
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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NSD Breakfast

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Page 7

Generated on: 3/5/2018 2:13:31 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
<b>Thu - 03/22/2018</b>				
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, Chex, Cinnamon	1 EACH	500	110	23.0
NSD Cereal, Shredded Wheat, Fr	1 EACH	500	100	23.0
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% of Calories				75.3%
Nutrient Guideline			400-500	

<b>Fri - 03/23/2018</b>				
NSD Breakfast	Total	3000		
NSD Muffin, Blueberry	EACH	1000	223	38.5
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
NSD Cereal, Scooters	1 EACH	500	110	20.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Oranges, raw	1/2 cup	1500	42	10.58
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% of Calories				70.3%
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<b>Mon - 03/26/2018</b>				
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, Scooters	1 EACH	500	110	20.0
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NSD Breakfast	Total	3000		
NSD Muffin Top, Sweet Potato CC	1 EACH	1000	260	43.0
NSD Back 2 Basics, Choc Ch Bar	1 EACH	1000	260	44.0
NSD Cereal, Shredded Wheat, Fr	1 EACH	500	100	23.0
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<b>Wed - 03/28/2018</b>				
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NSD Pancake & Sausage Stick	1 Each	1000	188	24.0
NSD Bfast Pizza Bagel, Cheese	1 EACH	1000	149	15.67
NSD Cereal, Cinnamon Toasters	1 EACH	250	120	22.0
NSD Cereal, Chex, Cinnamon	1 EACH	750	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Pears, raw	1 EACH	1500	101	27.11
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% of Calories				71.2%
Nutrient Guideline			400-500	

<b>Thu - 03/29/2018</b>				
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, Chex, Cinnamon	1 EACH	500	110	23.0
NSD Cereal, Shredded Wheat, Fr	1 EACH	500	100	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Apple, fresh	1 EACH	1500	95	25.13
NSD Cranberries, dried	1/4 cup	1500	93	25.0
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			476	89.64
% of Calories				75.3%
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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# National School District

Feb 25, 2018 thru Apr 27, 2018

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

Page 9

Generated on: 3/5/2018 2:13:31 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
<b>Fri - 03/30/2018</b>				
NSD Breakfast	Total	3000		
NSD Muffin, Blueberry	EACH	1000	223	38.5
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
NSD Cereal, Scooters	1 EACH	500	110	20.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Oranges, raw	1/2 cup	1500	42	10.58
NSD Applesauce Cups	1 EACH	1500	51	13.75
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			423	74.33
% of Calories				70.3%
Nutrient Guideline			400-500	

<b>Mon - 04/02/2018</b>				
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, Scooters	1 EACH	500	110	20.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Cranberries, dried	1/4 cup	1500	93	25.0
NSD Apple, fresh	1 EACH	1500	95	25.13
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			478	86.23
% of Calories				72.2%
Nutrient Guideline			400-500	

<b>Tue - 04/03/2018</b>				
NSD Breakfast	Total	3000		
NSD Muffin Top, Sweet Potato CC	1 EACH	1000	260	43.0
NSD Back 2 Basics, Choc Ch Bar	1 EACH	1000	260	44.0
NSD Cereal, Shredded Wheat, Fr	1 EACH	500	100	23.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
Cherries Dried	serving	2000	97	23.84
NSD Apple, fresh	1 EACH	1000	95	25.13
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			478	90.52
% of Calories				75.7%
Nutrient Guideline			400-500	

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# National School District

Feb 25, 2018 thru Apr 27, 2018

## Base Menu Spreadsheet

NSD Breakfast

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 04/04/2018				
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, Cinnamon Toasters	1 EACH	250	120	22.0
NSD Cereal, Chex, Cinnamon	1 EACH	750	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Pears, raw	1 EACH	1500	101	27.11
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			415	73.86
% of Calories				71.2%
Nutrient Guideline			400-500	

Thu - 04/05/2018				
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, Chex, Cinnamon	1 EACH	500	110	23.0
NSD Cereal, Shredded Wheat, Fr	1 EACH	500	100	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Apple, fresh	1 EACH	1500	95	25.13
NSD Cranberries, dried	1/4 cup	1500	93	25.0
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			476	89.64
% of Calories				75.3%
Nutrient Guideline			400-500	

Fri - 04/06/2018				
NSD Breakfast	Total	3000		
NSD Muffin, Blueberry	EACH	1000	223	38.5
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
NSD Cereal, Scooters	1 EACH	500	110	20.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Oranges, raw	1/2 cup	1500	42	10.58
NSD Applesauce Cups	1 EACH	1500	51	13.75
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			423	74.33
% of Calories				70.3%
Nutrient Guideline			400-500	

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# National School District

Feb 25, 2018 thru Apr 27, 2018

## Base Menu Spreadsheet

NSD Breakfast

### Portion Values - Detailed

Page 11

Generated on: 3/5/2018 2:13:31 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 04/09/2018				
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, Scooters	1 EACH	500	110	20.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Cranberries, dried	1/4 cup	1500	93	25.0
NSD Apple, fresh	1 EACH	1500	95	25.13
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			478	86.23
% of Calories				72.2%
Nutrient Guideline			400-500	

Tue - 04/10/2018				
NSD Breakfast	Total	3000		
NSD Muffin Top, Sweet Potato CC	1 EACH	1000	260	43.0
NSD Back 2 Basics, Choc Ch Bar	1 EACH	1000	260	44.0
NSD Cereal, Shredded Wheat, Fr	1 EACH	500	100	23.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
Cherries Dried	serving	2000	97	23.84
NSD Apple, fresh	1 EACH	1000	95	25.13
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			478	90.52
% of Calories				75.7%
Nutrient Guideline			400-500	

Wed - 04/11/2018				
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, Cinnamon Toasters	1 EACH	250	120	22.0
NSD Cereal, Chex, Cinnamon	1 EACH	750	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Pears, raw	1 EACH	1500	101	27.11
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			415	73.86
% of Calories				71.2%
Nutrient Guideline			400-500	

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# National School District

Feb 25, 2018 thru Apr 27, 2018

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

Page 12

Generated on: 3/5/2018 2:13:31 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 04/12/2018				
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, Chex, Cinnamon	1 EACH	500	110	23.0
NSD Cereal, Shredded Wheat, Fr	1 EACH	500	100	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Apple, fresh	1 EACH	1500	95	25.13
NSD Cranberries, dried	1/4 cup	1500	93	25.0
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			476	89.64
% of Calories				75.3%
Nutrient Guideline			400-500	

Fri - 04/13/2018				
NSD Breakfast	Total	3000		
NSD Muffin, Blueberry	EACH	1000	223	38.5
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
NSD Cereal, Scooters	1 EACH	500	110	20.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Oranges, raw	1/2 cup	1500	42	10.58
NSD Applesauce Cups	1 EACH	1500	51	13.75
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			423	74.33
% of Calories				70.3%
Nutrient Guideline			400-500	

Mon - 04/16/2018				
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, Scooters	1 EACH	500	110	20.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Cranberries, dried	1/4 cup	1500	93	25.0
NSD Apple, fresh	1 EACH	1500	95	25.13
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			478	86.23
% of Calories				72.2%
Nutrient Guideline			400-500	

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# National School District

Feb 25, 2018 thru Apr 27, 2018

## Base Menu Spreadsheet

NSD Breakfast

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 04/17/2018				
NSD Breakfast	Total	3000		
NSD Muffin Top, Sweet Potato CC	1 EACH	1000	260	43.0
NSD Back 2 Basics, Choc Ch Bar	1 EACH	1000	260	44.0
NSD Cereal, Shredded Wheat, Fr	1 EACH	500	100	23.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
Cherries Dried	serving	2000	97	23.84
NSD Apple, fresh	1 EACH	1000	95	25.13
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			478	90.52
% of Calories				75.7%
Nutrient Guideline			400-500	

Wed - 04/18/2018				
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, Cinnamon Toasters	1 EACH	250	120	22.0
NSD Cereal, Chex, Cinnamon	1 EACH	750	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Pears, raw	1 EACH	1500	101	27.11
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			415	73.86
% of Calories				71.2%
Nutrient Guideline			400-500	

Thu - 04/19/2018				
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, Chex, Cinnamon	1 EACH	500	110	23.0
NSD Cereal, Shredded Wheat, Fr	1 EACH	500	100	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Apple, fresh	1 EACH	1500	95	25.13
NSD Cranberries, dried	1/4 cup	1500	93	25.0
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			476	89.64
% of Calories				75.3%
Nutrient Guideline			400-500	

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# National School District

Feb 25, 2018 thru Apr 27, 2018

## Base Menu Spreadsheet

NSD Breakfast

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
<b>Fri - 04/20/2018</b>				
NSD Breakfast	Total	3000		
NSD Muffin, Blueberry	EACH	1000	223	38.5
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
NSD Cereal, Scooters	1 EACH	500	110	20.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Oranges, raw	1/2 cup	1500	42	10.58
NSD Applesauce Cups	1 EACH	1500	51	13.75
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	250	110	20.0
Weighted Daily Average			423	74.33
% of Calories				70.3%
Nutrient Guideline			400-500	

<b>Mon - 04/23/2018</b>				
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, Scooters	1 EACH	500	110	20.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Cranberries, dried	1/4 cup	1500	93	25.0
NSD Apple, fresh	1 EACH	1500	95	25.13
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			478	86.23
% of Calories				72.2%
Nutrient Guideline			400-500	

<b>Tue - 04/24/2018</b>				
NSD Breakfast	Total	3000		
NSD Muffin Top, Sweet Potato CC	1 EACH	1000	260	43.0
NSD Back 2 Basics, Choc Ch Bar	1 EACH	1000	260	44.0
NSD Cereal, Shredded Wheat, Fr	1 EACH	500	100	23.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
Cherries Dried	serving	2000	97	23.84
NSD Apple, fresh	1 EACH	1000	95	25.13
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			478	90.52
% of Calories				75.7%
Nutrient Guideline			400-500	

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# National School District

Feb 25, 2018 thru Apr 27, 2018

## Base Menu Spreadsheet

NSD Breakfast

### Portion Values - Detailed

Page 15

Generated on: 3/5/2018 2:13:31 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 04/25/2018				
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, Cinnamon Toasters	1 EACH	250	120	22.0
NSD Cereal, Chex, Cinnamon	1 EACH	750	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Pears, raw	1 EACH	1500	101	27.11
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			415	73.86
% of Calories				71.2%
Nutrient Guideline			400-500	

Thu - 04/26/2018				
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, Chex, Cinnamon	1 EACH	500	110	23.0
NSD Cereal, Shredded Wheat, Fr	1 EACH	500	100	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Apple, fresh	1 EACH	1500	95	25.13
NSD Cranberries, dried	1/4 cup	1500	93	25.0
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			476	89.64
% of Calories				75.3%
Nutrient Guideline			400-500	

Fri - 04/27/2018				
NSD Breakfast	Total	3000		
NSD Muffin, Blueberry	EACH	1000	223	38.5
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
NSD Cereal, Scooters	1 EACH	500	110	20.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Oranges, raw	1/2 cup	1500	42	10.58
NSD Applesauce Cups	1 EACH	1500	51	13.75
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			423	74.33
% of Calories				70.3%
Nutrient Guideline			400-500	

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**National School District**

**Feb 25, 2018 thru Apr 27, 2018**

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

Page 16

Generated on: 3/5/2018 2:13:31 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Weighted Average			454	82.92 73.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	454		400 - 500	100%				
Carbohydrate (g)	82.92	73.05%						

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