

National School District

Aug 21, 2017 thru Sep 15, 2017

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

Page 1

Generated on: 8/18/2017 11:23:58 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Mon - 08/21/2017 | | | | |
| NSD Breakfast | Total | 3000 | | |
| NSD Burrito, Egg, Chs, Chorizo | 1 EACH | 1000 | 200 | 22.0 |
| NSD BeneFIT Bar, Oat CC | 1 EACH | 1000 | 290 | 47.0 |
| 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 Apple, fresh | 1 EACH | 1500 | 95 | 25.13 |
| NSD Pineapple, raw | 1/2 cup | 1500 | 39 | 10.17 |
| 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 | | | 441 | 78.48 |
| % of Calories | | | | 71.2% |
| Nutrient Guideline | | | 400-500 | |

| | | | | |
|--------------------------------|---------|------|---------|-------|
| Tue - 08/22/2017 | | | | |
| NSD Breakfast | Total | 3000 | | |
| NSD Pizza, Breakfast, Bagel | 1 EACH | 1000 | 240 | 30.0 |
| NSD Pumpkin Bread IW | 1 EACH | 1000 | 270 | 43.0 |
| NSD Cereal, Frost Mini Wheats | 1 EACH | 500 | 100 | 24.0 |
| NSD Cereal, Cinn Tst Crnch, RS | 1 EACH | 500 | 110 | 22.0 |
| NSD String Cheese | 1 EACH | 1000 | 80 | 1.0 |
| NSD Honeydew, raw | 1/2 cup | 2000 | 31 | 7.73 |
| NSD Bananas, petite | 1 EACH | 1500 | 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 | | | 452 | 80.21 |
| % of Calories | | | | 70.9% |
| Nutrient Guideline | | | 400-500 | |

| | | | | |
|--------------------------------|--------|------|---------|-------|
| Wed - 08/23/2017 | | | | |
| NSD Breakfast | Total | 3000 | | |
| NSD French Toast Sticks, IW | 1 EACH | 1000 | 240 | 37.98 |
| NSD Burrito, Egg, Chs, Chorizo | 1 EACH | 1000 | 200 | 22.0 |
| NSD Cereal, Chex, Cinnamon | 1 EACH | 250 | 110 | 23.0 |
| NSD Cereal, Cheerios, Fruity | 1 EACH | 750 | 120 | 26.0 |
| NSD String Cheese | 1 EACH | 1000 | 80 | 1.0 |
| NSD Peaches, frozen, diced | 1 EACH | 1000 | 80 | 19.0 |
| NSD Raisins, box | 1 EACH | 1000 | 113 | 29.98 |
| 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 | | | 424 | 74.73 |
| % of Calories | | | | 70.5% |
| 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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|---------------------------------|--------------|-----------|-------------|----------|
| Thu - 08/24/2017 | | | | |
| NSD Breakfast | Total | 3000 | | |
| NSD Pancakes, Mini Maple | 1 EACH | 1000 | 230 | 40.0 |
| NSD Muffin Top, Sweet Potato CC | 1 EACH | 1000 | 260 | 43.0 |
| NSD Cereal, Cinn Tst Crnch, RS | 1 EACH | 500 | 110 | 22.0 |
| NSD Cereal, Frosted Flakes, RS | 1 EACH | 500 | 100 | 24.0 |
| NSD String Cheese | 1 EACH | 1000 | 80 | 1.0 |
| NSD Apple Slices, raw | 1 EACH | 1500 | 35 | 13.0 |
| NSD Watermelon, raw | 1/2 cup | 1500 | 23 | 5.74 |
| 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 | | | 401 | 74.70 |
| % of Calories | | | | 74.4% |
| Nutrient Guideline | | | 400-500 | |

| | | | | |
|-------------------------------|---------|------|---------|-------|
| Fri - 08/25/2017 | | | | |
| NSD Breakfast | Total | 3000 | | |
| NSD Breakfast Wrap, Egg & Chs | 1 EACH | 1000 | 180 | 14.0 |
| NSD Banana Square, WG | 1 EACH | 1000 | 281 | 46.5 |
| NSD Cereal, Cheerios, Fruity | 1 EACH | 500 | 120 | 26.0 |
| NSD Cereal, Chex, Cinnamon | 1 EACH | 500 | 110 | 23.0 |
| NSD String Cheese | 1 EACH | 1000 | 80 | 1.0 |
| NSD Farm Fresh Fruit | 1 EACH | 1500 | 73 | 18.85 |
| NSD Oranges, raw | 1/2 cup | 1500 | 42 | 10.58 |
| 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 | | | 424 | 73.04 |
| % of Calories | | | | 68.9% |
| Nutrient Guideline | | | 400-500 | |

| | | | | |
|--------------------------------|---------|------|---------|-------|
| Mon - 08/28/2017 | | | | |
| NSD Breakfast | Total | 3000 | | |
| NSD Burrito, Egg, Chs, Chorizo | 1 EACH | 1000 | 200 | 22.0 |
| NSD BeneFIT Bar, Oat CC | 1 EACH | 1000 | 290 | 47.0 |
| 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 Apple, fresh | 1 EACH | 1500 | 95 | 25.13 |
| NSD Pineapple, raw | 1/2 cup | 1500 | 39 | 10.17 |
| 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 | | | 441 | 78.48 |
| % of Calories | | | | 71.2% |
| 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

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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 - 08/29/2017 | | | | |
| NSD Breakfast | Total | 3000 | | |
| NSD Pizza, Breakfast, Bagel | 1 EACH | 1000 | 240 | 30.0 |
| NSD Pumpkin Bread IW | 1 EACH | 1000 | 270 | 43.0 |
| NSD Cereal, Frost Mini Wheats | 1 EACH | 500 | 100 | 24.0 |
| NSD Cereal, Cinn Tst Crnch, RS | 1 EACH | 500 | 110 | 22.0 |
| NSD String Cheese | 1 EACH | 1000 | 80 | 1.0 |
| NSD Honeydew, raw | 1/2 cup | 2000 | 31 | 7.73 |
| NSD Bananas, petite | 1 EACH | 1500 | 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 | | | 452 | 80.21 |
| % of Calories | | | | 70.9% |
| Nutrient Guideline | | | 400-500 | |

| | | | | |
|--------------------------------|--------|------|---------|-------|
| Wed - 08/30/2017 | | | | |
| NSD Breakfast | Total | 3000 | | |
| NSD French Toast Sticks, IW | 1 EACH | 1000 | 240 | 37.98 |
| NSD Burrito, Egg, Chs, Chorizo | 1 EACH | 1000 | 200 | 22.0 |
| NSD Cereal, Chex, Cinnamon | 1 EACH | 250 | 110 | 23.0 |
| NSD Cereal, Cheerios, Fruity | 1 EACH | 750 | 120 | 26.0 |
| NSD String Cheese | 1 EACH | 1000 | 80 | 1.0 |
| NSD Peaches, frozen, diced | 1 EACH | 1000 | 80 | 19.0 |
| NSD Raisins, box | 1 EACH | 1000 | 113 | 29.98 |
| 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 | | | 424 | 74.73 |
| % of Calories | | | | 70.5% |
| Nutrient Guideline | | | 400-500 | |

| | | | | |
|---------------------------------|---------|------|---------|-------|
| Thu - 08/31/2017 | | | | |
| NSD Breakfast | Total | 3000 | | |
| NSD Pancakes, Mini Maple | 1 EACH | 1000 | 230 | 40.0 |
| NSD Muffin Top, Sweet Potato CC | 1 EACH | 1000 | 260 | 43.0 |
| NSD Cereal, Cinn Tst Crnch, RS | 1 EACH | 500 | 110 | 22.0 |
| NSD Cereal, Frosted Flakes, RS | 1 EACH | 500 | 100 | 24.0 |
| NSD String Cheese | 1 EACH | 1000 | 80 | 1.0 |
| NSD Apple Slices, raw | 1 EACH | 1500 | 35 | 13.0 |
| NSD Watermelon, raw | 1/2 cup | 1500 | 23 | 5.74 |
| 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 | | | 401 | 74.70 |
| % of Calories | | | | 74.4% |
| 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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| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|-------------------------------|--------------|-----------|-------------|----------|
| Fri - 09/01/2017 | | | | |
| NSD Breakfast | Total | 3000 | | |
| NSD Breakfast Wrap, Egg & Chs | 1 EACH | 1000 | 180 | 14.0 |
| NSD Banana Square, WG | 1 EACH | 1000 | 281 | 46.5 |
| NSD Cereal, Cheerios, Fruity | 1 EACH | 500 | 120 | 26.0 |
| NSD Cereal, Chex, Cinnamon | 1 EACH | 500 | 110 | 23.0 |
| NSD String Cheese | 1 EACH | 1000 | 80 | 1.0 |
| NSD Farm Fresh Fruit | 1 EACH | 1500 | 73 | 18.85 |
| NSD Oranges, raw | 1/2 cup | 1500 | 42 | 10.58 |
| 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 | | | 424 | 73.04 |
| % of Calories | | | | 68.9% |
| Nutrient Guideline | | | 400-500 | |

| | | | | |
|--------------------------------|---------|------|---------|-------|
| Mon - 09/04/2017 | | | | |
| NSD Breakfast | Total | 3000 | | |
| NSD Burrito, Egg, Chs, Chorizo | 1 EACH | 1000 | 200 | 22.0 |
| NSD BeneFIT Bar, Oat CC | 1 EACH | 1000 | 290 | 47.0 |
| 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 Apple, fresh | 1 EACH | 1500 | 95 | 25.13 |
| NSD Pineapple, raw | 1/2 cup | 1500 | 39 | 10.17 |
| 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 | | | 441 | 78.48 |
| % of Calories | | | | 71.2% |
| Nutrient Guideline | | | 400-500 | |

| | | | | |
|--------------------------------|---------|------|---------|-------|
| Tue - 09/05/2017 | | | | |
| NSD Breakfast | Total | 3000 | | |
| NSD Pizza, Breakfast, Bagel | 1 EACH | 1000 | 240 | 30.0 |
| NSD Pumpkin Bread IW | 1 EACH | 1000 | 270 | 43.0 |
| NSD Cereal, Frost Mini Wheats | 1 EACH | 500 | 100 | 24.0 |
| NSD Cereal, Cinn Tst Crnch, RS | 1 EACH | 500 | 110 | 22.0 |
| NSD String Cheese | 1 EACH | 1000 | 80 | 1.0 |
| NSD Honeydew, raw | 1/2 cup | 2000 | 31 | 7.73 |
| NSD Bananas, petite | 1 EACH | 1500 | 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 | | | 452 | 80.21 |
| % of Calories | | | | 70.9% |
| 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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NSD Breakfast

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Wed - 09/06/2017 | | | | |
| NSD Breakfast | Total | 3000 | | |
| NSD French Toast Sticks, IW | 1 EACH | 1000 | 240 | 37.98 |
| NSD Burrito, Egg, Chs, Chorizo | 1 EACH | 1000 | 200 | 22.0 |
| NSD Cereal, Chex, Cinnamon | 1 EACH | 250 | 110 | 23.0 |
| NSD Cereal, Cheerios, Fruity | 1 EACH | 750 | 120 | 26.0 |
| NSD String Cheese | 1 EACH | 1000 | 80 | 1.0 |
| NSD Peaches, frozen, diced | 1 EACH | 1000 | 80 | 19.0 |
| NSD Raisins, box | 1 EACH | 1000 | 113 | 29.98 |
| 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 | | | 424 | 74.73 |
| % of Calories | | | | 70.5% |
| Nutrient Guideline | | | 400-500 | |

| | | | | |
|---------------------------------|---------|------|---------|-------|
| Thu - 09/07/2017 | | | | |
| NSD Breakfast | Total | 3000 | | |
| NSD Pancakes, Mini Maple | 1 EACH | 1000 | 230 | 40.0 |
| NSD Muffin Top, Sweet Potato CC | 1 EACH | 1000 | 260 | 43.0 |
| NSD Cereal, Cinn Tst Crnch, RS | 1 EACH | 500 | 110 | 22.0 |
| NSD Cereal, Frosted Flakes, RS | 1 EACH | 500 | 100 | 24.0 |
| NSD String Cheese | 1 EACH | 1000 | 80 | 1.0 |
| NSD Apple Slices, raw | 1 EACH | 1500 | 35 | 13.0 |
| NSD Watermelon, raw | 1/2 cup | 1500 | 23 | 5.74 |
| 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 | | | 401 | 74.70 |
| % of Calories | | | | 74.4% |
| Nutrient Guideline | | | 400-500 | |

| | | | | |
|-------------------------------|---------|------|---------|-------|
| Fri - 09/08/2017 | | | | |
| NSD Breakfast | Total | 3000 | | |
| NSD Breakfast Wrap, Egg & Chs | 1 EACH | 1000 | 180 | 14.0 |
| NSD Banana Square, WG | 1 EACH | 1000 | 281 | 46.5 |
| NSD Cereal, Cheerios, Fruity | 1 EACH | 500 | 120 | 26.0 |
| NSD Cereal, Chex, Cinnamon | 1 EACH | 500 | 110 | 23.0 |
| NSD String Cheese | 1 EACH | 1000 | 80 | 1.0 |
| NSD Farm Fresh Fruit | 1 EACH | 1500 | 73 | 18.85 |
| NSD Oranges, raw | 1/2 cup | 1500 | 42 | 10.58 |
| 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 | | | 424 | 73.04 |
| % of Calories | | | | 68.9% |
| Nutrient Guideline | | | 400-500 | |

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NSD Breakfast

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| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|----------|
| Mon - 09/11/2017 | | | | |
| NSD Breakfast | Total | 3000 | | |
| NSD Burrito, Egg, Chs, Chorizo | 1 EACH | 1000 | 200 | 22.0 |
| NSD BeneFIT Bar, Oat CC | 1 EACH | 1000 | 290 | 47.0 |
| 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 Apple, fresh | 1 EACH | 1500 | 95 | 25.13 |
| NSD Pineapple, raw | 1/2 cup | 1500 | 39 | 10.17 |
| NSD Juice, Orange 4 oz | 1 EACH | 2500 | 55 | 14.0 |
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| % of Calories | | | | 71.2% |
| Nutrient Guideline | | | 400-500 | |

| | | | | |
|--------------------------------|---------|------|---------|-------|
| Tue - 09/12/2017 | | | | |
| NSD Breakfast | Total | 3000 | | |
| NSD Pizza, Breakfast, Bagel | 1 EACH | 1000 | 240 | 30.0 |
| NSD Pumpkin Bread IW | 1 EACH | 1000 | 270 | 43.0 |
| NSD Cereal, Frost Mini Wheats | 1 EACH | 500 | 100 | 24.0 |
| NSD Cereal, Cinn Tst Crmch, RS | 1 EACH | 500 | 110 | 22.0 |
| NSD String Cheese | 1 EACH | 1000 | 80 | 1.0 |
| NSD Honeydew, raw | 1/2 cup | 2000 | 31 | 7.73 |
| NSD Bananas, petite | 1 EACH | 1500 | 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 | | | 452 | 80.21 |
| % of Calories | | | | 70.9% |
| Nutrient Guideline | | | 400-500 | |

| | | | | |
|--------------------------------|--------|------|---------|-------|
| Wed - 09/13/2017 | | | | |
| NSD Breakfast | Total | 3000 | | |
| NSD French Toast Sticks, IW | 1 EACH | 1000 | 240 | 37.98 |
| NSD Burrito, Egg, Chs, Chorizo | 1 EACH | 1000 | 200 | 22.0 |
| NSD Cereal, Chex, Cinnamon | 1 EACH | 250 | 110 | 23.0 |
| NSD Cereal, Cheerios, Fruity | 1 EACH | 750 | 120 | 26.0 |
| NSD String Cheese | 1 EACH | 1000 | 80 | 1.0 |
| NSD Peaches, frozen, diced | 1 EACH | 1000 | 80 | 19.0 |
| NSD Raisins, box | 1 EACH | 1000 | 113 | 29.98 |
| NSD Juice, Apple, 4 oz | 1 EACH | 2500 | 55 | 14.0 |
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| | Portion Size | Reimb Qty | Cals (kcal) | Carb (g) |
|---------------------------------|--------------|-----------|-------------|----------|
| Thu - 09/14/2017 | | | | |
| NSD Breakfast | Total | 3000 | | |
| NSD Pancakes, Mini Maple | 1 EACH | 1000 | 230 | 40.0 |
| NSD Muffin Top, Sweet Potato CC | 1 EACH | 1000 | 260 | 43.0 |
| NSD Cereal, Cinn Tst Crnch, RS | 1 EACH | 500 | 110 | 22.0 |
| NSD Cereal, Frosted Flakes, RS | 1 EACH | 500 | 100 | 24.0 |
| NSD String Cheese | 1 EACH | 1000 | 80 | 1.0 |
| NSD Apple Slices, raw | 1 EACH | 1500 | 35 | 13.0 |
| NSD Watermelon, raw | 1/2 cup | 1500 | 23 | 5.74 |
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| NSD Milk, 1% White | 1 EACH | 250 | 120 | 16.0 |
| NSD Milk, Chocolate, Fat Free | 1 EACH | 2500 | 110 | 20.0 |
| Weighted Daily Average | | | 401 | 74.70 |
| % of Calories | | | | 74.4% |
| Nutrient Guideline | | | 400-500 | |

| | | | | |
|-------------------------------|---------|------|---------|-------|
| Fri - 09/15/2017 | | | | |
| NSD Breakfast | Total | 3000 | | |
| NSD Breakfast Wrap, Egg & Chs | 1 EACH | 1000 | 180 | 14.0 |
| NSD Banana Square, WG | 1 EACH | 1000 | 281 | 46.5 |
| NSD Cereal, Cheerios, Fruity | 1 EACH | 500 | 120 | 26.0 |
| NSD Cereal, Chex, Cinnamon | 1 EACH | 500 | 110 | 23.0 |
| NSD String Cheese | 1 EACH | 1000 | 80 | 1.0 |
| NSD Farm Fresh Fruit | 1 EACH | 1500 | 73 | 18.85 |
| NSD Oranges, raw | 1/2 cup | 1500 | 42 | 10.58 |
| 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 | | | 424 | 73.04 |
| % of Calories | | | | 68.9% |
| Nutrient Guideline | | | 400-500 | |

| | | | | |
|------------------|--|--|-----|-------|
| Weighted Average | | | 429 | 76.23 |
| | | | | 71.2% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 429 | | 400 - 500 | 100% | | | | |
| Carbohydrate (g) | 76.23 | 71.15% | | | | | | |

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.