

National School District

May 1, 2017 thru Jun 15, 2017

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

Page 1

Generated on: 4/25/2017 7:23:20 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 05/01/2017				
NSD Breakfast	Total	3000		
NSD Croissant, Ham & Cheese	1 EACH	1000	180	17.0
NSD BeneFIT Bar, Oat CC	1 EACH	1000	290	47.0
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 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			436	77.15
% of Calories				70.8%
Nutrient Guideline			400-500	

Tue - 05/02/2017				
NSD Breakfast	Total	3000		
NSD Waffles, Eggo, Mini Maple	1 EACH	1000	200	35.0
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
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 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			440	79.71
% of Calories				72.5%
Nutrient Guideline			400-500	

Wed - 05/03/2017				
NSD Breakfast	Total	3000		
NSD French Toast Sticks, IW	1 EACH	1000	205	25.29
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 Mango, raw	1/2 cup	1000	50	12.36
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			403	68.29
% of Calories				67.9%
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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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 05/04/2017				
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 - 05/05/2017				
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 - 05/08/2017				
NSD Breakfast	Total	3000		
NSD Croissant, Ham & Cheese	1 EACH	1000	180	17.0
NSD BeneFIT Bar, Oat CC	1 EACH	1000	290	47.0
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 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			436	77.15
% of Calories				70.8%
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 - 05/09/2017				
NSD Breakfast	Total	3000		
NSD Waffles, Eggo, Mini Maple	1 EACH	1000	200	35.0
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
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 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			440	79.71
% of Calories				72.5%
Nutrient Guideline			400-500	

Wed - 05/10/2017				
NSD Breakfast	Total	3000		
NSD French Toast Sticks, IW	1 EACH	1000	205	25.29
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 Mango, raw	1/2 cup	1000	50	12.36
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			403	68.29
% of Calories				67.9%
Nutrient Guideline			400-500	

Thu - 05/11/2017				
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	

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Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 05/12/2017				
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 - 05/15/2017				
NSD Breakfast	Total	3000		
NSD Croissant, Ham & Cheese	1 EACH	1000	180	17.0
NSD BeneFIT Bar, Oat CC	1 EACH	1000	290	47.0
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 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			436	77.15
% of Calories				70.8%
Nutrient Guideline			400-500	

Tue - 05/16/2017				
NSD Breakfast	Total	3000		
NSD Waffles, Eggo, Mini Maple	1 EACH	1000	200	35.0
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
NSD Cereal, Cinn Tst Crmch, 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 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			440	79.71
% of Calories				72.5%
Nutrient Guideline			400-500	

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May 1, 2017 thru Jun 15, 2017

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 05/17/2017				
NSD Breakfast	Total	3000		
NSD French Toast Sticks, IW	1 EACH	1000	205	25.29
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 Mango, raw	1/2 cup	1000	50	12.36
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			403	68.29
% of Calories				67.9%
Nutrient Guideline			400-500	

Thu - 05/18/2017				
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 - 05/19/2017				
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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Base Menu Spreadsheet

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 05/22/2017				
NSD Breakfast	Total	3000		
NSD Croissant, Ham & Cheese	1 EACH	1000	180	17.0
NSD BeneFIT Bar, Oat CC	1 EACH	1000	290	47.0
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 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			436	77.15
% of Calories				70.8%
Nutrient Guideline			400-500	

Tue - 05/23/2017				
NSD Breakfast	Total	3000		
NSD Waffles, Eggo, Mini Maple	1 EACH	1000	200	35.0
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
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 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			440	79.71
% of Calories				72.5%
Nutrient Guideline			400-500	

Wed - 05/24/2017				
NSD Breakfast	Total	3000		
NSD French Toast Sticks, IW	1 EACH	1000	205	25.29
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 Mango, raw	1/2 cup	1000	50	12.36
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
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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
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% of Calories				74.4%
Nutrient Guideline			400-500	

Fri - 05/26/2017				
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
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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 - 05/29/2017				
NSD Breakfast	Total	3000		
NSD Croissant, Ham & Cheese	1 EACH	1000	180	17.0
NSD BeneFIT Bar, Oat CC	1 EACH	1000	290	47.0
NSD Cereal, Cheerios, Fruity	1 EACH	500	120	26.0
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NSD String Cheese	1 EACH	1000	80	1.0
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Tue - 05/30/2017				
NSD Breakfast	Total	3000		
NSD Waffles, Eggo, Mini Maple	1 EACH	1000	200	35.0
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
NSD Cereal, Cinn Tst Crnch, RS	1 EACH	500	110	22.0
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% of Calories				72.5%
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Wed - 05/31/2017				
NSD Breakfast	Total	3000		
NSD French Toast Sticks, IW	1 EACH	1000	205	25.29
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 Mango, raw	1/2 cup	1000	50	12.36
NSD Raisins, box	1 EACH	1000	113	29.98
NSD Juice, Apple, 4 oz	1 EACH	2500	55	14.0
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NSD Milk, Chocolate, Fat Free	1 EACH	2500	110	20.0
Weighted Daily Average			403	68.29
% of Calories				67.9%
Nutrient Guideline			400-500	

Thu - 06/01/2017				
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
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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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National School District

May 1, 2017 thru Jun 15, 2017

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 06/02/2017				
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 - 06/05/2017				
NSD Breakfast	Total	3000		
NSD Croissant, Ham & Cheese	1 EACH	1000	180	17.0
NSD BeneFIT Bar, Oat CC	1 EACH	1000	290	47.0
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 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			436	77.15
% of Calories				70.8%
Nutrient Guideline			400-500	

Tue - 06/06/2017				
NSD Breakfast	Total	3000		
NSD Waffles, Eggo, Mini Maple	1 EACH	1000	200	35.0
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
NSD Cereal, Cinn Tst Crmch, 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 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			440	79.71
% of Calories				72.5%
Nutrient Guideline			400-500	

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National School District

May 1, 2017 thru Jun 15, 2017

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 06/07/2017				
NSD Breakfast	Total	3000		
NSD French Toast Sticks, IW	1 EACH	1000	205	25.29
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 Mango, raw	1/2 cup	1000	50	12.36
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			403	68.29
% of Calories				67.9%
Nutrient Guideline			400-500	

Thu - 06/08/2017				
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 - 06/09/2017				
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	

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

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National School District

May 1, 2017 thru Jun 15, 2017

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 06/12/2017				
NSD Breakfast	Total	3000		
NSD Croissant, Ham & Cheese	1 EACH	1000	180	17.0
NSD BeneFIT Bar, Oat CC	1 EACH	1000	290	47.0
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 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			436	77.15
% of Calories				70.8%
Nutrient Guideline			400-500	

Tue - 06/13/2017				
NSD Breakfast	Total	3000		
NSD Waffles, Eggo, Mini Maple	1 EACH	1000	200	35.0
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
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 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			440	79.71
% of Calories				72.5%
Nutrient Guideline			400-500	

Wed - 06/14/2017				
NSD Breakfast	Total	3000		
NSD French Toast Sticks, IW	1 EACH	1000	205	25.29
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 Mango, raw	1/2 cup	1000	50	12.36
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			403	68.29
% of Calories				67.9%
Nutrient Guideline			400-500	

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National School District

May 1, 2017 thru Jun 15, 2017

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 06/15/2017				
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	

Weighted Average			421	74.63
				71.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	421		400 - 500	100%				
Carbohydrate (g)	74.63	70.96%						

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