

National School District

Apr 30, 2018 thru Jun 6, 2018

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

Page 1

Generated on: 4/2/2018 10:06:15 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 04/30/2018				
NSD Breakfast	Total	3000		
NSD Mini Pork Sausage Biscuit	1 EACH	1000	230	25.0
NSD Pan Dulce, Assorted	1 EACH	1000	200	34.0
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			448	81.90
% of Calories				73.1%
Nutrient Guideline			400-500	

Tue - 05/01/2018				
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, Golden Grahams	1 each	500	100	24.0
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	90.69
% of Calories				75.8%
Nutrient Guideline			400-500	

Wed - 05/02/2018				
NSD Breakfast	Total	3000		
NSD French Toast Sticks, IW	1 EACH	1000	240	37.98
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
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 Raisins, box	1 EACH	1500	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			490	90.95
% of Calories				74.3%
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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NSD Breakfast

Portion Values - Detailed

Page 2

Generated on: 4/2/2018 10:06:15 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 05/03/2018				
NSD Breakfast	Total	3000		
NSD Pancake & Sausage Stick	1 Each	1000	188	24.0
NSD Ultimate Bkfst Round, IW	1 EACH	1000	280	44.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD Cereal, Golden Grahams	1 each	500	100	24.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Apple, fresh	1 EACH	1500	95	25.13
Cherries Dried	serving	1500	97	23.84
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			461	84.57
% of Calories				73.4%
Nutrient Guideline			400-500	

Fri - 05/04/2018				
NSD Breakfast	Total	3000		
NSD Muffin, Banana	1 EACH	1000	230	40.0
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 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			431	78.33
% of Calories				72.7%
Nutrient Guideline			400-500	

Mon - 05/07/2018				
NSD Breakfast	Total	3000		
NSD Mini Pork Sausage Biscuit	1 EACH	1000	230	25.0
NSD Pan Dulce, Assorted	1 EACH	1000	200	34.0
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			448	81.90
% of Calories				73.1%
Nutrient Guideline			400-500	

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Apr 30, 2018 thru Jun 6, 2018

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 05/08/2018				
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, Golden Grahams	1 each	500	100	24.0
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	90.69
% of Calories				75.8%
Nutrient Guideline			400-500	

Wed - 05/09/2018				
NSD Breakfast	Total	3000		
NSD French Toast Sticks, IW	1 EACH	1000	240	37.98
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
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 Raisins, box	1 EACH	1500	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			490	90.95
% of Calories				74.3%
Nutrient Guideline			400-500	

Thu - 05/10/2018				
NSD Breakfast	Total	3000		
NSD Pancake & Sausage Stick	1 Each	1000	188	24.0
NSD Ultimate Bkfst Round, IW	1 EACH	1000	280	44.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD Cereal, Golden Grahams	1 each	500	100	24.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Apple, fresh	1 EACH	1500	95	25.13
Cherries Dried	serving	1500	97	23.84
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			461	84.57
% of Calories				73.4%
Nutrient Guideline			400-500	

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Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

Page 4

Generated on: 4/2/2018 10:06:15 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 05/11/2018				
NSD Breakfast	Total	3000		
NSD Muffin, Banana	1 EACH	1000	230	40.0
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 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			431	78.33
% of Calories				72.7%
Nutrient Guideline			400-500	

Mon - 05/14/2018				
NSD Breakfast	Total	3000		
NSD Mini Pork Sausage Biscuit	1 EACH	1000	230	25.0
NSD Pan Dulce, Assorted	1 EACH	1000	200	34.0
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			448	81.90
% of Calories				73.1%
Nutrient Guideline			400-500	

Tue - 05/15/2018				
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, Golden Grahams	1 each	500	100	24.0
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	90.69
% of Calories				75.8%
Nutrient Guideline			400-500	

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Apr 30, 2018 thru Jun 6, 2018

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

Page 5

Generated on: 4/2/2018 10:06:15 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 05/16/2018				
NSD Breakfast	Total	3000		
NSD French Toast Sticks, IW	1 EACH	1000	240	37.98
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
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 Raisins, box	1 EACH	1500	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			490	90.95
% of Calories				74.3%
Nutrient Guideline			400-500	

Thu - 05/17/2018				
NSD Breakfast	Total	3000		
NSD Pancake & Sausage Stick	1 Each	1000	188	24.0
NSD Ultimate Bkfst Round, IW	1 EACH	1000	280	44.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD Cereal, Golden Grahams	1 each	500	100	24.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Apple, fresh	1 EACH	1500	95	25.13
Cherries Dried	1 serving	1500	97	23.84
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			461	84.57
% of Calories				73.4%
Nutrient Guideline			400-500	

Fri - 05/18/2018				
NSD Breakfast	Total	3000		
NSD Muffin, Banana	1 EACH	1000	230	40.0
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 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			431	78.33
% of Calories				72.7%
Nutrient Guideline			400-500	

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Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

Page 6

Generated on: 4/2/2018 10:06:15 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 05/21/2018				
NSD Breakfast	Total	3000		
NSD Mini Pork Sausage Biscuit	1 EACH	1000	230	25.0
NSD Pan Dulce, Assorted	1 EACH	1000	200	34.0
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			448	81.90
% of Calories				73.1%
Nutrient Guideline			400-500	

Tue - 05/22/2018				
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, Golden Grahams	1 each	500	100	24.0
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	90.69
% of Calories				75.8%
Nutrient Guideline			400-500	

Wed - 05/23/2018				
NSD Breakfast	Total	3000		
NSD French Toast Sticks, IW	1 EACH	1000	240	37.98
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
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 Raisins, box	1 EACH	1500	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			490	90.95
% of Calories				74.3%
Nutrient Guideline			400-500	

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Portion Values - Detailed

Page 7

Generated on: 4/2/2018 10:06:15 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 05/24/2018				
NSD Breakfast	Total	3000		
NSD Pancake & Sausage Stick	1 Each	1000	188	24.0
NSD Ultimate Bkfst Round, IW	1 EACH	1000	280	44.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD Cereal, Golden Grahams	1 each	500	100	24.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Apple, fresh	1 EACH	1500	95	25.13
Cherries Dried	serving	1500	97	23.84
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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			461	84.57
% of Calories				73.4%
Nutrient Guideline			400-500	

Fri - 05/25/2018				
NSD Breakfast	Total	3000		
NSD Muffin, Banana	1 EACH	1000	230	40.0
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 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			431	78.33
% of Calories				72.7%
Nutrient Guideline			400-500	

Mon - 05/28/2018				
NSD Breakfast	Total	3000		
NSD Mini Pork Sausage Biscuit	1 EACH	1000	230	25.0
NSD Pan Dulce, Assorted	1 EACH	1000	200	34.0
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
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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 05/29/2018				
NSD Breakfast	Total	3000		
NSD French Toast Sticks, IW	1 EACH	1000	240	37.98
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
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 Raisins, box	1 EACH	1500	113	29.98
NSD Juice, Apple, 4 oz	1 EACH	2500	55	14.0
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Weighted Daily Average			490	90.95
% of Calories				74.3%
Nutrient Guideline			400-500	

Wed - 05/30/2018				
NSD Breakfast	Total	3000		
NSD French Toast Sticks, IW	1 EACH	1000	240	37.98
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
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 Raisins, box	1 EACH	1500	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			490	90.95
% of Calories				74.3%
Nutrient Guideline			400-500	

Thu - 05/31/2018				
NSD Breakfast	Total	3000		
NSD Pancake & Sausage Stick	1 Each	1000	188	24.0
NSD Ultimate Bkfst Round, IW	1 EACH	1000	280	44.0
NSD Cereal, Chex, Cinnamon	1 EACH	500	110	23.0
NSD Cereal, Golden Grahams	1 each	500	100	24.0
NSD String Cheese	1 EACH	1000	80	1.0
NSD Apple, fresh	1 EACH	1500	95	25.13
Cherries Dried	serving	1500	97	23.84
NSD Juice, Appleberry, 4 oz	1 EACH	2500	55	13.5
NSD Milk, 1% White	1 EACH	250	120	16.0
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National School District

Apr 30, 2018 thru Jun 6, 2018

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

Page 9

Generated on: 4/2/2018 10:06:15 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 06/01/2018				
NSD Breakfast	Total	3000		
NSD Muffin, Banana	1 EACH	1000	230	40.0
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 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			431	78.33
% of Calories				72.7%
Nutrient Guideline			400-500	

Mon - 06/04/2018				
NSD Breakfast	Total	3000		
NSD Mini Pork Sausage Biscuit	1 EACH	1000	230	25.0
NSD Pan Dulce, Assorted	1 EACH	1000	200	34.0
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			448	81.90
% of Calories				73.1%
Nutrient Guideline			400-500	

Tue - 06/05/2018				
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, Golden Grahams	1 each	500	100	24.0
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	90.69
% of Calories				75.8%
Nutrient Guideline			400-500	

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National School District

Apr 30, 2018 thru Jun 6, 2018

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

Page 10

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 06/06/2018				
NSD Breakfast	Total	3000		
NSD French Toast Sticks, IW	1 EACH	1000	240	37.98
NSD Bagel & Cream Cheese	1 EACH	1000	273	36.5
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 Raisins, box	1 EACH	1500	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			490	90.95
% of Calories				74.3%
Nutrient Guideline			400-500	

Weighted Average			463	85.57
				73.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	463		400 - 500	100%				
Carbohydrate (g)	85.57	73.91%						

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