

National School District

Jan 9, 2018 thru Feb 23, 2018

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

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Generated on: 12/5/2017 9:25:06 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 01/09/2018				
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 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			482	91.13
% of Calories				75.6%
Nutrient Guideline			400-500	

Wed - 01/10/2018				
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 Apple, fresh	1 EACH	1500	95	25.13
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			428	78.36
% of Calories				73.3%
Nutrient Guideline			400-500	

Thu - 01/11/2018				
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 Peaches, frozen, diced	1 EACH	1500	80	19.0
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			469	86.58
% of Calories				73.8%
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

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 01/12/2018				
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 Apple, fresh	1 EACH	1500	95	25.13
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			449	81.61
% of Calories				72.7%
Nutrient Guideline			400-500	

Mon - 01/15/2018				
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 Pears, raw	1 EACH	1500	101	27.11
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			481	87.22
% of Calories				72.5%
Nutrient Guideline			400-500	

Tue - 01/16/2018				
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 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			482	91.13
% of Calories				75.6%
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 - 01/17/2018				
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 Apple, fresh	1 EACH	1500	95	25.13
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			428	78.36
% of Calories				73.3%
Nutrient Guideline			400-500	

Thu - 01/18/2018				
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 Peaches, frozen, diced	1 EACH	1500	80	19.0
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			469	86.58
% of Calories				73.8%
Nutrient Guideline			400-500	

Fri - 01/19/2018				
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 Apple, fresh	1 EACH	1500	95	25.13
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			449	81.61
% of Calories				72.7%
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 - 01/22/2018				
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 Pears, raw	1 EACH	1500	101	27.11
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			481	87.22
% of Calories				72.5%
Nutrient Guideline			400-500	

Tue - 01/23/2018				
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 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			482	91.13
% of Calories				75.6%
Nutrient Guideline			400-500	

Wed - 01/24/2018				
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 Apple, fresh	1 EACH	1500	95	25.13
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			428	78.36
% of Calories				73.3%
Nutrient Guideline			400-500	

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Jan 9, 2018 thru Feb 23, 2018

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 01/25/2018				
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 Peaches, frozen, diced	1 EACH	1500	80	19.0
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			469	86.58
% of Calories				73.8%
Nutrient Guideline			400-500	

Fri - 01/26/2018				
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 Apple, fresh	1 EACH	1500	95	25.13
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			449	81.61
% of Calories				72.7%
Nutrient Guideline			400-500	

Mon - 01/29/2018				
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 Pears, raw	1 EACH	1500	101	27.11
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			481	87.22
% of Calories				72.5%
Nutrient Guideline			400-500	

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National School District

Jan 9, 2018 thru Feb 23, 2018

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 01/30/2018				
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 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			482	91.13
% of Calories				75.6%
Nutrient Guideline			400-500	

Wed - 01/31/2018				
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 Apple, fresh	1 EACH	1500	95	25.13
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			428	78.36
% of Calories				73.3%
Nutrient Guideline			400-500	

Thu - 02/01/2018				
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 Peaches, frozen, diced	1 EACH	1500	80	19.0
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
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NSD Breakfast

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Fri - 02/02/2018				
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
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% of Calories				72.7%
Nutrient Guideline			400-500	

Mon - 02/05/2018				
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 Pears, raw	1 EACH	1500	101	27.11
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% of Calories				72.5%
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Wed - 02/07/2018				
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
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Thu - 02/08/2018				
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
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NSD String Cheese	1 EACH	1000	80	1.0
NSD Peaches, frozen, diced	1 EACH	1500	80	19.0
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% of Calories				73.8%
Nutrient Guideline			400-500	

Fri - 02/09/2018				
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 Apple, fresh	1 EACH	1500	95	25.13
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
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National School District

Jan 9, 2018 thru Feb 23, 2018

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 02/12/2018				
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 Pears, raw	1 EACH	1500	101	27.11
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			481	87.22
% of Calories				72.5%
Nutrient Guideline			400-500	

Tue - 02/13/2018				
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 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			482	91.13
% of Calories				75.6%
Nutrient Guideline			400-500	

Wed - 02/14/2018				
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 Apple, fresh	1 EACH	1500	95	25.13
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			428	78.36
% of Calories				73.3%
Nutrient Guideline			400-500	

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National School District

Jan 9, 2018 thru Feb 23, 2018

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 02/15/2018				
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 Peaches, frozen, diced	1 EACH	1500	80	19.0
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			469	86.58
% of Calories				73.8%
Nutrient Guideline			400-500	

Fri - 02/16/2018				
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 Apple, fresh	1 EACH	1500	95	25.13
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			449	81.61
% of Calories				72.7%
Nutrient Guideline			400-500	

Mon - 02/19/2018				
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 Pears, raw	1 EACH	1500	101	27.11
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			481	87.22
% of Calories				72.5%
Nutrient Guideline			400-500	

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National School District

Jan 9, 2018 thru Feb 23, 2018

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 02/20/2018				
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 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			482	91.13
% of Calories				75.6%
Nutrient Guideline			400-500	

Wed - 02/21/2018				
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 Apple, fresh	1 EACH	1500	95	25.13
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			428	78.36
% of Calories				73.3%
Nutrient Guideline			400-500	

Thu - 02/22/2018				
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 Peaches, frozen, diced	1 EACH	1500	80	19.0
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			469	86.58
% of Calories				73.8%
Nutrient Guideline			400-500	

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National School District

Jan 9, 2018 thru Feb 23, 2018

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 02/23/2018				
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
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NSD Apple, fresh	1 EACH	1500	95	25.13
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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			449	81.61
% of Calories				72.7%
Nutrient Guideline			400-500	

Weighted Average			462	85.15
				73.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	462		400 - 500	100%				
Carbohydrate (g)	85.15	73.66%						

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