

National School District

Aug 15, 2022 thru Oct 7, 2022

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

Page 1

Generated on: 8/11/2022 10:17:00 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 08/15/2022			
NSD Breakfast	Total		
Burrito, Egg/Cheese/BeefChoriz	1 each	210	22.0
Benefit Breakfast Bar OatChoCh	1 each	290	47.0
Cereal, Cinnamon Chex &ChSt	1 each	200	23.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
Apple, Red Fresh	1 each	95	25.13
Raisins, box	1 each	113	29.98
Juice, Orange 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Weighted Daily Average		493	88.81
% of Calories			72.1%
Nutrient Guideline		400-500	

	Portion Size	Cals (kcal)	Carb (g)
Tue - 08/16/2022			
NSD Breakfast	Total		
Pancakes, Mini, Maple Eggo	1 each	210	35.0
Bagel & Cream Cheese	1 EACH	233	34.5
Cereal, Cinnamon Chex &ChSt	1 each	200	23.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
Bananas, Fresh	1 each	105	26.95
Cranberries, Dried	1 each	110	27.0
Juice, Orange 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Weighted Daily Average		477	88.39
% of Calories			74.1%
Nutrient Guideline		400-500	

	Portion Size	Cals (kcal)	Carb (g)
Wed - 08/17/2022			
NSD Breakfast	Total		
Beef Sausage&Cheese Mini Bagel	1 each	235	26.27
Muffin Top, Sweet Potato CC	1 each	260	43.0
Cereal, Cinnamon Chex &ChSt	1 each	200	23.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
Apple, Red Fresh	1 each	95	25.13
Raisins, box	1 each	113	29.98
Juice, Orange 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Weighted Daily Average		481	87.56
% of Calories			72.8%
Nutrient Guideline		400-500	

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

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Portion Values - Detailed

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Generated on: 8/11/2022 10:17:00 AM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 08/18/2022			
NSD Breakfast	Total		
Waffles, Mini Maple, Eggo	1 each	200	35.0
Muffin, Blueberry	1 each	223	38.5
Cereal, Cinnamon Chex &ChSt	1 each	200	23.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
Bananas, Fresh	1 each	105	26.95
Cranberries, Dried	1 each	110	27.0
Juice, Orange 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Weighted Daily Average		471	89.73
% of Calories			76.2%
Nutrient Guideline		400-500	

	Portion Size	Cals (kcal)	Carb (g)
Fri - 08/19/2022			
NSD Breakfast	Total		
Banana Bread, Super Bakery	1 each	280	44.0
Bagel & Cream Cheese	1 EACH	233	34.5
Cereal, Cinnamon Chex &ChSt	1 each	200	23.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
Apple, Red Fresh	1 each	95	25.13
Raisins, box	1 each	113	29.98
Juice, Orange 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Weighted Daily Average		479	86.98
% of Calories			72.7%
Nutrient Guideline		400-500	

	Portion Size	Cals (kcal)	Carb (g)
Mon - 08/22/2022			
NSD Breakfast	Total		
Burrito, Egg/Cheese/BeefChoriz	1 each	210	22.0
Benefit Breakfast Bar OatChoCh	1 each	290	47.0
Cereal, Cinnamon Chex &ChSt	1 each	200	23.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
Apple, Red Fresh	1 each	95	25.13
Raisins, box	1 each	113	29.98
Juice, Orange 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Weighted Daily Average		493	88.81
% of Calories			72.1%
Nutrient Guideline		400-500	

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Base Menu Spreadsheet

NSD Breakfast

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 08/23/2022			
NSD Breakfast	Total		
Pancakes, Mini, Maple Eggo	1 each	210	35.0
Bagel & Cream Cheese	1 EACH	233	34.5
Cereal, Cinnamon Chex & ChSt	1 each	200	23.0
Cereal, Cinn. Toast Crunch & ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
Bananas, Fresh	1 each	105	26.95
Cranberries, Dried	1 each	110	27.0
Juice, Orange 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk, Soy (allergies)	8 OZ	80	7.0
Weighted Daily Average		477	88.39
% of Calories			74.1%
Nutrient Guideline		400-500	

Wed - 08/24/2022			
NSD Breakfast	Total		
Beef Sausage & Cheese Mini Bagel	1 each	235	26.27
Muffin Top, Sweet Potato CC	1 each	260	43.0
Cereal, Cinnamon Chex & ChSt	1 each	200	23.0
Cereal, Cinn. Toast Crunch & ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
Apple, Red Fresh	1 each	95	25.13
Raisins, box	1 each	113	29.98
Juice, Orange 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk, Soy (allergies)	8 OZ	80	7.0
Weighted Daily Average		481	87.56
% of Calories			72.8%
Nutrient Guideline		400-500	

Thu - 08/25/2022			
NSD Breakfast	Total		
Waffles, Mini Maple, Eggo	1 each	200	35.0
Muffin, Blueberry	1 each	223	38.5
Cereal, Cinnamon Chex & ChSt	1 each	200	23.0
Cereal, Cinn. Toast Crunch & ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
Bananas, Fresh	1 each	105	26.95
Cranberries, Dried	1 each	110	27.0
Juice, Orange 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk, Soy (allergies)	8 OZ	80	7.0
Weighted Daily Average		471	89.73
% of Calories			76.2%
Nutrient Guideline		400-500	

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 08/26/2022			
NSD Breakfast	Total		
Banana Bread, Super Bakery	1 each	280	44.0
Bagel & Cream Cheese	1 EACH	233	34.5
Cereal, Cinnamon Chex & ChSt	1 each	200	23.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
Apple, Red Fresh	1 each	95	25.13
Raisins, box	1 each	113	29.98
Juice, Orange 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Weighted Daily Average		479	86.98
% of Calories			72.7%
Nutrient Guideline		400-500	

Mon - 08/29/2022			
NSD Breakfast	Total		
Burrito, Egg/Cheese/BeefChoriz	1 each	210	22.0
Benefit Breakfast Bar OatChoCh	1 each	290	47.0
Cereal, Cinnamon Chex & ChSt	1 each	200	23.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
Apple, Red Fresh	1 each	95	25.13
Raisins, box	1 each	113	29.98
Juice, Orange 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Weighted Daily Average		493	88.81
% of Calories			72.1%
Nutrient Guideline		400-500	

Tue - 08/30/2022			
NSD Breakfast	Total		
Pancakes, Mini, Maple Eggo	1 each	210	35.0
Bagel & Cream Cheese	1 EACH	233	34.5
Cereal, Cinnamon Chex & ChSt	1 each	200	23.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
Bananas, Fresh	1 each	105	26.95
Cranberries, Dried	1 each	110	27.0
Juice, Orange 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Weighted Daily Average		477	88.39
% of Calories			74.1%
Nutrient Guideline		400-500	

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NSD Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 08/31/2022			
NSD Breakfast	Total		
Beef Sausage&Cheese Mini Bagel	1 each	235	26.27
Muffin Top, Sweet Potato CC	1 each	260	43.0
Cereal, Cinnamon Chex &ChSt	1 each	200	23.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
Apple, Red Fresh	1 each	95	25.13
Raisins, box	1 each	113	29.98
Juice, Orange 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Weighted Daily Average		481	87.56
% of Calories			72.8%
Nutrient Guideline		400-500	

	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/01/2022			
NSD Breakfast	Total		
Waffles, Mini Maple, Eggo	1 each	200	35.0
Muffin, Blueberry	1 each	223	38.5
Cereal, Cinnamon Chex &ChSt	1 each	200	23.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
Bananas, Fresh	1 each	105	26.95
Cranberries, Dried	1 each	110	27.0
Juice, Orange 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Weighted Daily Average		471	89.73
% of Calories			76.2%
Nutrient Guideline		400-500	

	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/02/2022			
NSD Breakfast	Total		
Banana Bread, Super Bakery	1 each	280	44.0
Bagel & Cream Cheese	1 EACH	233	34.5
Cereal, Cinnamon Chex &ChSt	1 each	200	23.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
Apple, Red Fresh	1 each	95	25.13
Raisins, box	1 each	113	29.98
Juice, Orange 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Weighted Daily Average		479	86.98
% of Calories			72.7%
Nutrient Guideline		400-500	

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Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

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Generated on: 8/11/2022 10:17:00 AM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/06/2022			
NSD Breakfast	Total		
Pancakes, Mini, Maple Eggo	1 each	210	35.0
Bagel & Cream Cheese	1 EACH	233	34.5
Cereal, Cinnamon Chex & ChSt	1 each	200	23.0
Cereal, Cinn. Toast Crunch & ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
Bananas, Fresh	1 each	105	26.95
Cranberries, Dried	1 each	110	27.0
Juice, Orange 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk, Soy (allergies)	8 OZ	80	7.0
Weighted Daily Average		477	88.39
% of Calories			74.1%
Nutrient Guideline		400-500	

Wed - 09/07/2022			
NSD Breakfast	Total		
Beef Sausage & Cheese Mini Bagel	1 each	235	26.27
Muffin Top, Sweet Potato CC	1 each	260	43.0
Cereal, Cinnamon Chex & ChSt	1 each	200	23.0
Cereal, Cinn. Toast Crunch & ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
Apple, Red Fresh	1 each	95	25.13
Raisins, box	1 each	113	29.98
Juice, Orange 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk, Soy (allergies)	8 OZ	80	7.0
Weighted Daily Average		481	87.56
% of Calories			72.8%
Nutrient Guideline		400-500	

Thu - 09/08/2022			
NSD Breakfast	Total		
Waffles, Mini Maple, Eggo	1 each	200	35.0
Muffin, Blueberry	1 each	223	38.5
Cereal, Cinnamon Chex & ChSt	1 each	200	23.0
Cereal, Cinn. Toast Crunch & ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
Bananas, Fresh	1 each	105	26.95
Cranberries, Dried	1 each	110	27.0
Juice, Orange 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
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Page 7

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/09/2022			
NSD Breakfast	Total		
Banana Bread, Super Bakery	1 each	280	44.0
Bagel & Cream Cheese	1 EACH	233	34.5
Cereal, Cinnamon Chex & ChSt	1 each	200	23.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
Apple, Red Fresh	1 each	95	25.13
Raisins, box	1 each	113	29.98
Juice, Orange 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
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Milk. Soy (allergies)	8 OZ	80	7.0
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% of Calories			72.7%
Nutrient Guideline		400-500	

Mon - 09/12/2022			
NSD Breakfast	Total		
Burrito, Egg/Cheese/BeefChoriz	1 each	210	22.0
Benefit Breakfast Bar OatChoCh	1 each	290	47.0
Cereal, Cinnamon Chex & ChSt	1 each	200	23.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
Apple, Red Fresh	1 each	95	25.13
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Milk. Soy (allergies)	8 OZ	80	7.0
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% of Calories			72.1%
Nutrient Guideline		400-500	

Tue - 09/13/2022			
NSD Breakfast	Total		
Pancakes, Mini, Maple Eggo	1 each	210	35.0
Bagel & Cream Cheese	1 EACH	233	34.5
Cereal, Cinnamon Chex & ChSt	1 each	200	23.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
Bananas, Fresh	1 each	105	26.95
Cranberries, Dried	1 each	110	27.0
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Wed - 09/14/2022			
NSD Breakfast	Total		
Beef Sausage&Cheese Mini Bagel	1 each	235	26.27
Muffin Top, Sweet Potato CC	1 each	260	43.0
Cereal, Cinnamon Chex &ChSt	1 each	200	23.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
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	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/15/2022			
NSD Breakfast	Total		
Waffles, Mini Maple, Eggo	1 each	200	35.0
Muffin, Blueberry	1 each	223	38.5
Cereal, Cinnamon Chex &ChSt	1 each	200	23.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
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% of Calories			76.2%
Nutrient Guideline		400-500	

	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/16/2022			
NSD Breakfast	Total		
Banana Bread, Super Bakery	1 each	280	44.0
Bagel & Cream Cheese	1 EACH	233	34.5
Cereal, Cinnamon Chex &ChSt	1 each	200	23.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
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National School District

Aug 15, 2022 thru Oct 7, 2022

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 10/04/2022			
NSD Breakfast	Total		
Pancakes, Mini, Maple Eggo	1 each	210	35.0
Bagel & Cream Cheese	1 EACH	233	34.5
Cereal, Cinnamon Chex & ChSt	1 each	200	23.0
Cereal, Cinn. Toast Crunch & ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
Bananas, Fresh	1 each	105	26.95
Cranberries, Dried	1 each	110	27.0
Juice, Orange 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk, Soy (allergies)	8 OZ	80	7.0
Weighted Daily Average		477	88.39
% of Calories			74.1%
Nutrient Guideline		400-500	

Wed - 10/05/2022			
NSD Breakfast	Total		
Beef Sausage & Cheese Mini Bagel	1 each	235	26.27
Muffin Top, Sweet Potato CC	1 each	260	43.0
Cereal, Cinnamon Chex & ChSt	1 each	200	23.0
Cereal, Cinn. Toast Crunch & ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
Apple, Red Fresh	1 each	95	25.13
Raisins, box	1 each	113	29.98
Juice, Orange 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk, Soy (allergies)	8 OZ	80	7.0
Weighted Daily Average		481	87.56
% of Calories			72.8%
Nutrient Guideline		400-500	

Thu - 10/06/2022			
NSD Breakfast	Total		
Waffles, Mini Maple, Eggo	1 each	200	35.0
Muffin, Blueberry	1 each	223	38.5
Cereal, Cinnamon Chex & ChSt	1 each	200	23.0
Cereal, Cinn. Toast Crunch & ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
Bananas, Fresh	1 each	105	26.95
Cranberries, Dried	1 each	110	27.0
Juice, Orange 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk, Soy (allergies)	8 OZ	80	7.0
Weighted Daily Average		471	89.73
% of Calories			76.2%
Nutrient Guideline		400-500	

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National School District

Aug 15, 2022 thru Oct 7, 2022

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 10/07/2022			
NSD Breakfast	Total		
Banana Bread, Super Bakery	1 each	280	44.0
Bagel & Cream Cheese	1 EACH	233	34.5
Cereal, Cinnamon Chex & ChSt	1 each	200	23.0
Cereal, Cinn. Toast Crunch & ChSt	1 each	200	22.0
Cereal, Cheerios & String Chee	1 each	190	21.0
Apple, Red Fresh	1 each	95	25.13
Raisins, box	1 each	113	29.98
Juice, Orange 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk, Soy (allergies)	8 OZ	80	7.0
Weighted Daily Average		479	86.98
% of Calories			72.7%
Nutrient Guideline		400-500	

Weighted Average		479	88.26 73.7%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	479		400 - 500	100%				
Carbohydrate (g)	88.26	73.66%						

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