

# National School District

Dec 11, 2023 thru Feb 9, 2024

## Base Menu Spreadsheet

NSD Breakfast

## Portion Values - Detailed

Page 1

Generated on: 12/12/2023 6:34:57 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 12/11/2023			
NSD Breakfast	Total		
Benefit Breakfast Bar OatChoCh	1 each	290	47.0
Sandwich, Maple PancakeSauChic	1 each	140	16.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
Cereal, Chex Rice & String Che	1 EACH	190	25.0
Apple, Red Fresh	1 each	95	25.13
Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
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		456	85.39
% of Calories			74.8%
Nutrient Guideline		400-500	

Tue - 12/12/2023			
NSD Breakfast	Total		
Bagel & Cream Cheese	1 EACH	233	34.5
Muffin Top, Sweet Potato CC	1 each	260	43.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
Cereal, Chex Rice & String Che	1 EACH	190	25.0
Bananas, Fresh	1 each	105	26.95
Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
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		500	95.62
% of Calories			76.5%
Nutrient Guideline		400-500	

Wed - 12/13/2023			
NSD Breakfast	Total		
Benefit Breakfast Bar OatChoCh	1 each	290	47.0
Muffin Top, Blueberry WG Buena	1 each	210	37.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
Cereal, Chex Rice & String Che	1 EACH	190	25.0
Apple, Red Fresh	1 each	95	25.13
Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
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

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

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Dec 11, 2023 thru Feb 9, 2024

## Base Menu Spreadsheet

NSD Breakfast

## Portion Values - Detailed

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Generated on: 12/12/2023 6:34:57 AM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		470	91.06 77.5%
Nutrient Guideline		400-500	

Thu - 12/14/2023			
NSD Breakfast	Total		
Sandwich, Maple PancakeSauChic	1 each	140	16.0
Muffin Top, Sweet Potato CC	1 each	260	43.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
Cereal, Chex Rice & String Che	1 EACH	190	25.0
Bananas, Fresh	1 each	105	26.95
Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
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 % of Calories		452	84.97 75.3%
Nutrient Guideline		400-500	

Fri - 12/15/2023			
NSD Breakfast	Total		
Burrito, Egg/Cheese/BeefChoriz	1 each	210	22.0
Pan Dulce, Assorted	1 each	200	34.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
Cereal, Chex Rice & String Che	1 EACH	190	25.0
Apple, Red Fresh	1 each	95	25.13
Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
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 % of Calories		431	78.06 72.5%
Nutrient Guideline		400-500	

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# National School District

Dec 11, 2023 thru Feb 9, 2024

## Base Menu Spreadsheet

NSD Breakfast

## Portion Values - Detailed

Page 3

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/08/2024			
NSD Breakfast	Total		
Benefit Breakfast Bar OatChoCh	1 each	290	47.0
Sandwich, Maple PancakeSauChic	1 each	140	16.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
Cereal, Chex Rice & String Che	1 EACH	190	25.0
Apple, Red Fresh	1 each	95	25.13
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Juice, Appleberry, 4 oz	1 each	55	14.0
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		456	85.39
% of Calories			74.8%
Nutrient Guideline		400-500	

Tue - 01/09/2024			
NSD Breakfast	Total		
Bagel & Cream Cheese	1 EACH	233	34.5
Muffin Top, Sweet Potato CC	1 each	260	43.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
Cereal, Chex Rice & String Che	1 EACH	190	25.0
Bananas, Fresh	1 each	105	26.95
Raisins, box	1 each	113	29.98
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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		500	95.62
% of Calories			76.5%
Nutrient Guideline		400-500	

Wed - 01/10/2024			
NSD Breakfast	Total		
Benefit Breakfast Bar OatChoCh	1 each	290	47.0
Muffin Top, Blueberry WG Buena	1 each	210	37.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
Cereal, Chex Rice & String Che	1 EACH	190	25.0
Apple, Red Fresh	1 each	95	25.13
Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
Juice, Orange 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# National School District

Dec 11, 2023 thru Feb 9, 2024

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

Page 4

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		470	91.06 77.5%
Nutrient Guideline		400-500	

Thu - 01/11/2024			
NSD Breakfast	Total		
Sandwich, Maple PancakeSauChic	1 each	140	16.0
Muffin Top, Sweet Potato CC	1 each	260	43.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
Cereal, Chex Rice & String Che	1 EACH	190	25.0
Bananas, Fresh	1 each	105	26.95
Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
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 % of Calories		452	84.97 75.3%
Nutrient Guideline		400-500	

Fri - 01/12/2024			
NSD Breakfast	Total		
Burrito, Egg/Cheese/BeefChoriz	1 each	210	22.0
Pan Dulce, Assorted	1 each	200	34.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
Cereal, Chex Rice & String Che	1 EACH	190	25.0
Apple, Red Fresh	1 each	95	25.13
Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
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 % of Calories		431	78.06 72.5%
Nutrient Guideline		400-500	

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# National School District

Dec 11, 2023 thru Feb 9, 2024

## Base Menu Spreadsheet

NSD Breakfast

## Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/16/2024			
NSD Breakfast	Total		
Bagel & Cream Cheese	1 EACH	233	34.5
Muffin Top, Sweet Potato CC	1 each	260	43.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
Cereal, Chex Rice & String Che	1 EACH	190	25.0
Bananas, Fresh	1 each	105	26.95
Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
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		500	95.62
% of Calories			76.5%
Nutrient Guideline		400-500	

Wed - 01/17/2024			
NSD Breakfast	Total		
Benefit Breakfast Bar OatChoCh	1 each	290	47.0
Muffin Top, Blueberry WG Buena	1 each	210	37.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
Cereal, Chex Rice & String Che	1 EACH	190	25.0
Apple, Red Fresh	1 each	95	25.13
Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
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		470	91.06
% of Calories			77.5%
Nutrient Guideline		400-500	

Thu - 01/18/2024			
NSD Breakfast	Total		
Sandwich, Maple PancakeSauChic	1 each	140	16.0
Muffin Top, Sweet Potato CC	1 each	260	43.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
Cereal, Chex Rice & String Che	1 EACH	190	25.0
Bananas, Fresh	1 each	105	26.95
Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
Juice, Orange 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
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# National School District

Dec 11, 2023 thru Feb 9, 2024

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

Page 6

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		452	84.97 75.3%
Nutrient Guideline		400-500	

Fri - 01/19/2024			
NSD Breakfast	Total		
Burrito, Egg/Cheese/BeefChoriz	1 each	210	22.0
Pan Dulce, Assorted	1 each	200	34.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
Cereal, Chex Rice & String Che	1 EACH	190	25.0
Apple, Red Fresh	1 each	95	25.13
Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
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 % of Calories		431	78.06 72.5%
Nutrient Guideline		400-500	

Mon - 01/22/2024			
NSD Breakfast	Total		
Benefit Breakfast Bar OatChoCh	1 each	290	47.0
Sandwich, Maple PancakeSauChic	1 each	140	16.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
Cereal, Chex Rice & String Che	1 EACH	190	25.0
Apple, Red Fresh	1 each	95	25.13
Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
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Milk, 1% White	1 each	120	16.0
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## Base Menu Spreadsheet

NSD Breakfast

## Portion Values - Detailed

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Generated on: 12/12/2023 6:34:57 AM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/23/2024			
NSD Breakfast	Total		
Bagel & Cream Cheese	1 EACH	233	34.5
Muffin Top, Sweet Potato CC	1 each	260	43.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
Cereal, Chex Rice & String Che	1 EACH	190	25.0
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Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Weighted Daily Average		500	95.62
% of Calories			76.5%
Nutrient Guideline		400-500	

Wed - 01/24/2024			
NSD Breakfast	Total		
Benefit Breakfast Bar OatChoCh	1 each	290	47.0
Muffin Top, Blueberry WG Buena	1 each	210	37.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
Cereal, Chex Rice & String Che	1 EACH	190	25.0
Apple, Red Fresh	1 each	95	25.13
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Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Weighted Daily Average		470	91.06
% of Calories			77.5%
Nutrient Guideline		400-500	

Thu - 01/25/2024			
NSD Breakfast	Total		
Sandwich, Maple PancakeSauChic	1 each	140	16.0
Muffin Top, Sweet Potato CC	1 each	260	43.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		452	84.97 75.3%
Nutrient Guideline		400-500	

Fri - 01/26/2024			
NSD Breakfast	Total		
Burrito, Egg/Cheese/BeefChoriz	1 each	210	22.0
Pan Dulce, Assorted	1 each	200	34.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
Cereal, Chex Rice & String Che	1 EACH	190	25.0
Apple, Red Fresh	1 each	95	25.13
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Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
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Nutrient Guideline		400-500	

Mon - 01/29/2024			
NSD Breakfast	Total		
Benefit Breakfast Bar OatChoCh	1 each	290	47.0
Sandwich, Maple PancakeSauChic	1 each	140	16.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
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NSD Breakfast

## Portion Values - Detailed

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Generated on: 12/12/2023 6:34:58 AM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/30/2024			
NSD Breakfast	Total		
Bagel & Cream Cheese	1 EACH	233	34.5
Muffin Top, Sweet Potato CC	1 each	260	43.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
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Milk. Soy (allergies)	8 OZ	80	7.0
Weighted Daily Average		500	95.62
% of Calories			76.5%
Nutrient Guideline		400-500	

Wed - 01/31/2024			
NSD Breakfast	Total		
Benefit Breakfast Bar OatChoCh	1 each	290	47.0
Muffin Top, Blueberry WG Buena	1 each	210	37.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
Cereal, Chex Rice & String Che	1 EACH	190	25.0
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Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
Juice, Orange 4 oz	1 each	55	14.0
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Milk. Soy (allergies)	8 OZ	80	7.0
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% of Calories			77.5%
Nutrient Guideline		400-500	

Thu - 02/01/2024			
NSD Breakfast	Total		
Sandwich, Maple PancakeSauChic	1 each	140	16.0
Muffin Top, Sweet Potato CC	1 each	260	43.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
Cereal, Chex Rice & String Che	1 EACH	190	25.0
Bananas, Fresh	1 each	105	26.95
Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
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

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# National School District

Dec 11, 2023 thru Feb 9, 2024

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		452	84.97 75.3%
Nutrient Guideline		400-500	

Fri - 02/02/2024			
NSD Breakfast	Total		
Burrito, Egg/Cheese/BeefChoriz	1 each	210	22.0
Pan Dulce, Assorted	1 each	200	34.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
Cereal, Chex Rice & String Che	1 EACH	190	25.0
Apple, Red Fresh	1 each	95	25.13
Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
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 % of Calories		431	78.06 72.5%
Nutrient Guideline		400-500	

Mon - 02/05/2024			
NSD Breakfast	Total		
Benefit Breakfast Bar OatChoCh	1 each	290	47.0
Sandwich, Maple PancakeSauChic	1 each	140	16.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
Cereal, Chex Rice & String Che	1 EACH	190	25.0
Apple, Red Fresh	1 each	95	25.13
Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
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 % of Calories		456	85.39 74.8%
Nutrient Guideline		400-500	

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# National School District

Dec 11, 2023 thru Feb 9, 2024

## Base Menu Spreadsheet

NSD Breakfast

## Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 02/06/2024			
NSD Breakfast	Total		
Bagel & Cream Cheese	1 EACH	233	34.5
Muffin Top, Sweet Potato CC	1 each	260	43.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
Cereal, Chex Rice & String Che	1 EACH	190	25.0
Bananas, Fresh	1 each	105	26.95
Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
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		500	95.62
% of Calories			76.5%
Nutrient Guideline		400-500	

Wed - 02/07/2024			
NSD Breakfast	Total		
Benefit Breakfast Bar OatChoCh	1 each	290	47.0
Muffin Top, Blueberry WG Buena	1 each	210	37.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
Cereal, Chex Rice & String Che	1 EACH	190	25.0
Apple, Red Fresh	1 each	95	25.13
Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
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		470	91.06
% of Calories			77.5%
Nutrient Guideline		400-500	

Thu - 02/08/2024			
NSD Breakfast	Total		
Sandwich, Maple PancakeSauChic	1 each	140	16.0
Muffin Top, Sweet Potato CC	1 each	260	43.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats &CheeseSti	1 each	180	25.0
Cereal, Chex Rice & String Che	1 EACH	190	25.0
Bananas, Fresh	1 each	105	26.95
Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
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

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# National School District

Dec 11, 2023 thru Feb 9, 2024

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

Page 12

Generated on: 12/12/2023 6:34:58 AM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		452	84.97 75.3%
Nutrient Guideline		400-500	

Fri - 02/09/2024			
NSD Breakfast	Total		
Burrito, Egg/Cheese/BeefChoriz	1 each	210	22.0
Pan Dulce, Assorted	1 each	200	34.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	180	24.0
Cereal, Mini Wheats & CheeseSti	1 each	180	25.0
Cereal, Chex Rice & String Che	1 EACH	190	25.0
Apple, Red Fresh	1 each	95	25.13
Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
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 % of Calories		431	78.06 72.5%
Nutrient Guideline		400-500	

Weighted Average		462	87.08 75.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	462		400 - 500	100%				
Carbohydrate (g)	87.08	75.41%						

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