Dec 2, 2019 thru Dec 20, 2019

Base Menu Spreadsheet

Sm. High School Brk 2019-2020

Generated on: 11/21/2019 5:10:23 PM

Portion Values - Detailed
Page 1

	Portion	Reimb	Cals	Sodm	Sugars	Protn	Carb	T-Fat
	Size	Qty	(kcal)	(mg)	(g)	(g)	(g)	(g)
Mon - 12/02/2019			, ,	Š	,,,	,0,	,,,	
Sm. High School Brk 2019-2	Total	1						
English Muffin Egg & Sausage	Sandwich	1	293	681	1	16.1	29.4	12.1
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	13.3
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT, FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0
							29.4 25.85 45.33 13.41 12.39 14.14 16.0 13.0	
								l
Tue - 12/03/2019								
Sm. High School Brk 2010-2	Total	1						

Tue - 12/03/2019								
Sm. High School Brk 2019-2	Total	1						
Breakfast Pizza, Sausage	1 each	1	210	480	9	9.0	26.0	7.0
Cinnamon Roll	1 each	1	271	136	30	5.48	58.98	2.62
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

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

<sup>\* -</sup> 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.

Dec 2, 2019 thru Dec 20, 2019

Sm. High School Brk 2019-2020

Base Menu Spreadsheet Portion Values - Detailed Page 2

Generated on: 11/21/2019 5:10:23 PM

	Portion Size	Reimb Qtv	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 12/04/2019				<del>- \                                   </del>	.37	\3/	\3/	
Sm. High School Brk 2019-2	Total	1						
Ham and Egg Sandwich	Sandwich	1	290	1165	2	19.0	29.0	9.5
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	13.3
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0
Thu - 12/05/2019								
Sm. High School Brk 2019-2	Total	1						
Breakfast Chicken Slider	2 each		356	1092	6	25.2	32.8	13.2
Cinnamon Roll	1 each		271	136	30	5.48	58.98	2.62
Cereal, Assorted - Secondary	1 each		223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each		56	233	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup		51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

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Dec 2, 2019 thru Dec 20, 2019

Sm. High School Brk 2019-2020

Base Menu Spreadsheet Portion Values - Detailed

Page 3 Generated on: 11/21/2019 5:10:23 PM

	Portion	Reimb	Cals	Sodm	Sugars	Protn	Carb	T-Fat
	Size	Qty	(kcal)	(mg)	(g)	(g)	(g)	(g)
Fri - 12/06/2019								
Sm. High School Brk 2019-2	Total	1						
Breakfast Bowl	1 bowl	1	417	886	1	17.54	31.25	24.31
Muffin (Fresh Baked) Fat Cat	muffin	1	347	188	31	4.51	57.37	12.03
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0
Man. 40/00/2040	T							
Mon - 12/09/2019	T-4-1	4						
Sm. High School Brk 2019-2	Total	1	202	004		40.4	20.4	40.4
English Muffin Egg & Sausage	Sandwich		293 276	681 571	1 3	16.1	29.4 25.85	12.1 13.3
Crispito (Secondary Breakfast)	1 each	1	276	293	13	11.4 3.0	45.33	4.17
Cereal, Assorted - Secondary Orange Juice, frozen	1 each		223 56	293	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup		50 51	7	10	0.65	12.39	0.07
FRUIT, FRESH ASSORTED	1/2 cup		55	1	*9	0.44	14.14	0.0
Milk, 1% White	carton		130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton		90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton		90	125	12	8.0	13.0	0.0
Wilk, Lactaid Fat Free	carton	'	30	120	12	0.0	15.0	0.0

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Dec 2, 2019 thru Dec 20, 2019

Sm. High School Brk 2019-2020

Base Menu Spreadsheet Portion Values - Detailed

Page 4 Generated on: 11/21/2019 5:10:23 PM

	Portion Size	Reimb Qtv	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 12/10/2019	0.20		(1100.7	(g/	(9/	\9/	\9/	(9/
Sm. High School Brk 2019-2	Total	1						
Breakfast Pizza, Sausage	1 each	1	210	480	9	9.0	26.0	7.0
Cinnamon Roll	1 each	1	271	136	30	5.48	58.98	2.62
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0
Wod 12/11/2010								
Wed - 12/11/2019 Sm. High School Brk 2019-2	Total	1						
	Sandwich		290	1165	2	19.0	29.0	9.5
Ham and Egg Sandwich Crispito (Secondary Breakfast)	1 each		290	571	2	19.0	25.85	13.3
Cereal, Assorted - Secondary	1 each		223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each		56	293	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup		51	7	11	0.83	12.39	0.07
FRUIT,FRESH ASSORTED	1 EACH		55	1	*9	0.44	14.14	0.24
Milk, 1% White	carton		130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton		90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton		90	125	12	8.0	13.0	0.0
, 2000.0 . 000	53.1011			120	12	0.0	10.0	0.0

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Dec 2, 2019 thru Dec 20, 2019

Sm. High School Brk 2019-2020

Generated on: 11/21/2019 5:10:23 PM

Base Menu Spreadsheet Portion Values - Detailed

Page 5

Portion Cals Sugars Protn Carb T-Fat Reimb Sodm Size Qty (kcal) (mg) (g) (g) (g) (g) Thu - 12/12/2019 Sm. High School Brk 2019-2 Total Breakfast Chicken Slider 2 each 356 1092 6 25.2 32.8 13.2 271 30 5.48 Cinnamon Roll 1 each 136 58.98 2.62 13 Cereal, Assorted - Secondary 223 293 45.33 4.17 1 each 3.0 10 Orange Juice, frozen 1 each 56 1 0.85 13.41 0.07 Fruit, Canned - Assorted 1/2 cup 11 51 7 0.44 12.39 0.0 FRUIT.FRESH ASSORTED 55 \*9 1 EACH 1 0.67 14.14 0.24 15 Milk, 1% White carton 130 160 10.0 16.0 2.5 Milk, Non Fat, White 90 130 13 9.0 13.0 0.0 carton Milk, Lactaid Fat Free 90 125 12 carton 13.0 0.0

Fri - 12/13/2019								
Sm. High School Brk 2019-2	Total	1						
Breakfast Bowl	1 bowl	1	417	886	1	17.54	31.25	24.31
Muffin (Fresh Baked) Fat Cat	muffin	1	347	188	31	4.51	57.37	12.03
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

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<sup>\* -</sup> denotes combined nutrient totals with either missing or incomplete nutrient data

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Dec 2, 2019 thru Dec 20, 2019

Sm. High School Brk 2019-2020

Base Menu Spreadsheet Portion Values - Detailed Page 6

Generated on: 11/21/2019 5:10:23 PM

	Portion Size	Reimb Qtv	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 12/16/2019	0.20		(,	(9/	\9/	\9/	\9/	\9/
Sm. High School Brk 2019-2	Total	1						
English Muffin Egg & Sausage	Sandwich	1	293	681	1	16.1	29.4	12.1
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	13.3
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT, FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0
Tue - 12/17/2019								
Sm. High School Brk 2019-2	Total	1						
Breakfast Pizza, Sausage	1 each		210	480	9	9.0	26.0	7.0
Cinnamon Roll	1 each		271	136	30	5.48	58.98	2.62
Cereal, Assorted - Secondary	1 each		223	293	13	3.46	45.33	4.17
Orange Juice, frozen	1 each		56	293	10	0.85	13.41	0.07
Fruit. Canned - Assorted	1/2 cup		51	7	11	0.83	12.39	0.07
FRUIT,FRESH ASSORTED	1 EACH		55	1	*9	0.44	14.14	0.24
Milk, 1% White	carton		130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1 1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0
Weighted Daily Average	00.1011		30			0.0		3.0
% of Calories								
Nutrient Guideline								

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Base Menu Spreadsheet Portion Values - Detailed

Page 7

Dec 2, 2019 thru Dec 20, 2019

Sm. High School Brk 2019-2020

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	Portion	Reimb	Cals	Sodm	Sugars	Protn	Carb	T-Fat
	Size	Qty	(kcal)	(mg)	(g)	(g)	(g)	(g)
Wed - 12/18/2019								
Sm. High School Brk 2019-2	Total	1						
Ham and Egg Sandwich	Sandwich	1	290	1165	2	19.0	29.0	9.5
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	13.3
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0
Thu - 12/19/2019								
Sm. High School Brk 2019-2	Total	1						
Breakfast Chicken Slider	2 each	1	356	1092	6	25.2	32.8	13.2
Cinnamon Roll	1 each	1	271	136	30	5.48	58.98	2.62
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

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Dec 2, 2019 thru Dec 20, 2019

Sm. High School Brk 2019-2020

Base Menu Spreadsheet Portion Values - Detailed Page 8

Generated on: 11/21/2019 5:10:24 PM

	Portion	Reimb	Cals	Sodm	Sugars	Protn	Carb	T-Fat
	Size	Qty	(kcal)	(mg)	(g)	(g)	(g)	(g)
Fri - 12/20/2019								
Sm. High School Brk 2019-2	Total	1						
Breakfast Bowl	1 bowl	1	417	886	1	17.54	31.25	24.31
Muffin (Fresh Baked) Fat Cat	muffin	1	347	188	31	4.51	57.37	12.03
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

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