

Morgan School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

May 1, 2019 thru May 31, 2019

Middle school HHFKA breakfast

Generated on: 4/29/2019 11:37:49 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/01/2019								
Middle school HHFKA breakf	Total							
mini bagles cinn cream cheese	1 ea	240	10	180	6.0	41.0	6.0	2.50
Mini Bagles strawberry	Pkg	230	10	180	6.0	41.0	6.0	2.50
Cereal variety .MS	each	109	40	139	1.7	23.46	1.44	0.13
Egg scrambles round	patty	71	127	111	3.04	1.01	6.07	1.52
orange juice 4 oz sun cup	1 carton	60	0	0	0.0	13.0	0.0	0.00
Mandarin Orange CHINA .5 CUP	1/2 cup	91	0	10	1.01	23.29	0.0	0.00
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
choc. milk skim	ctn.	120	5	180	8.0	20.0	0.0	0.00
Ketchup Heinz	1 oz	31	0	250	0.0	7.83	0.0	0.00
Water available?	4 oz	0	0	3	0.0	0.0	0.0	0.00
Weighted Daily Average		594	83	521	17.81	109.07	9.83	3.64
% of Calories					12.0%	73.4%	14.9%	5.5%
Nutrient Guideline		400-550		600				<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/02/2019								
Middle school HHFKA breakf	Total							
pancakes, mini Eggo	pouch	210	10	320	4.0	35.0	6.0	1.00
Cereal variety .MS	each	109	40	139	1.7	23.46	1.44	0.13
Trix Yogurt	Each	90	5	50	4.0	17.0	0.5	0.50
ORANGES	1 EACH	62	0	0	1.23	15.39	0.16	0.02
Pears Dice Lt.sy 1/2c=23.8	1/2 cup	61	0	5	0.0	16.14	0.0	0.00
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
choc. milk skim	ctn.	120	5	180	8.0	20.0	0.0	0.00
syrup sysco	oz	75	0	27	0.0	19.0	0.0	0.00
Water available?	4 oz	0	0	3	0.0	0.0	0.0	0.00
Weighted Daily Average		602	54	661	17.60	115.67	7.96	1.79
% of Calories					11.7%	76.8%	11.9%	2.7%
Nutrient Guideline		400-550		600				<10.00

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Middle school HHFKA breakfast

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/03/2019								
Middle school HHFKA breakf	Total							
Breakfast pizza	each	210	15	350	9.0	27.0	7.0	2.00
Cereal variety .MS	each	109	40	139	1.7	23.46	1.44	0.13
Churro Cinn & Surgar	Churo	185	0	96	3.87	30.88	5.15	1.93
Applesauce 1/2 cup =23.8	1/2 cup	53	0	11	0.0	13.71	0.0	0.00
Pineapple tid-indo1/2c = 25.05	1/2 c	53	0	0	0.0	13.2	0.0	0.00
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
choc. milk skim	ctn.	120	5	180	8.0	20.0	0.0	0.00
Water available?	4 oz	0	0	3	0.0	0.0	0.0	0.00
Weighted Daily Average		513	37	582	18.46	83.82	10.92	3.55
% of Calories					14.4%	65.4%	19.2%	6.2%
Nutrient Guideline		400-550		600				<10.00

Mon - 05/06/2019								
Middle school HHFKA breakf	Total							
Donut with sprinkles 5012	1 each	230	25	320	3.0	31.0	11.0	5.00
Cereal variety .MS	each	109	40	139	1.7	23.46	1.44	0.13
Mini bread 1 slice	1 slice	132	0	122	2.5	22.5	4.0	0.75
PEACHES: dice,1/2c =24.3	1/2	118	0	10	0.0	27.48	0.0	0.00
APPLES,Fresh1/2	1/2 cup	47	0	1	0.24	12.57	0.15	0.03
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
choc. milk skim	ctn.	120	5	180	8.0	20.0	0.0	0.00
Water available?	4 oz	0	0	3	0.0	0.0	0.0	0.00
Weighted Daily Average		522	50	554	12.93	91.22	11.88	4.43
% of Calories					9.9%	69.8%	20.5%	7.6%
Nutrient Guideline		400-550		600				<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/07/2019								
Middle school HHFKA breakf	Total							
Waffles Eggo mini	pouch	200	0	220	4.0	35.0	5.0	1.50
Cereal variety .MS	each	109	40	139	1.7	23.46	1.44	0.13
Trix Yogurt	Each	90	5	50	4.0	17.0	0.5	0.50
Pineapple tid-indo1/2c = 25.05	1/2c	53	0	0	0.0	13.2	0.0	0.00
Fruit Cocktail light syup1/2	1/2 cup	59	0	10	0.0	16.68	0.0	0.00
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
choc. milk skim	ctn.	120	5	180	8.0	20.0	0.0	0.00
syruop sysco	oz	75	0	27	0.0	19.0	0.0	0.00
Water available?	4 oz	0	0	3	0.0	0.0	0.0	0.00
Weighted Daily Average		571	42	564	16.87	110.21	6.85	2.26
% of Calories					11.8%	77.3%	10.8%	3.6%
Nutrient Guideline		400-550		600				<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/08/2019								
Middle school HHFKA breakf	Total							
english muffin bake crafter WG	1 ea	119	0	249	4.97	23.87	1.49	0.00
sausage patty 1.33 oz gf	patty	121	27	173	6.0	1.0	11.0	3.80
Cereal variety .MS	each	109	40	139	1.7	23.46	1.44	0.13
Egg scrambles round	patty	71	127	111	3.04	1.01	6.07	1.52
Apple Cherry Juice	ctn.	60	0	0	0.0	13.0	0.0	0.00
Mandarin Orange CHINA .5 CUP	1/2 cup	91	0	10	1.01	23.29	0.0	0.00
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
choc. milk skim	ctn.	120	5	180	8.0	20.0	0.0	0.00
Ketchup Heinz	1 oz	31	0	250	0.0	7.83	0.0	0.00
Water available?	4 oz	0	0	3	0.0	0.0	0.0	0.00
Weighted Daily Average		545	139	666	20.54	83.54	14.86	4.40
% of Calories					15.1%	61.3%	24.6%	7.3%
Nutrient Guideline		400-550		600				<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/09/2019								
Middle school HHFKA breakf	Total							
Mini bread 1 slice	1 slice	132	0	122	2.5	22.5	4.0	0.75
Cereal variety .MS	each	109	40	139	1.7	23.46	1.44	0.13
Egg scrambles round	patty	71	127	111	3.04	1.01	6.07	1.52
Mandarin Orange CHINA .5 CUP	1/2 cup	91	0	10	1.01	23.29	0.0	0.00
Fruit Cocktail light syup1/2	1/2 cup	59	0	10	0.0	16.68	0.0	0.00
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
choc. milk skim	ctn.	120	5	180	8.0	20.0	0.0	0.00
Water available?	4 oz	0	0	3	0.0	0.0	0.0	0.00
Weighted Daily Average		456	95	454	15.26	81.06	8.50	2.11
% of Calories					13.4%	71.2%	16.8%	4.2%
Nutrient Guideline		400-550		600				<10.00

Fri - 05/10/2019								
Middle school HHFKA breakf	Total							
Breakfast pizza	each	210	15	350	9.0	27.0	7.0	2.00
Cereal variety .MS	each	109	40	139	1.7	23.46	1.44	0.13
muffin variety	muffins	204	37	138	3.61	32.02	6.89	1.88
Applesauce 1/2 cup =23.8	1/2 cup	53	0	11	0.0	13.71	0.0	0.00
Pineapple tid-indo1/2c = 25.05	1/2c	53	0	0	0.0	13.2	0.0	0.00
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
choc. milk skim	ctn.	120	5	180	8.0	20.0	0.0	0.00
Water available?	4 oz	0	0	3	0.0	0.0	0.0	0.00
Weighted Daily Average		560	64	667	20.52	91.73	11.61	3.42
% of Calories					14.7%	65.5%	18.7%	5.5%
Nutrient Guideline		400-550		600				<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/13/2019								
Middle school HHFKA breakf	Total							
Cinnamon Bread/ Glaze 1oz	1 oz	108	0	133	2.68	20.43	1.8	0.65
Cereal variety .MS	each	109	40	139	1.7	23.46	1.44	0.13
Mini bread 1 slice	1 slice	132	0	122	2.5	22.5	4.0	0.75
PEACHES: dice,1/2c =24.3	1/2	118	0	10	0.0	27.48	0.0	0.00
APPLES,Fresh1/2	1/2 cup	47	0	1	0.24	12.57	0.15	0.03
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
choc. milk skim	ctn.	120	5	180	8.0	20.0	0.0	0.00
Water available?	4 oz	0	0	3	0.0	0.0	0.0	0.00
Weighted Daily Average		431	33	425	12.73	81.39	5.90	1.64
% of Calories					11.8%	75.5%	12.3%	3.4%
Nutrient Guideline		400-550		600				<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/14/2019								
Middle school HHFKA breakf	Total							
French Toast Stick 4 f fresh	each	347	0	400	8.0	49.33	13.33	2.00
Cereal variety .MS	each	109	40	139	1.7	23.46	1.44	0.13
Trix Yogurt	Each	90	5	50	4.0	17.0	0.5	0.50
Pineapple tid-indo1/2c = 25.05	1/2 c	53	0	0	0.0	13.2	0.0	0.00
Fruit Cocktail light syup1/2	1/2 cup	59	0	10	0.0	16.68	0.0	0.00
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
choc. milk skim	ctn.	120	5	180	8.0	20.0	0.0	0.00
syrupe sysco	oz	75	0	27	0.0	19.0	0.0	0.00
Water available?	4 oz	0	0	3	0.0	0.0	0.0	0.00
Weighted Daily Average		678	41	692	18.56	119.51	14.30	2.65
% of Calories					10.9%	70.5%	19.0%	3.5%
Nutrient Guideline		400-550		600				<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/15/2019								
Middle school HHFKA breakf	Total							
mini bagles cinn cream cheese	1 ea	240	10	180	6.0	41.0	6.0	2.50
Mini Bagles strawberry	Pkg	230	10	180	6.0	41.0	6.0	2.50
Cereal variety .MS	each	109	40	139	1.7	23.46	1.44	0.13
Egg scrambles round	patty	71	127	111	3.04	1.01	6.07	1.52
orange juice 4 oz sun cup	1 carton	60	0	0	0.0	13.0	0.0	0.00
Mandarin Orange CHINA .5 CUP	1/2 cup	91	0	10	1.01	23.29	0.0	0.00
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
choc. milk skim	ctn.	120	5	180	8.0	20.0	0.0	0.00
Ketchup Heinz	1 oz	31	0	250	0.0	7.83	0.0	0.00
Water available?	4 oz	0	0	3	0.0	0.0	0.0	0.00
Weighted Daily Average		561	107	507	17.22	101.07	9.85	3.45
% of Calories					12.3%	72.0%	15.8%	5.5%
Nutrient Guideline		400-550		600				<10.00

Thu - 05/16/2019								
Middle school HHFKA breakf	Total							
Pancake sausage on a stick	1 each	240	25	360	7.0	18.0	15.0	4.50
Cereal variety .MS	each	109	40	139	1.7	23.46	1.44	0.13
Mini bread 1 slice	1 slice	132	0	122	2.5	22.5	4.0	0.75
Mandarin Orange CHINA .5 CUP	1/2 cup	91	0	10	1.01	23.29	0.0	0.00
Fruit Cocktail light syup1/2	1/2 cup	59	0	10	0.0	16.68	0.0	0.00
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
choc. milk skim	ctn.	120	5	180	8.0	20.0	0.0	0.00
syrup sysco	1 oz	75	0	27	0.0	19.0	0.0	0.00
Water available?	4 oz	0	0	3	0.0	0.0	0.0	0.00
Weighted Daily Average		607	50	643	18.14	100.06	15.17	4.35
% of Calories					12.0%	66.0%	22.5%	6.5%
Nutrient Guideline		400-550		600				<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/17/2019								
Middle school HHFKA breakf	Total							
Breakfast pizza	each	210	15	350	9.0	27.0	7.0	2.00
Cereal variety .MS	each	109	40	139	1.7	23.46	1.44	0.13
Churro Cinn & Surgar	Churo	185	0	96	3.87	30.88	5.15	1.93
Applesauce 1/2 cup =23.8	1/2 cup	53	0	11	0.0	13.71	0.0	0.00
Pineapple tid-indo1/2c = 25.05	1/2 c	53	0	0	0.0	13.2	0.0	0.00
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
choc. milk skim	ctn.	120	5	180	8.0	20.0	0.0	0.00
Water available?	4 oz	0	0	3	0.0	0.0	0.0	0.00
Weighted Daily Average		513	37	582	18.46	83.82	10.92	3.55
% of Calories					14.4%	65.4%	19.2%	6.2%
Nutrient Guideline		400-550		600				<10.00

Mon - 05/20/2019								
Middle school HHFKA breakf	Total							
Donut with sprinkles 5012	1 each	230	25	320	3.0	31.0	11.0	5.00
Cereal variety .MS	each	109	40	139	1.7	23.46	1.44	0.13
Mini bread 1 slice	1 slice	132	0	122	2.5	22.5	4.0	0.75
PEACHES: dice,1/2c =24.3	1/2	118	0	10	0.0	27.48	0.0	0.00
APPLES,Fresh1/2	1/2 cup	47	0	1	0.24	12.57	0.15	0.03
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
choc. milk skim	ctn.	120	5	180	8.0	20.0	0.0	0.00
Water available?	4 oz	0	0	3	0.0	0.0	0.0	0.00
Weighted Daily Average		522	50	554	12.93	91.22	11.88	4.43
% of Calories					9.9%	69.8%	20.5%	7.6%
Nutrient Guideline		400-550		600				<10.00

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Tue - 05/21/2019								
Middle school HHFKA breakf	Total							
Waffles Eggo mini	pouch	200	0	220	4.0	35.0	5.0	1.50
Cereal variety .MS	each	109	40	139	1.7	23.46	1.44	0.13
Trix Yogurt	Each	90	5	50	4.0	17.0	0.5	0.50
Pineapple tid-indo1/2c = 25.05	1/2c	53	0	0	0.0	13.2	0.0	0.00
Fruit Cocktail light syup1/2	1/2 cup	59	0	10	0.0	16.68	0.0	0.00
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
choc. milk skim	ctn.	120	5	180	8.0	20.0	0.0	0.00
syruop sysco	oz	75	0	27	0.0	19.0	0.0	0.00
Water available?	4 oz	0	0	3	0.0	0.0	0.0	0.00
Weighted Daily Average		571	42	564	16.87	110.21	6.85	2.26
% of Calories					11.8%	77.3%	10.8%	3.6%
Nutrient Guideline		400-550		600				<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/22/2019								
Middle school HHFKA breakf	Total							
Sausage Egg and Cheese Sliders	2 pc.	160	20	290	8.0	20.0	5.0	1.50
muffin variety	muffins	204	37	138	3.61	32.02	6.89	1.88
Cereal variety .MS	each	109	40	139	1.7	23.46	1.44	0.13
Apple Cherry Juice	ctn.	60	0	0	0.0	13.0	0.0	0.00
Mandarin Orange CHINA .5 CUP	1/2 cup	91	0	10	1.01	23.29	0.0	0.00
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
choc. milk skim	ctn.	120	5	180	8.0	20.0	0.0	0.00
Ketchup Heinz	1 oz	31	0	250	0.0	7.83	0.0	0.00
Water available?	4 oz	0	0	3	0.0	0.0	0.0	0.00
Weighted Daily Average		586	73	578	18.42	103.03	10.38	3.08
% of Calories					12.6%	70.3%	15.9%	4.7%
Nutrient Guideline		400-550		600				<10.00

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Morgan School District

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2019 thru May 31, 2019

Middle school HHFKA breakfast

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/23/2019								
Middle school HHFKA breakf	Total							
Churro Cinn & Surgar	Churo	185	0	96	3.87	30.88	5.15	1.93
Cereal variety .MS	each	109	40	139	1.7	23.46	1.44	0.13
Egg scrambles round	patty	71	127	111	3.04	1.01	6.07	1.52
Mandarin Orange CHINA .5 CUP	1/2 cup	91	0	10	1.01	23.29	0.0	0.00
Fruit Cocktail light syup1/2	1/2 cup	59	0	10	0.0	16.68	0.0	0.00
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
choc. milk skim	ctn.	120	5	180	8.0	20.0	0.0	0.00
Water available?	4 oz	0	0	3	0.0	0.0	0.0	0.00
Weighted Daily Average		496	95	427	16.33	87.37	9.33	3.09
% of Calories					13.2%	70.4%	16.9%	5.6%
Nutrient Guideline		400-550		600				<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/24/2019								
Middle school HHFKA breakf	Total							
Breakfast pizza	each	210	15	350	9.0	27.0	7.0	2.00
Cereal variety .MS	each	109	40	139	1.7	23.46	1.44	0.13
muffin variety	muffins	204	37	138	3.61	32.02	6.89	1.88
Applesauce 1/2 cup =23.8	1/2 cup	53	0	11	0.0	13.71	0.0	0.00
Pineapple tid-indo1/2c = 25.05	1/2c	53	0	0	0.0	13.2	0.0	0.00
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
choc. milk skim	ctn.	120	5	180	8.0	20.0	0.0	0.00
Water available?	4 oz	0	0	3	0.0	0.0	0.0	0.00
Weighted Daily Average		560	64	667	20.52	91.73	11.61	3.42
% of Calories					14.7%	65.5%	18.7%	5.5%
Nutrient Guideline		400-550		600				<10.00

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Morgan School District

Base Menu Spreadsheet

Portion Values - Detailed

May 1, 2019 thru May 31, 2019

Middle school HHFKA breakfast

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/28/2019								
Middle school HHFKA breakf	Total							
French Toast Stick 4 f fresh	each	347	0	400	8.0	49.33	13.33	2.00
Cereal variety .MS	each	109	40	139	1.7	23.46	1.44	0.13
Trix Yogurt	Each	90	5	50	4.0	17.0	0.5	0.50
Pineapple tid-indo1/2c = 25.05	1/2 c	53	0	0	0.0	13.2	0.0	0.00
Fruit Cocktail light syup1/2	1/2 cup	59	0	10	0.0	16.68	0.0	0.00
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
choc. milk skim	ctn.	120	5	180	8.0	20.0	0.0	0.00
syrup sysco	oz	75	0	27	0.0	19.0	0.0	0.00
Water available?	4 oz	0	0	3	0.0	0.0	0.0	0.00
Weighted Daily Average		678	41	692	18.56	119.51	14.30	2.65
% of Calories					10.9%	70.5%	19.0%	3.5%
Nutrient Guideline		400-550		600				<10.00

Wed - 05/29/2019								
Middle school HHFKA breakf	Total							
mini bagles cinn cream cheese	1 ea	240	10	180	6.0	41.0	6.0	2.50
Mini Bagles strawberry	Pkg	230	10	180	6.0	41.0	6.0	2.50
Cereal variety .MS	each	109	40	139	1.7	23.46	1.44	0.13
Egg scrambles round	patty	71	127	111	3.04	1.01	6.07	1.52
orange juice 4 oz sun cup	1 carton	60	0	0	0.0	13.0	0.0	0.00
Mandarin Orange CHINA .5 CUP	1/2 cup	91	0	10	1.01	23.29	0.0	0.00
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
choc. milk skim	ctn.	120	5	180	8.0	20.0	0.0	0.00
Ketchup Heinz	1 oz	31	0	250	0.0	7.83	0.0	0.00
Water available?	4 oz	0	0	3	0.0	0.0	0.0	0.00
Weighted Daily Average		594	83	521	17.81	109.07	9.83	3.64
% of Calories					12.0%	73.4%	14.9%	5.5%
Nutrient Guideline		400-550		600				<10.00

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Morgan School District

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2019 thru May 31, 2019

Middle school HHFKA breakfast

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/30/2019								
Middle school HHFKA breakf	Total							
pancakes, mini Eggo	pouch	210	10	320	4.0	35.0	6.0	1.00
Cereal variety .MS	each	109	40	139	1.7	23.46	1.44	0.13
Trix Yogurt	Each	90	5	50	4.0	17.0	0.5	0.50
ORANGES	1 EACH	62	0	0	1.23	15.39	0.16	0.02
Pears Dice Lt.sy 1/2c=23.8	1/2 cup	61	0	5	0.0	16.14	0.0	0.00
Milk 1% plain	carton	110	10	125	8.0	13.0	2.5	1.50
choc. milk skim	ctn.	120	5	180	8.0	20.0	0.0	0.00
syrup sysco	oz	75	0	27	0.0	19.0	0.0	0.00
Water available?	4 oz	0	0	3	0.0	0.0	0.0	0.00
Weighted Daily Average		602	54	661	17.60	115.67	7.96	1.79
% of Calories					11.7%	76.8%	11.9%	2.7%
Nutrient Guideline		400-550		600				<10.00

Weighted Average		560	64	580	17.34 12.4%	99.05 70.7%	10.51 16.9%	3.12 5.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	560		400 - 550	102%			10	Correction Required - Calories too High
Cholesterol (mg)	64							
Sodium 1 (mg)	580		600				45	Correction Required - Sodium too High
Sodium 2 (mg)	580		535					
Protein (g)	17.34	12.38%						
Carbohydrate (g)	99.05	70.74%						
Total Fat (g)	10.51	16.89%						
Saturated Fat (g)	3.12	5.02%	<10.00%					

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