

Menu Compliance - Nutrient Detail Report



District: Banning Unified School District

School: Central Elementary School

Menu: 2017-18 Elementary Breakfast

Date Range: September 01, 2017 - September 30, 2017

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Fri - 09/01/2017																	
2017-18 Elementary Breakfast																	
		Total	1200														
Mini French Toast	2061533	1.00 each	600	220.000	3.000	7.000	1.000	0.000	5.000	380.000	37.000	2.000	11.000	1.080	60.000	0.000	0.000
Egg, Cheese & Sausage Fritata w/ Toast	2147015	1.00 each	600	180.000	12.000	8.000	3.000	0.000	200.000	450.000	18.000	2.000	1.000	1.800	120.000	400.000	0.000
Fresh Pear (150 count)	1681133	1.00 each	600	63.060	0.398	0.155	0.024	0.000	0.000	1.106	16.849	3.430	10.787	0.199	9.957	27.658	4.757
Apple Juice	2083509	4.00 Ounce	600	55.000	0.000	0.000	0.000	0.000	0.000	15.000	15.000	0.000	15.000	0.000	0.000	0.000	30.000
1% White Milk	1730129	8.00 ounce	600	120.000	10.000	2.500	1.500	0.000	10.000	150.000	14.000	0.000	14.000	0.000	350.000	500.000	2.400
Nonfat Chocolate Milk	1730128	8.00 Ounce	600	120.000	8.000	0.000	0.000	0.000	5.000	150.000	22.000	0.000	20.000	0.000	300.000	500.000	1.800
Weighted Daily Average				379.030	16.699	8.828	2.762	0.000	110.000	573.053	61.425	3.715	35.894	1.540	419.979	713.829	19.479
% of Calories					17.62%	20.96%	6.56%	0.00%			64.82%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Tue - 09/05/2017																	

2017-18 Elementary Breakfast																	
		Total	1200														
Fruit and Yogurt Parfait	2146 157	1.00 parfait	600	392.5 94	13.78 4	7.411	1.884	0.000	15.00 0	184.9 98	69.16 7	3.711	37.73 6	2.088	60.61 6*	6.804	33.33 9*
Blueberry Muffin	2086 450	3.20 ounce	600	270.0 00	6.000	7.000	1.500	0.000	35.00 0	280.0 00	45.00 0	2.000	21.00 0	1.800	20.00 0	0.000	0.000
Fresh Banana, 150 count (1/2 cup)	16811 23	1/2 cup	600	112.1 38	1.373	0.416	0.141	0.000	0.000	1.260	28.77 8	3.276	15.41 0	0.328	6.300	80.63 9	10.96 2
Orange Juice	2083 512	4.00 Ounce	600	55.00 0	1.000	0.000	0.000	0.000	0.000	14.00 0	14.00 0	0.000	14.00 0	0.000	10.00 0	100.0 00	30.00 0
1% White Milk	1730 129	8.00 ounce	600	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Nonfat Chocolate Milk	1730 128	8.00 Ounce	600	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				534.8 66	20.07 9	8.664	2.513	0.000	32.50 0	390.1 29	96.47 3	4.494	61.07 3	2.108	373.4 58*	593.7 22*	39.25 1*
% of Calories					15.02 %	14.58 %	4.23 %	0.00 %*			72.15 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Wed - 09/06/2017																	
2017-18 Elementary Breakfast																	
		Total	1200														
Chef's Special Ham, Egg and Cheese Sandwich	2146 143	1.00 sandwich	600	299.9 99	20.49 9	11.50 0	4.000	0.016	157.4 99	849.9 99	31.00 0	3.000	3.500	1.440	20.00 0*	0.000	0.000
Honey Bun	2061 582	1.00 each	600	230.0 00	6.000	7.000	2.000	0.000	0.000	340.0 00	39.00 0	3.000	10.00 0	2.700	80.00 0	200.0 00	0.000
Wild Berry Juice	2083 513	4.00 Ounce	600	60.00 0	0.000	0.000	0.000	0.000	0.000	15.00 0	15.00 0	0.000	15.00 0	0.000	0.000	0.000	30.00 0
Sliced Peaches, Canned (1/2 cup)	16811 18	1/2 cup	600	52.99 6	0.504	0.139	0.000	0.000	0.000	5.998	13.39 4	1.298	N/A*	0.378	5.998	339.9 98	3.805

1% White Milk	1730 129	8.00 ounce	600	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Nonfat Chocolate Milk	1730 128	8.00 Ounce	600	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				441.4 98	22.50 2	10.57 0	3.750	0.008 *	86.25 0	755.4 99	67.19 7	3.649 *	31.25 0*	2.259 *	377.9 99*	769.9 99*	19.00 3*
% of Calories					20.39 %	21.55 %	7.64 %	0.02 %*			60.88 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Thu - 09/07/2017																	
2017-18 Elementary Breakfast																	
		Total	1200														
Egg and Cheese Taquito	2146 153	1.00 taquito	600	144.0 00	8.600	6.000	3.500	N/A*	72.00 0	138.0 00	14.40 0	2.600	N/A*	0.299	129.0 00	225.0 00	N/A*
Banana Benefit Bar	2146 629	1.00 Bar	600	280.0 00	5.000	8.000	3.000	0.000	15.00 0	220.0 00	48.00 0	3.000	23.00 0	1.800	20.00 0	0.000	0.000
Fresh Strawberries (1/2 cup)	16811 31	1/2 cup	600	27.91 3	0.584	0.262	0.013	0.000	0.000	0.872	6.699	1.745	4.266	0.358	13.95 7	10.46 8	51.29 1
Apple Juice	2083 509	4.00 Ounce	600	55.00 0	0.000	0.000	0.000	0.000	0.000	15.00 0	15.00 0	0.000	15.00 0	0.000	0.000	0.000	30.00 0
1% White Milk	1730 129	8.00 ounce	600	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Nonfat Chocolate Milk	1730 128	8.00 Ounce	600	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				373.4 57	16.09 2	8.381	4.007	0.000 *	51.00 0	336.9 36	60.05 0	3.673	38.13 3*	1.229	406.4 79	617.7 34	42.74 6*
% of Calories					17.24 %	20.20 %	9.66 %	0.00 %*			64.32 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Fri - 09/08/2017																	

2017-18 Elementary Breakfast																	
		Total	1200														
Z Loaf	2146 259	3.30 oz	600	280.0 00	5.000	7.000	1.500	0.000	35.00 0	280.0 00	48.00 0	2.000	24.00 0	4.500	20.00 0	750.0 00	1.200
Pancake w/ Sausage Link	2145 191	1.00 servin g	600	220.0 00	10.00 0	7.000	2.000	0.000	32.00 0	660.0 00	31.00 0	4.000	5.000	1.800	60.00 0	100.0 00	0.000
Fresh Oranges (1/2 cup)	16811 27	1/2 cup	600	125.4 05	2.508	0.320	0.040	0.000	0.000	0.000	31.35 1	6.404	24.94 8	0.267	106.7 28	600.3 42	141.9 48
Wild Berry Juice	2083 513	4.00 Ounce	600	60.00 0	0.000	0.000	0.000	0.000	0.000	15.00 0	15.00 0	0.000	15.00 0	0.000	0.000	0.000	30.00 0
1% White Milk	1730 129	8.00 ounce	600	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Nonfat Chocolate Milk	1730 128	8.00 Ounce	600	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				462.7 03	17.75 4	8.410	2.520	0.000	41.00 0	627.5 00	80.67 6	6.202	51.47 4	3.284	418.3 64	1225. 171	88.67 4
% of Calories					15.35 %	16.36 %	4.90 %	0.00 %			69.74 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Mon - 09/11/2017																	
2017-18 Elementary Breakfast																	
		Total	1200														
Maple Waffle	2062 108	2.40 ounce	600	240.0 00	5.000	7.000	1.500	0.000	30.00 0	310.0 00	42.00 0	4.000	19.00 0	0.000	0.000	0.000	0.000
Bagel with cream cheese	2146 149	1.00 bagel	600	316.0 00	9.800	10.82 0	6.090	0.000	31.00 0*	314.0 00	45.60 0	4.360	4.000	0.360 *	20.00 0*	400.0 00*	0.000 *
Cantaloupe Chunks, 18 count (1/2 cup)	16811 47	1/2 cup	600	9.714	0.240	0.054	0.015	0.000	0.000	4.571	2.331	0.257	2.246	0.060	2.571	966.2 86	10.48 6
Orange Juice	2083 512	4.00 Ounce	600	55.00 0	1.000	0.000	0.000	0.000	0.000	14.00 0	14.00 0	0.000	14.00 0	0.000	10.00 0	100.0 00	30.00 0

1% White Milk	1730 129	8.00 ounce	600	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Nonfat Chocolate Milk	1730 128	8.00 Ounce	600	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				430.3 57	17.02 0	10.18 7	4.553	0.000*	38.00 0*	471.2 86	69.96 6	4.309	36.62 3	0.210*	341.2 86*	1233. 143*	22.34 3*
% of Calories					15.82 %	21.30 %	9.52 %	0.00 %*			65.03 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Tue - 09/12/2017																	
2017-18 Elementary Breakfast																	
		Total	1200														
Sausage Egg Cheese Biscuit	2145 207	1.00 servin g	600	425.0 00	18.00 0	27.00 0	16.50 0	0.000	155.0 00	1265. 000	30.00 0	2.000	3.000	1.800	360.0 00	500.0 00	0.000
Cornbread Loaf	2146 263	1.40 oz	600	120.0 00	2.000	4.000	0.000	0.000	10.00 0	125.0 00	20.00 0	1.000	7.000	0.720	N/A*	N/A*	N/A*
Fresh Apples, 100 count (1/2 cup)	16811 21	1/2 cup	600	30.23 9	0.151	0.099	0.016	0.000	0.000	0.582	8.031	1.396	6.042	0.070	3.489	31.40 3	2.675
Wild Berry Juice	2083 513	4.00 Ounce	600	60.00 0	0.000	0.000	0.000	0.000	0.000	15.00 0	15.00 0	0.000	15.00 0	0.000	0.000	0.000	30.00 0
1% White Milk	1730 129	8.00 ounce	600	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Nonfat Chocolate Milk	1730 128	8.00 Ounce	600	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				437.6 20	19.07 6	16.80 0	9.008	0.000	90.00 0	852.7 91	54.51 6	2.198	32.52 1	1.295	506.7 45*	765.7 02*	18.43 8*
% of Calories					17.44 %	34.55 %	18.53 %	0.00 %			49.83 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
-------------	----------	--------------	----------	-----------------	-------------	---------------	-------------------	---------------	------------------	-------------	-------------------	-----------	------------	-----------	--------------	----------------	----------------

Wed - 09/13/2017

2017-18 Elementary Breakfast

		Total	1200														
Cinnamon Raisin Bagel	2145027	1.00 serving	600	176.000	6.200	0.850	0.200	0.000	0.000	173.000	36.000	2.250	4.000	0.680	9.800	0.000	0.000
Pan Dulce Bread	2061613	1.00 each	600	220.000	5.000	7.000	2.500	0.000	10.000	200.000	34.000	2.000	7.000	1.800	0.000	0.000	0.000
Orange Juice	2083512	4.00 Ounce	600	55.000	1.000	0.000	0.000	0.000	0.000	14.000	14.000	0.000	14.000	0.000	10.000	100.000	30.000
Mango	2146725	100.00 grams	600	80.000	0.000	0.000	0.000	0.000	0.000	0.000	19.000	2.000	14.000	0.000	0.000	500.000	12.000
1% White Milk	1730129	8.00 ounce	600	120.000	10.000	2.500	1.500	0.000	10.000	150.000	14.000	0.000	14.000	0.000	350.000	500.000	2.400
Nonfat Chocolate Milk	1730128	8.00 Ounce	600	120.000	8.000	0.000	0.000	0.000	5.000	150.000	22.000	0.000	20.000	0.000	300.000	500.000	1.800
Cream Cheese	2086597	1.00 each	600	99.000	2.000	10.000	6.000	0.000	31.000	84.000	1.000	0.000	0.000	0.360	20.000	400.000	0.000
Weighted Daily Average				435.000	16.100	10.175	5.100	0.000	28.000	385.500	70.000	3.125	36.500	1.420	344.900	1000.000	23.100
% of Calories					14.80%	21.05%	10.55%	0.00%			64.37%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Thu - 09/14/2017																	
2017-18 Elementary Breakfast																	
		Total	1200														
Breakfast Burrito Egg & Cheese	2145341	1.00 serving	600	153.840	7.930	6.840	3.160	0.000	58.610	207.570	15.920	2.390	0.500	1.260	109.460	312.690	2.520

Sweet Potato Oatmeal Muffin	2146 163	1.00 muffin	600	280.6 31	6.014	8.018	0.501	0.000	25.05 6	230.5 19	48.10 8	3.007	21.04 7	1.443	20.04 5	1252. 819	2.405
Fresh Oranges (1/2 cup)	16811 27	1/2 cup	600	125.4 05	2.508	0.320	0.040	0.000	0.000	0.000	31.35 1	6.404	24.94 8	0.267	106.7 28	600.3 42	141.9 48
Apple Juice	2083 509	4.00 Ounce	600	55.00 0	0.000	0.000	0.000	0.000	0.000	15.00 0	15.00 0	0.000	15.00 0	0.000	0.000	0.000	30.00 0
1% White Milk	1730 129	8.00 ounce	600	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Nonfat Chocolate Milk	1730 128	8.00 Ounce	600	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				427.4 38	17.22 6	8.839	2.601	0.000	49.33 3	376.5 45	73.19 0	5.901	47.74 8	1.485	443.1 17	1582. 926	90.53 7
% of Calories					16.12 %	18.61 %	5.48 %	0.00 %			68.49 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Fri - 09/15/2017																	
2017-18 Elementary Breakfast																	
		Total	1200														
Apple Turnover	2062 015	1.00 each	600	130.0 00	2.000	4.500	1.000	0.000	0.000	170.0 00	24.00 0	3.000	9.000	4.000	0.000	0.000	2.000
Steel Cut Oatmeal	2153 645	1.00 bowl	600	185.7 00	4.690	1.890	0.410	0.000	0.000	13.26 0	39.28 0	8.160	19.98 0	2.160	50.00 0	0.000	0.000
Honeydew Chunks (1/2 cup)	16811 46	1/2 cup	600	68.03 9	1.021	0.265	0.072	0.000	0.000	34.01 9	17.18 0	1.512	15.34 7	0.321	11.34 0	94.49 8	34.01 9
Wild Berry Juice	2083 513	4.00 Ounce	600	60.00 0	0.000	0.000	0.000	0.000	0.000	15.00 0	15.00 0	0.000	15.00 0	0.000	0.000	0.000	30.00 0
1% White Milk	1730 129	8.00 ounce	600	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Nonfat Chocolate Milk	1730 128	8.00 Ounce	600	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				341.8 70	12.85 6	4.578	1.491	0.000	7.500	266.1 40	65.73 0	6.336	46.66 4	3.241	355.6 70	547.2 49	35.11 0

% of Calories		15.04%	12.05%	3.93%	0.00%			76.91%									
---------------	--	--------	--------	-------	-------	--	--	--------	--	--	--	--	--	--	--	--	--

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Mon - 09/18/2017																	
2017-18 Elementary Breakfast																	
		Total	1200														
Cinnamon Crumb Loaf	2146787	1.00 loaf	600	290.000	5.000	8.000	1.500	0.000	30.000	270.000	48.000	3.000	21.000	1.440	20.000	0.000	0.000
Egg and Cheese Bagel	2146147	1.00 sand which	600	316.999	13.299	8.820	3.590	0.000*	127.499*	479.999	46.600	4.360*	4.500*	N/A*	N/A*	N/A*	N/A*
Mango	2146725	100.00 grams	600	80.000	0.000	0.000	0.000	0.000	0.000	0.000	19.000	2.000	14.000	0.000	0.000	500.000	12.000
Orange Juice	2083512	4.00 Ounce	600	55.000	1.000	0.000	0.000	0.000	0.000	14.000	14.000	0.000	14.000	0.000	10.000	100.000	30.000
1% White Milk	1730129	8.00 ounce	600	120.000	10.000	2.500	1.500	0.000	10.000	150.000	14.000	0.000	14.000	0.000	350.000	500.000	2.400
Nonfat Chocolate Milk	1730128	8.00 Ounce	600	120.000	8.000	0.000	0.000	0.000	5.000	150.000	22.000	0.000	20.000	0.000	300.000	500.000	1.800
Weighted Daily Average				491.000	18.650	9.660	3.295	0.000*	86.250*	532.000	81.800	4.680*	43.750*	0.720*	340.000*	800.000*	23.100*
% of Calories					15.19%	17.71%	6.04%	0.00%*			66.64%						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Tue - 09/19/2017																	
2017-18 Elementary Breakfast																	

		Total	1200														
Fruit and Yogurt Parfait	2146 157	1.00 parfait	600	392.5 94	13.78 4	7.411	1.884	0.000	15.00 0	184.9 98	69.16 7	3.711 *	37.73 6	2.088 *	60.61 6*	6.804 *	33.33 9*
Blueberry Tea Bread	2138 425	3.00 ounce	600	272.0 00	4.000	10.50 0	2.000	0.000	34.20 0	116.1 00	41.90 0	2.000	24.30 0	1.300	82.20 0	61.50 0	0.100
Fresh Banana, 150 count (1/2 cup)	16811 23	1/2 cup	600	112.1 38	1.373	0.416	0.141	0.000	0.000	1.260	28.77 8	3.276	15.41 0	0.328	6.300	80.63 9	10.96 2
Apple Juice	2083 509	4.00 Ounce	600	55.00 0	0.000	0.000	0.000	0.000	0.000	15.00 0	15.00 0	0.000	15.00 0	0.000	0.000	0.000	30.00 0
1% White Milk	1730 129	8.00 ounce	600	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Nonfat Chocolate Milk	1730 128	8.00 Ounce	600	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				535.8 66	18.57 9	10.41 4	2.763	0.000 *	32.10 0	308.6 79	95.42 3	4.494 *	63.22 3	1.858 *	399.5 58*	574.4 72*	39.30 1*
% of Calories					13.87 %	17.49 %	4.64 %	0.00 %*			71.23 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Wed - 09/20/2017																	
2017-18 Elementary Breakfast																	
		Total	1200														
Chef's Special Ham, Egg and Cheese Sandwich	2146 143	1.00 sandwich	600	299.9 99	20.49 9	11.50 0	4.000	0.016 *	157.4 99	849.9 99	31.00 0	3.000 *	3.500 *	1.440 *	20.00 0*	0.000 *	0.000 *
Cherry Frudel	2061 566	1.00 each	600	210.0 00	5.000	6.000	1.500	0.000	0.000	290.0 00	37.00 0	2.000	11.00 0	1.080	0.000	0.000	0.000
Watermelon Chunks (1/2 cup)	16811 48	1/2 cup	600	7.600	0.155	0.038	0.004	0.000	0.000	0.253	1.913	0.101	1.571	0.061	1.773	144.1 47	2.052
Wild Berry Juice	2083 513	4.00 Ounce	600	60.00 0	0.000	0.000	0.000	0.000	0.000	15.00 0	15.00 0	0.000	15.00 0	0.000	0.000	0.000	30.00 0
1% White Milk	1730 129	8.00 ounce	600	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400

Nonfat Chocolate Milk	1730 128	8.00 Ounce	600	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				408.8 00	21.82 7	10.01 9	3.502	0.008 *	86.25 0	727.6 26	60.45 7	2.551 *	32.53 6*	1.291 *	335.8 87*	572.0 74*	18.12 6*
% of Calories					21.36 %	22.06 %	7.71 %	0.02 %*			59.16 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Thu - 09/21/2017																	
2017-18 Elementary Breakfast																	
		Total	1200														
Sausage Wrap	2146 973	1.00 wrap	600	154.8 80	8.260	6.880	2.990	0.010	53.76 0	209.5 20	15.78 0	2.400	0.490	1.290	99.21 0	254.6 00	1.780
Dutch Waffle	2147 039	83.00 grams	600	300.0 00	4.000	13.00 0	3.000	0.000	20.00 0	350.0 00	43.00 0	3.000	12.00 0	1.800	40.00 0	0.000	0.000
Kiwi	2145 325	1.00 serving	600	111.6 00	2.288	1.042	0.277	N/A*	N/A*	5.580	26.46 8	3.720	20.42 3	0.539	37.20 0	133.9 20	196.0 44
Orange Juice	2083 512	4.00 Ounce	600	55.00 0	1.000	0.000	0.000	0.000	0.000	14.00 0	14.00 0	0.000	14.00 0	0.000	10.00 0	100.0 00	30.00 0
1% White Milk	1730 129	8.00 ounce	600	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Nonfat Chocolate Milk	1730 128	8.00 Ounce	600	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				430.7 40	16.77 4	11.71 1	3.884	0.005 *	44.38 0*	439.5 50	67.62 4	4.560	40.45 7	1.815	418.2 05	744.2 60	116.0 12
% of Calories					15.58 %	24.47 %	8.11%	0.01 %*			62.80 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Fri - 09/22/2017																	

2017-18 Elementary Breakfast																	
		Total	1200														
Omelet w/ Toast	2145 193	1.00 servin g	600	150.0 00	10.00 0	8.500	3.000	0.000	195.0 00	290.0 00	9.000	1.000	0.500	1.260	110.0 00	400.0 00	0.000
Blueberry Waffle	2062 085	1.00 each	600	220.0 00	5.000	6.000	1.000	0.000	25.00 0	240.0 00	39.00 0	3.000	0.000	0.000	0.000	0.000	0.000
Diced Peaches, Canned (1/2 cup)	16811 08	1/2 cup	600	52.99 6	0.504	0.134	0.000	0.000	0.000	5.998	13.39 4	1.298	N/A*	0.378	5.998	339.9 98	3.805
Wild Berry Juice	2083 513	4.00 Ounce	600	60.00 0	0.000	0.000	0.000	0.000	0.000	15.00 0	15.00 0	0.000	15.00 0	0.000	0.000	0.000	30.00 0
1% White Milk	1730 129	8.00 ounce	600	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Nonfat Chocolate Milk	1730 128	8.00 Ounce	600	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				361.4 98	16.75 2	8.567	2.750	0.000	117.5 00	425.4 99	56.19 7	2.649	24.75 0*	0.819	382.9 99	869.9 99	19.00 3
% of Calories					18.54 %	21.33 %	6.85 %	0.00 %			62.18 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Mon - 09/25/2017																	
2017-18 Elementary Breakfast																	
		Total	1200														
Cinni Mini Cinnamon Rolls	2061 451	2.29 ounce	600	310.0 00	7.000	10.00 0	3.000	0.000	0.000	390.0 00	51.00 0	3.000	19.00 0	2.000	53.00 0	0.000	0.000
Bagelful with Cinnamon/Brown Sugar Cream Cheese	2060 998	1.00 each	600	180.0 00	5.000	4.500	2.500	0.000	15.00 0	190.0 00	30.00 0	2.000	8.000	1.800	100.0 00	100.0 00	1.200
Strawberry Cups	2060 942	1.00 each	600	80.00 0	1.000	0.000	0.000	0.000	0.000	0.000	19.00 0	2.000	16.00 0	0.360	20.00 0	0.000	66.00 0

Wild Berry Juice	2083 513	4.00 Ounc e	600	60.00 0	0.000	0.000	0.000	0.000	0.000	0.000	15.00 0	15.00 0	0.000	15.00 0	0.000	0.000	0.000	30.00 0
1% White Milk	1730 129	8.00 ounc e	600	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400	
Nonfat Chocolate Milk	1730 128	8.00 Ounc e	600	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800	
Weighted Daily Average				435.0 00	15.50 0	8.500	3.500	0.000	15.00 0	447.5 00	75.50 0	3.500	46.00 0	2.080	411.5 00	550.0 00	50.70 0	
% of Calories					14.25 %	17.59 %	7.24 %	0.00 %			69.43 %							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Tue - 09/26/2017																	
2017-18 Elementary Breakfast																	
		Total	1200														
Steel Cut Oatmeal	2153 645	1.00 bowl	600	185.7 00	4.690	1.890	0.410	0.000	0.000	13.26 0	39.28 0	8.160	19.98 0	2.160	50.00 0	0.000	0.000
Z Loaf	2146 259	3.30 oz	600	280.0 00	5.000	7.000	1.500	0.000	35.00 0	280.0 00	48.00 0	2.000	24.00 0	4.500	20.00 0	750.0 00	1.200
Fresh Apples, 100 count (1/2 cup)	16811 21	1/2 cup	600	30.23 9	0.151	0.099	0.016	0.000	0.000	0.582	8.031	1.396	6.042	0.070	3.489	31.40 3	2.675
Orange Juice	2083 512	4.00 Ounce	600	55.00 0	1.000	0.000	0.000	0.000	0.000	14.00 0	14.00 0	0.000	14.00 0	0.000	10.00 0	100.0 00	30.00 0
1% White Milk	1730 129	8.00 ounce	600	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Nonfat Chocolate Milk	1730 128	8.00 Ounce	600	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				395.4 70	14.42 1	5.745	1.713	0.000	25.00 0	303.9 21	72.65 6	5.778	49.01 1	3.365	366.7 45	940.7 02	19.03 8
% of Calories					14.59 %	13.07 %	3.90 %	0.00 %			73.49 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Wed - 09/27/2017																	
2017-18 Elementary Breakfast																	
		Total	1200														
Fruit and Yogurt Parfait	2146 157	1.00 parfait	600	392.5 94	13.78 4	7.411	1.884	0.000 *	15.00 0	184.9 98	69.16 7	3.711 *	37.73 6	2.088 *	60.61 6*	6.804 *	33.33 9*
Bagel Sliced	2148 827	3.00 ounce	600	72.33 3	2.600	0.273	0.030	0.000	0.000	76.66 7	14.86 7	1.453	1.333	0.823	6.000	0.000	0.000
Peach Cups	2060 906	1.00 each	600	80.00 0	1.000	0.000	0.000	0.000	0.000	0.000	19.00 0	1.000	16.00 0	0.360	0.000	300.0 00	162.0 00
Apple Juice	2083 509	4.00 Ounce	600	55.00 0	0.000	0.000	0.000	0.000	0.000	15.00 0	15.00 0	0.000	15.00 0	0.000	0.000	0.000	30.00 0
1% White Milk	1730 129	8.00 ounce	600	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Nonfat Chocolate Milk	1730 128	8.00 Ounce	600	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				419.9 64	17.69 2	5.092	1.707	0.000 *	15.00 0	288.3 33	77.01 7	3.082 *	52.03 5	1.636 *	358.3 08*	653.4 02*	114.7 70*
% of Calories					16.85 %	10.91 %	3.66 %	0.00 %*			73.36 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Thu - 09/28/2017																	
2017-18 Elementary Breakfast																	
		Total	1200														
Chorizo Breakfast Burrito	2146 159	1.00 burrito	600	134.0 10	7.350	4.900	1.160	0.010	63.68 0	178.5 50	16.18 0	2.780	0.480	1.590	39.91 0	355.8 70	0.450

French Toast Benefit Bar	2147 017	2.50 oz	600	290.0 00	5.000	9.000	2.500	0.000	25.00 0	200.0 00	47.00 0	3.000	21.00 0	1.800	40.00 0	0.000	0.000
Fresh Oranges (1/2 cup)	16811 27	1/2 cup	600	125.4 05	2.508	0.320	0.040	0.000	0.000	0.000	31.35 1	6.404	24.94 8	0.267	106.7 28	600.3 42	141.9 48
Wild Berry Juice	2083 513	4.00 Ounce	600	60.00 0	0.000	0.000	0.000	0.000	0.000	15.00 0	15.00 0	0.000	15.00 0	0.000	0.000	0.000	30.00 0
1% White Milk	1730 129	8.00 ounce	600	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Nonfat Chocolate Milk	1730 128	8.00 Ounce	600	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				424.7 08	16.42 9	8.360	2.600	0.005	51.84 0	346.7 75	72.76 6	6.092	47.71 4	1.829	418.3 19	978.1 06	88.29 9
% of Calories					15.47 %	17.72 %	5.51 %	0.01 %			68.53 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Fri - 09/29/2017																	
2017-18 Elementary Breakfast																	
		Total	1200														
Mini French Toast	2061 533	1.00 each	600	220.0 00	3.000	7.000	1.000	0.000	5.000	380.0 00	37.00 0	2.000	11.00 0	1.080	60.00 0	0.000	0.000
Egg, Cheese & Sausage Fritata w/ Toast	2147 015	1.00 each	600	180.0 00	12.00 0	8.000	3.000	0.000	200.0 00	450.0 00	18.00 0	2.000	1.000	1.800	120.0 00	400.0 00	0.000
Fresh Pear (150 count)	16811 33	1.00 each	600	63.06 0	0.398	0.155	0.024	0.000	0.000	1.106	16.84 9	3.430	10.78 7	0.199	9.957	27.65 8	4.757
Apple Juice	2083 509	4.00 Ounce	600	55.00 0	0.000	0.000	0.000	0.000	0.000	15.00 0	15.00 0	0.000	15.00 0	0.000	0.000	0.000	30.00 0
1% White Milk	1730 129	8.00 ounce	600	120.0 00	10.00 0	2.500	1.500	0.000	10.00 0	150.0 00	14.00 0	0.000	14.00 0	0.000	350.0 00	500.0 00	2.400
Nonfat Chocolate Milk	1730 128	8.00 Ounce	600	120.0 00	8.000	0.000	0.000	0.000	5.000	150.0 00	22.00 0	0.000	20.00 0	0.000	300.0 00	500.0 00	1.800
Weighted Daily Average				379.0 30	16.69 9	8.828	2.762	0.000	110.0 00	573.0 53	61.42 5	3.715	35.89 4	1.540	419.9 79	713.8 29	19.47 9

% of Calories		17.62 %	20.96 %	6.56 %	0.00 %			64.82 %					
---------------	--	------------	------------	-----------	-----------	--	--	------------	--	--	--	--	--

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	427.296		350/500	Pass		
Protein (g)	17.436	16.32%				
Total Fat (g)	9.116	19.20%				
Saturated Fat (g)	3.339	7.03%	<10	Pass		
Trans Fat (g)	0.001*					
Cholesterol (mg)	55.845*					
Sodium (mg)	471.416		<540	Pass		
Carbohydrates (g)	71.004	66.47%				
Fiber (g)	4.235*					
Sugars (g)	42.662*					
Iron (mg)	1.751*					
Calcium (mg)	391.975*					
Vitamin A (IU)	822.316*					
Vitamin C (mg)	45.325*					

* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.