

# Menu Compliance - Nutrient Detail Report



District: Banning Unified School District

School: Nicolet Middle

Menu: 2017-2018 Nicolet 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																	
2017-2018 Nicolet Breakfast																	
		Total	400														
Sausage, Egg and Cheese Sandwich, Chef's Special	2146131	1.00 sandwich	100	310.873	17.574	14.556	5.019	0.000*	147.749	492.995	29.012	3.000*	1.500*	1.744*	29.517*	0.000*	0.000*
Breakfast Sausage Pizza	2061942	1.00 each	100	210.000	9.000	7.000	2.000	0.000	15.000	480.000	26.000	2.000	9.000	1.800	100.000	200.000	0.000
Honey Bun	2061582	1.00 each	100	230.000	6.000	7.000	2.000	0.000	0.000	340.000	39.000	3.000	10.000	2.700	80.000	200.000	0.000
Cinni Mini Cinnamon Rolls	2061451	2.29 ounce	50	310.000	7.000	10.000	3.000	0.000	0.000	390.000	51.000	3.000	19.000	2.000	53.000	0.000	0.000
Cheeseburger Mini	2061168	1.00 each	50	159.000	10.100	6.400	3.000	0.000	26.000	385.000	15.000	1.300	2.600	1.300	97.000	205.000	0.000
Wild Berry Juice	2083513	4.00 Ounce	200	60.000	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
Fresh Pear (150 count)	1681133	1.00 each	200	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
1% White Milk	1730129	8.00 ounce	200	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	200	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				427.873	19.480	10.517	3.767	0.000*	51.437	583.177	65.678	4.253*	37.719*	2.073*	401.108*	639.454*	19.479*

% of Calories		18.21%	22.12%	7.92%	0.00%*			61.40%									
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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																	
2017-2018 Nicolet Breakfast																	
		Total	400														
Breakfast Sausage Pizza	2061942	1.00 each	100	210.000	9.000	7.000	2.000	0.000	15.000	480.000	26.000	2.000	9.000	1.800	100.000	200.000	0.000
Cinnamon Glazed French Toast	2061512	1.00 each	100	210.000	8.000	8.000	2.000	0.000	125.000	320.000	28.000	3.000	8.000	1.800	40.000	200.000	0.000
Morning Sausage Roll	2061084	1.00 each	50	180.000	6.000	10.000	3.000	0.000	20.000	380.000	17.000	1.000	4.000	2.700	40.000	400.000	1.200
Honey Bun	2061582	1.00 each	50	230.000	6.000	7.000	2.000	0.000	0.000	340.000	39.000	3.000	10.000	2.700	80.000	200.000	0.000
Fruit and Yogurt Parfait	2146157	1.00 parfait	100	392.594	13.784	7.411	1.884	0.000*	15.000	184.998	69.167	3.711*	37.736	2.088*	60.616*	6.804*	33.339*
Orange Juice	2083512	4.00 Ounce	200	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
Fresh Banana, 100-120 count (1/2 cup)	1681122	1/2 cup	200	115.342	1.413	0.428	0.145	0.000	0.000	1.296	29.600	3.370	15.850	0.337	6.480	82.943	11.275
1% White Milk	1730129	8.00 ounce	200	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	200	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				459.570	19.403	9.192	2.919	0.000*	48.750	493.898	77.592	4.363*	47.359	2.266*	398.394*	768.173*	31.222*
% of Calories					16.89%	18.00%	5.72%	0.00%*			67.53%						

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)
Wed - 09/06/2017																	

2017-2018 Nicolet Breakfast																	
		Total	400														
Chef's Special Ham, Egg and Cheese Sandwich	2146 143	1.00 sand which	50	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	75	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
Yogurt w/ Graham Crackers	2145 321	1.00 servin g	75	200.0 00	6.000	3.000	0.000	0.000	5.000	195.0 00	38.00 0	2.000	19.00 0	0.720	270.0 00	600.0 00	0.000
Bagel Sliced	2148 827	3.00 ounc e	50	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
Breakfast Burrito	2058 861	2.50 ounc e	75	151.4 70	7.870	6.300	2.650	0.010	46.91 0	198.4 00	16.72 0	2.510	0.000	1.280	88.69 0	233.5 80	3.070
Omelet w/ Toast	2145 193	1.00 servin g	75	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
Wild Berry Juice	2083 513	4.00 Ounc e	200	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
Peach Cups	2060 906	1.00 each	200	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
1% White Milk	1730 129	8.00 ounc e	200	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	200	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				373.6 92	17.98 8	7.372	2.688	0.004	73.48 3	465.2 21	59.99 3	2.652	38.63 5*	1.580	431.1 29*	918.7 96*	98.67 6*
% of Calories					19.25 %	17.75 %	6.47 %	0.01 %*			64.22 %						

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Carbohyd rates (g)	Fiber (g)	Sugars (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Thu - 09/07/2017																	
2017-2018 Nicolet Breakfast																	

		Total	400														
Egg and Cheese Taquito	2148 829	2.00 taquito	100	288.0 00	17.20 0	12.00 0	7.000	N/A*	144.0 00	276.0 00	28.80 0	5.200	N/A*	0.598	258.0 00	450.0 00	N/A*
Chrozio Burrito	2145 085	1.00 servin g	50	200.0 00	9.000	9.000	3.500	0.000	40.00 0	370.0 00	22.00 0	3.000	0.000	2.700	150.0 00	500.0 00	1.200
Pancake on a Stick	2061 643	3.00 ounce	50	176.0 00	8.700	5.900	1.600	0.000	27.00 0	463.0 00	21.80 0	1.600	7.700	1.100	17.00 0	6.000	0.000
French Toast Benefit Bar	2147 017	2.50 oz	50	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
Sweet Potato Oatmeal Muffin	2146 163	1.00 muffin	50	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
Dutch Waffle	2147 039	83.00 grams	100	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
Fresh Strawberries (1/2 cup)	16811 31	1/2 cup	200	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
Orange Juice	2083 512	4.00 Ounce	200	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	200	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	200	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				426.7 85	18.68 1	11.62 1	4.269	0.000 *	63.13 2	471.8 76	63.66 3	4.248	35.35 1*	1.659	439.8 59	887.5 86	43.19 6*
% of Calories					17.51 %	24.51 %	9.00 %	0.00 %*			59.67 %						

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																	
2017-2018 Nicolet Breakfast																	
		Total	400														
Sausage, Egg and Cheese Sandwich, Chef's Special	2146 131	1.00 sandw hich	100	310.8 73	17.57 4	14.55 6	5.019	0.000 *	147.7 49	492.9 95	29.01 2	3.000 *	1.500 *	1.744 *	29.51 7*	0.000 *	0.000 *

Breakfast Sausage Pizza	2061942	1.00 each	100	210.000	9.000	7.000	2.000	0.000	15.000	480.000	26.000	2.000	9.000	1.800	100.000	200.000	0.000
Honey Bun	2061582	1.00 each	100	230.000	6.000	7.000	2.000	0.000	0.000	340.000	39.000	3.000	10.000	2.700	80.000	200.000	0.000
Cinni Mini Cinnamon Rolls	2061451	2.29 ounce	50	310.000	7.000	10.000	3.000	0.000	0.000	390.000	51.000	3.000	19.000	2.000	53.000	0.000	0.000
Cheeseburger Mini	2061168	1.00 each	50	159.000	10.100	6.400	3.000	0.000	26.000	385.000	15.000	1.300	2.600	1.300	97.000	205.000	0.000
Fresh Oranges (1/2 cup)	1681127	1/2 cup	200	125.405	2.508	0.320	0.040	0.000	0.000	0.000	31.351	6.404	24.948	0.267	106.728	600.342	141.948
Wild Berry Juice	2083513	4.00 Ounce	200	60.000	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	200	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	200	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				459.046	20.535	10.599	3.775	0.000*	51.437	582.624	72.929	5.740*	44.799*	2.107*	449.493*	925.796*	88.074*
% of Calories					17.89%	20.78%	7.40%	0.00%*			63.55%						

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																	
2017-2018 Nicolet Breakfast																	
		Total	400														
Egg and Cheese Bagel	2146147	1.00 sandwich	100	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*
Yogurt w/ Graham Crackers	2145321	1.00 serving	50	200.000	6.000	3.000	0.000	0.000	5.000	195.000	38.000	2.000	19.000	0.720	270.000	600.000	0.000
Cinnamon Crumb Loaf	2146787	1.00 loaf	75	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
Bagel Sliced	2148827	3.00 ounce	50	72.333	2.600	0.273	0.030	0.000	0.000	76.667	14.867	1.453	1.333	0.823	6.000	0.000	0.000

Steel Cut Oatmeal	2153 645	1.00 bowl	25	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
Breakfast Burrito Egg & Cheese	2145 341	1.00 servin g	100	153.8 40	7.930	6.840	3.160	0.000	58.61 0	207.5 70	15.92 0	2.390	0.500	1.260	109.4 60	312.6 90	2.520
Omelet w/ Toast	2145 193	1.00 servin g	50	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
Orange Juice	2083 512	4.00 Ounce	200	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
Cantaloupe Chunks, 18 count (1/2 cup)	16811 47	1/2 cup	200	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
1% White Milk	1730 129	8.00 ounce	200	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	200	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				388.8 40	18.48 3	8.282	3.131	0.000 *	84.65 2*	452.8 40	60.98 4	3.445 *	34.16 3*	1.100 *	413.7 76*	1236. 316*	22.97 3*
% of Calories					19.01 %	19.17 %	7.25 %	0.00 %*			62.73 %						

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																	
2017-2018 Nicolet Breakfast																	
		Total	400														
Breakfast Sausage Pizza	2061 942	1.00 each	50	210.0 00	9.000	7.000	2.000	0.000	15.00 0	480.0 00	26.00 0	2.000	9.000	1.800	100.0 00	200.0 00	0.000
Cinnamon Glazed French Toast	2061 512	1.00 each	100	210.0 00	8.000	8.000	2.000	0.000	125.0 00	320.0 00	28.00 0	3.000	8.000	1.800	40.00 0	200.0 00	0.000
Egg, Cheese & Sausage Fritata w/ Toast	2147 015	1.00 each	50	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
Honey Bun	2061 582	1.00 each	50	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
Fruit and Yogurt Parfait	2146 157	1.00 parfait	100	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*

Morning Sausage Roll	2061084	1.00 each	50	180.000	6.000	10.000	3.000	0.000	20.000	380.000	17.000	1.000	4.000	2.700	40.000	400.000	1.200
Wild Berry Juice	2083513	4.00 Ounce	200	60.000	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
Fresh Apples, 125-138 count (1/2 cup)	1681120	1/2 cup	200	31.874	0.159	0.104	0.017	0.000	0.000	0.613	8.465	1.471	6.369	0.074	3.678	33.100	2.820
Nonfat Chocolate Milk	1730128	8.00 Ounce	200	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
1% White Milk	1730129	8.00 ounce	200	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
Weighted Daily Average				416.586	18.651	9.155	2.980	0.000*	71.875	490.306	66.524	3.413*	42.119	2.134*	394.493*	718.251*	26.995*
% of Calories					17.91%	19.78%	6.44%	0.00%*			63.88%						

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)
Wed - 09/13/2017																	
2017-2018 Nicolet Breakfast																	
		Total	400														
Chef's Special Ham, Egg and Cheese Sandwich	2146143	1.00 sandwich	50	299.999	20.499	11.500	4.000	0.016*	157.499	849.999	31.000	3.000*	3.500*	1.440*	20.000*	0.000*	0.000*
Honey Bun	2061582	1.00 each	75	230.000	6.000	7.000	2.000	0.000	0.000	340.000	39.000	3.000	10.000	2.700	80.000	200.000	0.000
Fruit and Yogurt Parfait	2146157	1.00 parfait	50	392.594	13.784	7.411	1.884	0.000*	15.000	184.998	69.167	3.711*	37.736	2.088*	60.616*	6.804*	33.339*
Bagel Sliced	2148827	3.00 ounce	50	72.333	2.600	0.273	0.030	0.000	0.000	76.667	14.867	1.453	1.333	0.823	6.000	0.000	0.000
66% Whole Grain Blueberry Muffin	2138253	3.20 ounce	50	270.000	6.000	7.000	1.500	0.000	35.000	280.000	45.000	2.000	21.000	1.800	20.000	0.000	0.000
Breakfast Burrito	2058861	2.50 ounce	50	151.470	7.870	6.300	2.650	0.010	46.910	198.400	16.720	2.510	0.000	1.280	88.690	233.580	3.070

Omelet w/ Toast	2145 193	1.00 servin g	75	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
Mango	2146 725	100.0 0 gram s	200	80.00 0	0.000	0.000	0.000	0.000	0.000	0.000	19.00 0	2.000	14.00 0	0.000	0.000	500.0 00	12.00 0
Orange Juice	2083 512	4.00 Ounc e	200	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 ounc e	200	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	200	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				407.0 50	18.84 4	8.217	2.946	0.003 *	75.86 4	473.8 83	65.59 4	3.334 *	40.91 5*	1.671 *	390.0 38*	942.5 48*	27.65 1*
% of Calories					18.52 %	18.17 %	6.51 %	0.01 %*			64.46 %						

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																	
2017-2018 Nicolet Breakfast																	
		Total	400														
Pancake on a Stick	2061 643	3.00 ounce	50	176.0 00	8.700	5.900	1.600	0.000	27.00 0	463.0 00	21.80 0	1.600	7.700	1.100	17.00 0	6.000	0.000
French Toast Benefit Bar	2147 017	2.50 oz	50	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
Sweet Potato Oatmeal Muffin	2146 163	1.00 muffin	50	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
Dutch Waffle	2147 039	83.00 grams	100	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
Chrozio Burrito	2145 085	1.00 servin g	50	200.0 00	9.000	9.000	3.500	0.000	40.00 0	370.0 00	22.00 0	3.000	0.000	2.700	150.0 00	500.0 00	1.200
Egg and Cheese Taquito	2148 829	2.00 taquito	50	288.0 00	17.20 0	12.00 0	7.000	N/A*	144.0 00	276.0 00	28.80 0	5.200	N/A*	0.598	258.0 00	450.0 00	N/A*



Cinnamon Crumb Loaf	2146 787	1.00 loaf	50	290.0 00	5.000	8.000	1.500	0.000	30.00 0	270.0 00	48.00 0	3.000	21.00 0	1.440	20.00 0	0.000	0.000
Apple Juice	2083 509	4.00 Ounce	200	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
Fresh Oranges (1/2 cup)	16811 27	1/2 cup	200	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
1% White Milk	1730 129	8.00 ounce	200	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	200	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				475.7 81	17.61 8	11.15 0	3.595	0.000 *	48.88 2	471.1 90	78.88 9	6.303	48.81 7*	1.719	451.4 95	1076. 273	88.52 5*
% of Calories					14.81 %	21.09 %	6.80 %	0.00 %*			66.32 %						

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 - 09/15/2017																	
2017-2018 Nicolet Breakfast																	
		Total	400														
Sausage, Egg and Cheese Sandwich, Chef's Special	2146 131	1.00 sandwich	100	310.8 73	17.57 4	14.55 6	5.019	0.000 *	147.7 49	492.9 95	29.01 2	3.000 *	1.500 *	1.744 *	29.51 7*	0.000 *	0.000 *
Breakfast Sausage Pizza	2061 942	1.00 each	50	210.0 00	9.000	7.000	2.000	0.000	15.00 0	480.0 00	26.00 0	2.000	9.000	1.800	100.0 00	200.0 00	0.000
Honey Bun	2061 582	1.00 each	100	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
Yogurt w/ Graham Crackers	2145 321	1.00 serving	50	200.0 00	6.000	3.000	0.000	0.000	5.000	195.0 00	38.00 0	2.000	19.00 0	0.720	270.0 00	600.0 00	0.000
Cheeseburger Mini	20611 68	1.00 each	50	159.0 00	10.10 0	6.400	3.000	0.000	26.00 0	385.0 00	15.00 0	1.300	2.600	1.300	97.00 0	205.0 00	0.000
Cinni Mini Cinnamon Rolls	2061 451	2.29 ounce	50	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
Wild Berry Juice	2083 513	4.00 Ounce	200	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

Honeydew Chunks (1/2 cup)	1681146	1/2 cup	200	68.039	1.021	0.265	0.072	0.000	0.000	34.019	17.180	1.512	15.347	0.321	11.340	94.498	34.019
1% White Milk	1730129	8.00 ounce	200	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	200	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				429.113	19.417	10.072	3.541	0.000*	50.187	564.008	67.343	3.294*	41.249*	1.999*	423.049*	722.874*	34.110*
% of Calories					18.10%	21.12%	7.43%	0.00%*			62.77%						

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																	
2017-2018 Nicolet Breakfast																	
		Total	400														
Omelet w/ Toast	2145193	1.00 serving	50	150.000	10.000	8.500	3.000	0.000	195.000	290.000	9.000	1.000	0.500	1.260	110.000	400.000	0.000
Egg and Cheese Bagel	2146147	1.00 sand which	100	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*
Yogurt w/ Graham Crackers	2145321	1.00 serving	50	200.000	6.000	3.000	0.000	0.000	5.000	195.000	38.000	2.000	19.000	0.720	270.000	600.000	0.000
Cinnamon Crumb Loaf	2146787	1.00 loaf	75	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
Bagel Sliced	2148827	3.00 ounce	50	72.333	2.600	0.273	0.030	0.000	0.000	76.667	14.867	1.453	1.333	0.823	6.000	0.000	0.000
Steel Cut Oatmeal	2153645	1.00 bowl	25	185.700	4.690	1.890	0.410	0.000	0.000	13.260	39.280	8.160	19.980	2.160	50.000	0.000	0.000
Orange Juice	2083512	4.00 Ounce	200	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	200	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	1730 129	8.00 ounce	200	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	200	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				385.5 23	16.38 0	6.545	2.333	0.000 *	70.00 0*	398.6 62	65.33 8	3.719 *	39.91 5*	0.755 *	385.1 25*	925.0 00*	23.10 0*
% of Calories					17.00 %	15.28 %	5.45 %	0.00 %*			67.79 %						

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																	
2017-2018 Nicolet Breakfast																	
		Total	400														
Breakfast Sausage Pizza	2061 942	1.00 each	50	210.0 00	9.000	7.000	2.000	0.000	15.00 0	480.0 00	26.00 0	2.000	9.000	1.800	100.0 00	200.0 00	0.000
Cinnamon Glazed French Toast	2061 512	1.00 each	100	210.0 00	8.000	8.000	2.000	0.000	125.0 00	320.0 00	28.00 0	3.000	8.000	1.800	40.00 0	200.0 00	0.000
Morning Sausage Roll	2061 084	1.00 each	50	180.0 00	6.000	10.00 0	3.000	0.000	20.00 0	380.0 00	17.00 0	1.000	4.000	2.700	40.00 0	400.0 00	1.200
Honey Bun	2061 582	1.00 each	50	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
Fruit and Yogurt Parfait	2146 157	1.00 parfait	100	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*
Egg, Cheese & Sausage Fritata w/ Toast	2147 015	1.00 each	50	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 Banana, 100-120 count (1/2 cup)	16811 22	1/2 cup	200	115.3 42	1.413	0.428	0.145	0.000	0.000	1.296	29.60 0	3.370	15.85 0	0.337	6.480	82.94 3	11.27 5
Apple Juice	2083 509	4.00 Ounce	200	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	200	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	200	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	455.8 20	19.27 8	9.317	3.044	0.000 *	71.87 5	490.6 48	77.09 2	4.363 *	46.85 9	2.266 *	395.8 94*	743.1 73*	31.22 2*
% of Calories		16.92 %	18.40 %	6.01 %	0.00 %*			67.65 %						

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																	
2017-2018 Nicolet Breakfast																	
		Total	400														
Chef's Special Ham, Egg and Cheese Sandwich	2146 143	1.00 sandwich	50	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	75	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
Bagel Sliced	2148 827	3.00 ounce	50	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
Breakfast Burrito	2058 861	2.50 ounce	75	151.4 70	7.870	6.300	2.650	0.010	46.91 0	198.4 00	16.72 0	2.510	0.000	1.280	88.69 0	233.5 80	3.070
Fruit and Yogurt Parfait	2146 157	1.00 parfait	50	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*
Omelet w/ Toast	2145 193	1.00 serving	75	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
66% Whole Grain Blueberry Muffin	2138 253	3.20 ounce	50	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
Wild Berry Juice	2083 513	4.00 Ounce	200	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
Watermelon Chunks (1/2 cup)	16811 48	1/2 cup	200	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
1% White Milk	1730 129	8.00 ounce	200	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	200	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				382.8 16	18.91 4	8.630	3.113	0.004 *	78.79 6	486.9 10	58.59 6	2.542 *	35.20 0*	1.782 *	391.4 68*	729.2 20*	22.86 9*

% of Calories		19.76%	20.29%	7.32%	0.01%*			61.23%									
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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																	
2017-2018 Nicolet Breakfast																	
		Total	400														
Egg and Cheese Taquito	2148829	2.00 taquito	100	288.000	17.200	12.000	7.000	N/A*	144.000	276.000	28.800	5.200	N/A*	0.598	258.000	450.000	N/A*
Chrozio Burrito	2145085	1.00 serving	50	200.000	9.000	9.000	3.500	0.000	40.000	370.000	22.000	3.000	0.000	2.700	150.000	500.000	1.200
Pancake on a Stick	2061643	3.00 ounce	50	176.000	8.700	5.900	1.600	0.000	27.000	463.000	21.800	1.600	7.700	1.100	17.000	6.000	0.000
French Toast Benefit Bar	2147017	2.50 oz	50	290.000	5.000	9.000	2.500	0.000	25.000	200.000	47.000	3.000	21.000	1.800	40.000	0.000	0.000
Sweet Potato Oatmeal Muffin	2146163	1.00 muffin	50	280.631	6.014	8.018	0.501	0.000	25.056	230.519	48.108	3.007	21.047	1.443	20.045	1252.819	2.405
Dutch Waffle	2147039	83.00 grams	100	300.000	4.000	13.000	3.000	0.000	20.000	350.000	43.000	3.000	12.000	1.800	40.000	0.000	0.000
Egg and Cheese Taquito	2146153	1.00 taquito	50	144.000	8.600	6.000	3.500	N/A*	72.000	138.000	14.400	2.600	N/A*	0.299	129.000	225.000	N/A*
Cinnamon Crumb Loaf	2146787	1.00 loaf	50	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
Kiwi	2145325	1.00 serving	200	111.600	2.288	1.042	0.277	N/A*	N/A*	5.580	26.468	3.720	20.423	0.539	37.200	133.920	196.044
Orange Juice	2083512	4.00 Ounce	200	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	200	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	200	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	522.8 79	21.23 3	13.76 1	5.026	0.000 *	75.88 2*	525.2 30	81.34 8	5.936	46.05 5*	1.967	470.1 06	977.4 37	115.5 73*
% of Calories		16.24 %	23.69 %	8.65 %	0.00 %*			62.23 %						

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)
Fri - 09/22/2017																	
2017-2018 Nicolet Breakfast																	
		Total	400														
Sausage, Egg and Cheese Sandwich, Chef's Special	2146 131	1.00 sandwich	100	310.8 73	17.57 4	14.55 6	5.019	0.000 *	147.7 49	492.9 95	29.01 2	3.000 *	1.500 *	1.744 *	29.51 7*	0.000 *	0.000 *
Breakfast Sausage Pizza	2061 942	1.00 each	50	210.0 00	9.000	7.000	2.000	0.000	15.00 0	480.0 00	26.00 0	2.000	9.000	1.800	100.0 00	200.0 00	0.000
Honey Bun	2061 582	1.00 each	100	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
Cinni Mini Cinnamon Rolls	2061 451	2.29 ounce	50	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
Cheeseburger Mini	20611 68	1.00 each	50	159.0 00	10.10 0	6.400	3.000	0.000	26.00 0	385.0 00	15.00 0	1.300	2.600	1.300	97.00 0	205.0 00	0.000
Yogurt w/ Graham Crackers	2145 321	1.00 serving	50	200.0 00	6.000	3.000	0.000	0.000	5.000	195.0 00	38.00 0	2.000	19.00 0	0.720	270.0 00	600.0 00	0.000
Wild Berry Juice	2083 513	4.00 Ounce	200	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
Diced Peaches, Canned (1/2 cup)	16811 08	1/2 cup	200	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
1% White Milk	1730 129	8.00 ounce	200	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	200	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				421.5 91	19.15 8	10.00 6	3.505	0.000 *	50.18 7	549.9 98	65.45 0	3.187 *	33.57 5*	2.028 *	420.3 78*	845.6 24*	19.00 3*
% of Calories					18.18 %	21.36 %	7.48 %	0.00 %*			62.10 %						

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																	
2017-2018 Nicolet Breakfast																	
		Total	400														
Omelet w/ Toast	2145193	1.00 serving	50	150.000	10.000	8.500	3.000	0.000	195.000	290.000	9.000	1.000	0.500	1.260	110.000	400.000	0.000
Egg and Cheese Bagel	2146147	1.00 sandwich	100	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*
Yogurt w/ Graham Crackers	2145321	1.00 serving	50	200.000	6.000	3.000	0.000	0.000	5.000	195.000	38.000	2.000	19.000	0.720	270.000	600.000	0.000
Cinnamon Crumb Loaf	2146787	1.00 loaf	75	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
Bagel Sliced	2148827	3.00 ounce	50	72.333	2.600	0.273	0.030	0.000	0.000	76.667	14.867	1.453	1.333	0.823	6.000	0.000	0.000
Steel Cut Oatmeal	2153645	1.00 bowl	25	185.700	4.690	1.890	0.410	0.000	0.000	13.260	39.280	8.160	19.980	2.160	50.000	0.000	0.000
Wild Berry Juice	2083513	4.00 Ounce	200	60.000	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
Fresh Strawberries (1/2 cup)	1681131	1/2 cup	200	27.913	0.584	0.262	0.013	0.000	0.000	0.872	6.699	1.745	4.266	0.358	13.957	10.468	51.291
1% White Milk	1730129	8.00 ounce	200	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	200	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				361.979	16.172	6.676	2.340	0.000*	70.000*	399.598	59.688	3.592*	35.548*	0.934*	387.104*	630.234*	42.746*
% of Calories					17.87%	16.60%	5.82%	0.00%*			65.96%						

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																	

2017-2018 Nicolet Breakfast																	
		Total	400														
Breakfast Sausage Pizza	2061942	1.00 each	50	210.00	9.000	7.000	2.000	0.000	15.000	480.00	26.000	2.000	9.000	1.800	100.00	200.00	0.000
Cinnamon Glazed French Toast	2061512	1.00 each	100	210.00	8.000	8.000	2.000	0.000	125.00	320.00	28.000	3.000	8.000	1.800	40.000	200.00	0.000
Morning Sausage Roll	2061084	1.00 each	50	180.00	6.000	10.000	3.000	0.000	20.000	380.00	17.000	1.000	4.000	2.700	40.000	400.00	1.200
Honey Bun	2061582	1.00 each	50	230.00	6.000	7.000	2.000	0.000	0.000	340.00	39.000	3.000	10.000	2.700	80.000	200.00	0.000
Egg, Cheese & Sausage Fritata w/ Toast	2147015	1.00 each	50	180.00	12.000	8.000	3.000	0.000	200.00	450.00	18.000	2.000	1.000	1.800	120.00	400.00	0.000
Fruit and Yogurt Parfait	2146157	1.00 parfait	100	392.594	13.784	7.411	1.884	0.000*	15.000	184.998	69.167	3.711*	37.736	2.088*	60.616*	6.804*	33.339*
Orange Juice	2083512	4.00 Ounce	200	55.000	1.000	0.000	0.000	0.000	0.000	14.000	14.000	0.000	14.000	0.000	10.000	100.00	30.000
Fresh Apples, 100 count (1/2 cup)	1681121	1/2 cup	200	30.239	0.151	0.099	0.016	0.000	0.000	0.582	8.031	1.396	6.042	0.070	3.489	31.403	2.675
1% White Milk	1730129	8.00 ounce	200	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	200	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				413.268	19.147	9.152	2.979	0.000*	71.875	489.791	65.807	3.376*	41.455	2.132*	399.399*	767.403*	26.922*
% of Calories					18.53%	19.93%	6.49%	0.00%*			63.69%						

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																	
2017-2018 Nicolet Breakfast																	
		Total	400														







Sausage, Egg and Cheese Sandwich, Chef's Special	2146131	1.00 sand which	100	310.873	17.574	14.556	5.019	0.000*	147.749	492.995	29.012	3.000*	1.500*	1.744*	29.517*	0.000*	0.000*
Breakfast Sausage Pizza	2061942	1.00 each	50	210.000	9.000	7.000	2.000	0.000	15.000	480.000	26.000	2.000	9.000	1.800	100.000	200.000	0.000
Honey Bun	2061582	1.00 each	100	230.000	6.000	7.000	2.000	0.000	0.000	340.000	39.000	3.000	10.000	2.700	80.000	200.000	0.000
Cinni Mini Cinnamon Rolls	2061451	2.29 ounce	50	310.000	7.000	10.000	3.000	0.000	0.000	390.000	51.000	3.000	19.000	2.000	53.000	0.000	0.000
Cheeseburger Mini	2061168	1.00 each	50	159.000	10.100	6.400	3.000	0.000	26.000	385.000	15.000	1.300	2.600	1.300	97.000	205.000	0.000
Yogurt w/ Graham Crackers	2145321	1.00 serving	50	200.000	6.000	3.000	0.000	0.000	5.000	195.000	38.000	2.000	19.000	0.720	270.000	600.000	0.000
Fresh Pear (150 count)	1681133	1.00 each	200	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	200	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	200	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	200	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				424.123	19.105	10.017	3.517	0.000*	50.187	547.552	67.178	4.253*	38.969*	1.938*	422.358*	689.454*	19.479*
% of Calories					18.02%	21.26%	7.46%	0.00%*			63.36%						

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	429.057		400/550	Pass		
Protein (g)	18.933	17.65%				
Total Fat (g)	9.614	20.17%				
Saturated Fat (g)	3.374	7.08%	<10	Pass		

Trans Fat (g)	0.001*					
Cholesterol (mg)	65.659*					
Sodium (mg)	497.357		<600	Pass		
Carbohydrates (g)	68.556	63.91%				
Fiber (g)	4.114*					
Sugars (g)	40.997*					
Iron (mg)	1.794*					
Calcium (mg)	417.756*					
Vitamin A (IU)	855.570*					
Vitamin C (mg)	48.659*					

\* = Indicates missing Nutrient Information.

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