

Keller ISD

Aug 14, 2017 thru Aug 18, 2017

Base Menu Spreadsheet

ELC Breakfast

Portion Values - Detailed

Page 1

Generated on: 8/3/2017 2:58:56 PM

	Portion Size	Sodm (mg)	Carb (g)
Tue - 08/15/2017			
ELC Breakfast	Total		
French Toast Sticks	4 EACH	382	43.17
WITH	1 EACH	0	0.0
Egg, Frozen Liquid-2 oz	2 oz	79	0.57
Orange, Whole (ends cut)	1 EACH	0	15.66
JUICE, ORANGE 4OZ. OAK FARMS	1 EACH	15	12.0
JUICE, APPLE, 4 OZ OAK FARMS	1 EACH	15	15.0
MILK, UNFLAVORED, 1%	HALF PINT	130	12.99
JELLY, ASSORTED 10 GM	1 EACH	0	6.71
SYRUP, POUCH 1.5 OZ, AMERICANA	1 EACH	0	30.66
Weighted Daily Average		209	25.77
% of Calories			57.3%
Nutrient Guideline		540	

Wed - 08/16/2017			
ELC Breakfast	Total		
PANCAKE ON STICK WG FF	1 EACH	380	19.0
FRUIT CUPS, PEACHES, FRZ	1 EACH	15	23.0
JUICE, APPLE, 4 OZ OAK FARMS	1 EACH	15	15.0
JUICE, ORANGE 4OZ. OAK FARMS	1 EACH	15	12.0
MILK, UNFLAVORED, 1%	HALF PINT	130	12.99
SAUCE, TACO, 9 GRAM PPI	EACH	95	1.0
Weighted Daily Average		54	8.85
% of Calories			61.4%
Nutrient Guideline		540	

Thu - 08/17/2017			
ELC Breakfast	Total		
Breakfast plate-egg/sausage/ts	1 Each	460	14.57
BANANAS 150ct	EACH	1	23.23
JUICE, ORANGE 4OZ. OAK FARMS	1 EACH	15	12.0
JUICE, APPLE, 4 OZ OAK FARMS	1 EACH	15	15.0
MILK, UNFLAVORED, 1%	HALF PINT	130	12.99
MARGARINE WHIP CUP, 5 GR NO TF	1 EACH	40	0.0
JELLY, ASSORTED 10 GM	1 EACH	0	6.71
Weighted Daily Average		220	70.51
% of Calories			76.4%
Nutrient Guideline		540	

Fri - 08/18/2017			
ELC Breakfast	Total		
Muffin, Chocolate Chip	1 muffin/square	488	65.72
Fruit, Mixed, Canned w/Cherrie	1/2 CUP	4	20.85
JUICE, ORANGE 4OZ. OAK FARMS	1 EACH	15	12.0
JUICE, APPLE, 4 OZ OAK FARMS	1 EACH	15	15.0
MILK, UNFLAVORED, 1%	HALF PINT	130	12.99

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Page 2

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	Portion Size	Sodm (mg)	Carb (g)
Weighted Daily Average		61	8.07
% of Calories			55.4%
Nutrient Guideline		540	

Weighted Average		136	28.30
			68.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	136		540					
Carbohydrate (g)	28.30	68.10%						

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