

Keller ISD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Aug 14, 2017 thru Aug 18, 2017

Elementary Breakfast K-6

Generated on: 8/3/2017 2:51:31 PM

	Portion Size	Sodm (mg)	Carb (g)
Tue - 08/15/2017			
Elementary Breakfast K-6	Total		
Cinnamon Roll	1 EACH	244	53.93
SAND, Chicken Biscuit	sandwich	684	34.4
CEREAL GOLDEN GRAHAMS BOWL	1 EACH	220	24.0
CEREAL COLD CHEX RICE	1 bowl	253	24.3
CEREAL, TRIX RS	1 EACH	142	24.3
CEREAL, CINNAMON TOAST CRUNCH	1 EACH	160	22.0
Cereal, Lucky Charms	EACH	180	23.0
CEREAL BAR,CINN TOAST	1 EACH	115	30.0
CEREAL BAR,CHEERIO	1 EACH	125	28.0
Egg, Frozen Liquid-2 oz	2 FL OZ	79	0.57
WITH	1 EACH	0	0.0
TOAST W/ MARGARINE	EACH	138	14.0
PEARS,CND,LT SYRUP,DICED,DRND	1/2 CUP	5	19.43
Grapefruit Halves	1/2 EACH	0	30.0
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
MILK, CHOCOLATE, FAT FREE	HALF PINT	180	20.0
MARGARINE WHIP CUP, 5 GR NO TF	1 EACH	40	0.0
JELLY,ASSORTED 10 GM	1 EACH	0	6.71
Weighted Daily Average		443	66.24
% of Calories			68.2%
Nutrient Guideline		540	

	Portion Size	Sodm (mg)	Carb (g)
Wed - 08/16/2017			
Elementary Breakfast K-6	Total		
TACO, BREAKFAST, BACON	1 EACH	452	15.57
Pudding, Bread, scratch	1 each	263	60.28
CEREAL COLD CHEX RICE	1 bowl	253	24.3
CEREAL, CINNAMON TOAST CRUNCH	1 EACH	160	22.0
CEREAL, TRIX RS	1 EACH	142	24.3
Cereal, Lucky Charms	EACH	180	23.0
CEREAL GOLDEN GRAHAMS BOWL	1 EACH	220	24.0
POPTART WG BROWN SUGAR, 2 PK	EACH	380	75.0
POPTART WG, FUDGE 2 PK,KELLOG	EACH	390	76.0
POPTART WG, STRAWBERRY, 2 PK	EACH	360	75.0
Egg, Frozen Liquid-2 oz	2 FL OZ	79	0.57
WITH	1 EACH	0	0.0
TOAST W/ MARGARINE	EACH	138	14.0
FRUIT CUPS,MIXED FRUIT,FRZ	EACH	0	24.0
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
MILK, CHOCOLATE, FAT FREE	HALF PINT	180	20.0
MARGARINE WHIP CUP, 5 GR NO TF	1 EACH	40	0.0
JELLY,ASSORTED 10 GM	1 EACH	0	6.71
SYRUP, POUCH 1.5 OZ, AMERICANA	1 EACH	0	30.66

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.

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	Portion Size	Sodm (mg)	Carb (g)
Weighted Daily Average		324	44.66
% of Calories			67.4%
Nutrient Guideline		540	

Thu - 08/17/2017			
Elementary Breakfast K-6	Total		
Breakfast plate-egg/bacon/tst	1 Each	451	14.57
PARFAIT-Berry & Yogurt	1 parfait	52	28.23
WITH	1 EACH	0	0.0
CRACKER, GRAHAM, MJM, 2 GRAIN	2 EACH	280	40.0
CEREAL GOLDEN GRAHAMS BOWL	1 EACH	220	24.0
CEREAL COLD CHEX RICE	1 bowl	253	24.3
CEREAL, TRIX RS	1 EACH	142	24.3
CEREAL, CINNAMON TOAST CRUNCH	1 EACH	160	22.0
Cereal, Lucky Charms	EACH	180	23.0
CEREAL BAR, CINN TOAST	1 EACH	115	30.0
CEREAL BAR, CHEERIO	1 EACH	125	28.0
Egg, Frozen Liquid-2 oz	2 FL OZ	79	0.57
WITH	1 EACH	0	0.0
TOAST W/ MARGARINE	EACH	138	14.0
FRUIT CUPS, PEACHES, FRZ	EACH	15	23.0
APPLE WHOLE:163ct	EACH	1	19.32
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
MILK, CHOCOLATE, FAT FREE	HALF PINT	180	20.0
MARGARINE WHIP CUP, 5 GR NO TF	1 EACH	40	0.0
JELLY, ASSORTED 10 GM	1 EACH	0	6.71
Weighted Daily Average		1399	223.77
% of Calories			74.8%
Nutrient Guideline		540	

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	Portion Size	Sodm (mg)	Carb (g)
Fri - 08/18/2017			
Elementary Breakfast K-6	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
Pizza, Breakfast Sausage	1 EACH	480	27.0
CEREAL GOLDEN GRAHAMS BOWL	1 EACH	220	24.0
CEREAL COLD CHEX RICE	1 bowl	253	24.3
CEREAL, TRIX RS	1 EACH	142	24.3
Cereal, Lucky Charms	EACH	180	23.0
CEREAL, CINNAMON TOAST CRUNCH	1 EACH	160	22.0
POPART WG, STRAWBERRY, 2 PK	EACH	360	75.0
POPART WG, FUDGE 2 PK,KELLOG	EACH	390	76.0
POPART WG BROWN SUGAR, 2 PK	EACH	380	75.0
Egg, Frozen Liquid-2 oz	2 FL OZ	79	0.57
WITH	1 EACH	0	0.0
TOAST W/ MARGARINE	EACH	138	14.0
Fruit, Mixed, Canned w/Cherrie	1/2 CUP	4	20.85
Orange Bites:138ct	1/2 cup	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
MILK, CHOCOLATE, FAT FREE	HALF PINT	180	20.0
MARGARINE WHIP CUP, 5 GR NO TF	1 EACH	40	0.0
JELLY,ASSORTED 10 GM	1 EACH	0	6.71
SYRUP, POUCH 1.5 OZ, AMERICANA	1 EACH	0	30.66
Weighted Daily Average		410	50.35
% of Calories			64.9%
Nutrient Guideline		540	

Weighted Average		644	96.26
			71.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	644		540					
Carbohydrate (g)	96.26	71.29%					104	Correction Required - Sodium too High

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