

# Newport-Mesa Unified School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Breakfast Menu

Portion Values - Detailed

Page 1

Generated on: 10/10/2018 6:35:43 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 11/01/2018														
Elementary Breakfast Menu	Total													
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		400-500		540									<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 11/02/2018														
Elementary Breakfast Menu	Total													
CHOICE OF CEREAL	1 BOWL	211	0	338	4.25	10.13	95.0	635	9.0	2.5	40.5	5.12	1.12	0.00
FRUIT YOGURT & TRIPLE BERRY	1 EACH	350	0	175	3.00	1.44	320.0	80	2.4	7.0	61.0	8.0	1.50	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
FRUIT JUICE: CHOICE, 100%	4 fl.oz.	57	0	15	0.00	0.14	0.0	0	15.6	0.2	14.2	0.0	0.00	0.00
Milk, Non Fat Hollandia	8 oz carton	90	5	120	0.00	0.00	300.0	500	2.4	9.0	12.0	0.0	0.00	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average		503	13	353	3.98	2.91	628.8	690	24.53	17.18	88.49	9.51	2.58	0.00
% of Calories										13.7%	70.3%	17.0%	4.6%	0.0%
Nutrient Guideline		400-500		540									<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 11/05/2018														
Elementary Breakfast Menu	Total													
HONEY SCOOTERS CEREAL & G CRAX	1 EACH	218	0	375	4.00	9.90	100.0	700	8.4	2.0	40.0	6.0	1.00	0.00
WHOLE GRAIN HONEY LOAF : LUPI	1 EACH	280	40	360	3.00	1.44	280.0	200	0.0	11.0	32.0	13.0	5.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
FRUIT JUICE: CHOICE, 100%	4 fl.oz.	57	0	15	0.00	0.14	0.0	0	15.6	0.2	14.2	0.0	0.00	0.00
Milk, Non Fat Hollandia	8 oz carton	90	5	120	0.00	0.00	300.0	500	2.4	9.0	12.0	0.0	0.00	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average		448	47	514	4.42	2.89	598.5	818	24.29	20.60	64.59	13.94	5.55	0.00
% of Calories										18.4%	57.7%	28.0%	11.1%	0.0%
Nutrient Guideline		400-500		540									<10.00	

*\*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.**

# Newport-Mesa Unified School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Breakfast Menu

Portion Values - Detailed

Page 2

Generated on: 10/10/2018 6:35:43 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 11/06/2018														
Elementary Breakfast Menu	Total													
OATMEAL & GRAHAM CRACKERS	1/2 Cup	248	0	135	7.00	3.24	20.0	300	3.6	6.0	45.0	6.0	1.50	0.00
HONEY GRAHAM TOASTERS CER EAL	BOWL	218	0	385	4.00	10.80	100.0	800	9.6	2.0	42.0	6.0	1.00	0.00
CINNAMON GLAZED TOAST	1 EACH	220	115	330	3.00	1.80	80.0	200	3.6	9.0	30.0	8.0	1.50	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
FRUIT JUICE: CHOICE, 100%	4 fl.oz.	57	0	15	0.00	0.14	0.0	0	15.6	0.2	14.2	0.0	0.00	0.00
Milk, Non Fat Hollandia	8 oz carton	90	5	120	0.00	0.00	300.0	500	2.4	9.0	12.0	0.0	0.00	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average		394	110	490	3.97	3.24	424.7	812	25.58	18.85	62.40	9.65	2.57	0.00
% of Calories										19.1%	63.3%	22.0%	5.9%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Wed - 11/07/2018														
Elementary Breakfast Menu	Total													
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Thu - 11/08/2018														
Elementary Breakfast Menu	Total													
OATMEAL & GRAHAM CRACKERS	1/2 Cup	248	0	135	7.00	3.24	20.0	300	3.6	6.0	45.0	6.0	1.50	0.00
CINNAMON TOASTERS CEREAL& GCR	1 EACH	218	0	265	4.00	10.80	100.0	340	9.6	2.0	40.0	6.5	1.50	0.00
WG BREAKFAST ON A STICK - FFA	1 EACH	170	30	300	3.00	1.80	20.0	0	0.0	8.0	18.0	8.0	2.00	0.00
BANANA	1 EACH	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0.00
FRUIT JUICE: CHOICE, 100%	4 fl.oz.	57	0	15	0.00	0.14	0.0	0	15.6	0.2	14.2	0.0	0.00	0.00
Milk, Non Fat Hollandia	8 oz carton	90	5	120	0.00	0.00	300.0	500	2.4	9.0	12.0	0.0	0.00	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
SYRUP	1.5 oz Cup	120	0	0	0.00	0.00	0.0	95	0.0	0.0	31.0	0.0	0.00	0.00
Weighted Daily Average		462	38	445	4.23	3.27	370.7	657	16.65	18.20	80.45	9.78	3.09	0.00
% of Calories										15.8%	69.6%	19.0%	6.0%	0.0%
Nutrient Guideline		400-500		540									<10.00	

\*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.

# Newport-Mesa Unified School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Breakfast Menu

Portion Values - Detailed

Page 3

Generated on: 10/10/2018 6:35:43 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 11/09/2018														
Elementary Breakfast Menu	Total													
CHOICE OF CEREAL	1 BOWL	211	0	338	4.25	10.13	95.0	635	9.0	2.5	40.5	5.12	1.12	0.00
BEAN & CHEESE BKFST BURRITO	EACH - 4 O	224	12	364	6.08	2.73	151.9	203	1.22	11.99	31.39	6.36	2.74	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
FRUIT JUICE: CHOICE, 100%	4 fl.oz.	57	0	15	0.00	0.14	0.0	0	15.6	0.2	14.2	0.0	0.00	0.00
Milk, Non Fat Hollandia	8 oz carton	90	5	120	0.00	0.00	300.0	500	2.4	9.0	12.0	0.0	0.00	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
TACO SAUCE : DON SONORA	PACKET	5	0	85	0.00	0.00	0.0	0	0.0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average		400	22	586	6.59	4.01	485.9	794	23.53	21.42	64.17	8.12	3.64	0.00
% of Calories										21.4%	64.1%	18.3%	8.2%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Mon - 11/12/2018														
Elementary Breakfast Menu	Total													
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Tue - 11/13/2018														
Elementary Breakfast Menu	Total													
HONEY GRAHAM TOASTERS CER EAL	BOWL	218	0	385	4.00	10.80	100.0	800	9.6	2.0	42.0	6.0	1.00	0.00
FRENCH TOAST STICKS	3 STICKS	270	0	280	3.00	2.00	235.0	431	0.0	6.0	35.0	12.0	2.00	0.00
SAUSAGE LINK : Jimmy Dean .8	1 EACH	105	18	220	0.00	0.18	10.0	0	0.0	2.5	0.0	10.5	3.50	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
FRUIT JUICE: CHOICE, 100%	4 fl.oz.	57	0	15	0.00	0.14	0.0	0	15.6	0.2	14.2	0.0	0.00	0.00
Milk, Non Fat Hollandia	8 oz carton	90	5	120	0.00	0.00	300.0	500	2.4	9.0	12.0	0.0	0.00	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
SYRUP	1.5 oz Cup	120	0	0	0.00	0.00	0.0	95	0.0	0.0	31.0	0.0	0.00	0.00
Weighted Daily Average		628	27	637	3.94	3.64	565.8	1094	22.58	18.38	92.97	21.97	5.96	0.00
% of Calories										11.7%	59.2%	31.5%	8.5%	0.0%
Nutrient Guideline		400-500		540									<10.00	

**\*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.

# Newport-Mesa Unified School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Breakfast Menu

Portion Values - Detailed

Page 4

Generated on: 10/10/2018 6:35:43 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 11/14/2018														
Elementary Breakfast Menu	Total													
RICE CHEX CEREAL & GRAMS	BOWL & 1 3 PACK	198	0	385	4.00	10.80	100.0	800	9.6	3.0	42.0	3.5	1.00	0.00
BREAKFAST PIZZA	1 EACH	210	15	480	2.00	1.80	100.0	200	0.0	9.0	26.0	7.0	2.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
FRUIT JUICE: CHOICE, 100%	4 fl.oz.	57	0	15	0.00	0.14	0.0	0	15.6	0.2	14.2	0.0	0.00	0.00
Milk, Non Fat Hollandia	8 oz carton	90	5	120	0.00	0.00	300.0	500	2.4	9.0	12.0	0.0	0.00	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average		382	25	620	3.09	3.32	442.5	817	22.58	18.96	58.97	8.42	2.99	0.00
% of Calories										19.8%	61.7%	19.8%	7.0%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Thu - 11/15/2018														
Elementary Breakfast Menu	Total													
OATMEAL & GRAHAM CRACKERS	1/2 Cup	248	0	135	7.00	3.24	20.0	300	3.6	6.0	45.0	6.0	1.50	0.00
CINNAMON TOASTERS CEREAL& GCR	1 EACH	218	0	265	4.00	10.80	100.0	340	9.6	2.0	40.0	6.5	1.50	0.00
BUTTERMILK BREAKFAST BARS	1 EACH	249	14	225	2.70	1.10	4.5	0	0.0	2.6	43.0	7.3	0.80	0.00
BANANA	1 EACH	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0.00
FRUIT JUICE: CHOICE, 100%	4 fl.oz.	57	0	15	0.00	0.14	0.0	0	15.6	0.2	14.2	0.0	0.00	0.00
Milk, Non Fat Hollandia	8 oz carton	90	5	120	0.00	0.00	300.0	500	2.4	9.0	12.0	0.0	0.00	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average		427	24	381	3.98	2.67	357.5	576	16.65	13.61	75.35	9.18	2.07	0.00
% of Calories										12.7%	70.5%	19.3%	4.4%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Fri - 11/16/2018														
Elementary Breakfast Menu	Total													
CHOICE OF CEREAL	1 BOWL	211	0	338	4.25	10.13	95.0	635	9.0	2.5	40.5	5.12	1.12	0.00
BAGEL - WHITE WG - LENDERS	1 EACH	140	0	180	4.00	1.80	0.0	0	0.0	6.0	29.0	1.0	0.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
FRUIT JUICE: CHOICE, 100%	4 fl.oz.	57	0	15	0.00	0.14	0.0	0	15.6	0.2	14.2	0.0	0.00	0.00
Milk, Non Fat Hollandia	8 oz carton	90	5	120	0.00	0.00	300.0	500	2.4	9.0	12.0	0.0	0.00	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
CREAM CHEESE - PHILLADELPHIA	1 oz pkg	80	30	120	0.00	0.00	40.0	300	0.0	1.0	2.0	8.0	4.50	0.00

\*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.**

# Newport-Mesa Unified School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Breakfast Menu

Portion Values - Detailed

Page 5

Generated on: 10/10/2018 6:35:43 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		393	38	459	4.83	3.22	390.8	877	22.49	17.18	62.99	10.36	5.13	0.00
% of Calories										17.5%	64.1%	23.7%	11.8%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Mon - 11/19/2018														
Elementary Breakfast Menu	Total													
HONEY-NUT SCOOTERS CEREAL	BOWL	188	0	305	5.00	5.40	60.0	700	8.4	3.0	37.0	4.0	1.00	0.00
FRUIT YOGURT & TRIPLE BERRY	1 EACH	350	0	175	3.00	1.44	320.0	80	2.4	7.0	61.0	8.0	1.50	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
FRUIT JUICE: CHOICE, 100%	4 fl.oz.	57	0	15	0.00	0.14	0.0	0	15.6	0.2	14.2	0.0	0.00	0.00
Milk, Non Fat Hollandia	8 oz carton	90	5	120	0.00	0.00	300.0	500	2.4	9.0	12.0	0.0	0.00	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average		500	13	348	4.09	2.20	623.5	700	24.44	17.26	87.97	9.35	2.56	0.00
% of Calories										13.8%	70.4%	16.8%	4.6%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Tue - 11/20/2018														
Elementary Breakfast Menu	Total													
OATMEAL & GRAHAM CRACKERS	1/2 Cup	248	0	135	7.00	3.24	20.0	300	3.6	6.0	45.0	6.0	1.50	0.00
HONEY GRAHAM TOASTERS CER EAL	BOWL	218	0	385	4.00	10.80	100.0	800	9.6	2.0	42.0	6.0	1.00	0.00
CINNAMON GLAZED TOAST	1 EACH	220	115	330	3.00	1.80	80.0	200	3.6	9.0	30.0	8.0	1.50	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
FRUIT JUICE: CHOICE, 100%	4 fl.oz.	57	0	15	0.00	0.14	0.0	0	15.6	0.2	14.2	0.0	0.00	0.00
Milk, Non Fat Hollandia	8 oz carton	90	5	120	0.00	0.00	300.0	500	2.4	9.0	12.0	0.0	0.00	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average		394	110	490	3.97	3.24	424.7	812	25.58	18.85	62.40	9.65	2.57	0.00
% of Calories										19.1%	63.3%	22.0%	5.9%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Wed - 11/21/2018														
Elementary Breakfast Menu	Total													
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00

**\*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.

# Newport-Mesa Unified School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Breakfast Menu

Portion Values - Detailed

Page 6

Generated on: 10/10/2018 6:35:43 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Thu - 11/22/2018														
Elementary Breakfast Menu HOLIDAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Fri - 11/23/2018														
Elementary Breakfast Menu HOLIDAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Mon - 11/26/2018														
Elementary Breakfast Menu HONEY SCOOTERS CEREAL & G CRAX	Total 1 EACH	218	0	375	4.00	9.90	100.0	700	8.4	2.0	40.0	6.0	1.00	0.00
BLUEBERRY MUFFIN 3 OZ.	3 OZ	359	39	426	2.30	78.00	272.0	214	8.3	11.8	44.0	16.0	4.40	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
FRUIT JUICE: CHOICE, 100%	4 fl.oz.	57	0	15	0.00	0.14	0.0	0	15.6	0.2	14.2	0.0	0.00	0.00
Milk, Non Fat Hollandia	8 oz carton	90	5	120	0.00	0.00	300.0	500	2.4	9.0	12.0	0.0	0.00	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average		512	46	572	3.35	67.95	588.7	814	29.46	21.19	73.97	16.45	5.03	0.00
% of Calories										16.5%	57.8%	28.9%	8.8%	0.0%
Nutrient Guideline		400-500		540									<10.00	

\*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.**

# Newport-Mesa Unified School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Breakfast Menu

Portion Values - Detailed

Page 7

Generated on: 10/10/2018 6:35:43 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 11/27/2018														
Elementary Breakfast Menu	Total													
OATMEAL & GRAHAM CRACKERS	1/2 Cup	248	0	135	7.00	3.24	20.0	300	3.6	6.0	45.0	6.0	1.50	0.00
HONEY GRAHAM TOASTERS CER EAL	BOWL	218	0	385	4.00	10.80	100.0	800	9.6	2.0	42.0	6.0	1.00	0.00
WG BREAKFAST ON A STICK - FFA	1 EACH	170	30	300	3.00	1.80	20.0	0	0.0	8.0	18.0	8.0	2.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
FRUIT JUICE: CHOICE, 100%	4 fl.oz.	57	0	15	0.00	0.14	0.0	0	15.6	0.2	14.2	0.0	0.00	0.00
Milk, Non Fat Hollandia	8 oz carton	90	5	120	0.00	0.00	300.0	500	2.4	9.0	12.0	0.0	0.00	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
SYRUP	1.5 oz Cup	120	0	0	0.00	0.00	0.0	95	0.0	0.0	31.0	0.0	0.00	0.00
Weighted Daily Average		447	35	473	4.07	4.14	381.7	793	23.48	17.40	77.85	9.45	2.89	0.00
% of Calories										15.6%	69.7%	19.0%	5.8%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Wed - 11/28/2018														
Elementary Breakfast Menu	Total													
RICE CHEX CEREAL & GRAMS	BOWL & 1 3 PACK	198	0	385	4.00	10.80	100.0	800	9.6	3.0	42.0	3.5	1.00	0.00
BEAN & CHEESE BKFST BURRITO	EACH - 4 O	224	12	364	6.08	2.73	151.9	203	1.22	11.99	31.39	6.36	2.74	0.00
BANANA	1 EACH	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0.00
FRUIT JUICE: CHOICE, 100%	4 fl.oz.	57	0	15	0.00	0.14	0.0	0	15.6	0.2	14.2	0.0	0.00	0.00
Milk, Non Fat Hollandia	8 oz carton	90	5	120	0.00	0.00	300.0	500	2.4	9.0	12.0	0.0	0.00	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
TACO SAUCE : DON SONORA	PACKET	5	0	85	0.00	0.00	0.0	0	0.0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average		407	22	591	6.81	4.14	483.6	818	17.75	21.70	66.58	7.94	3.65	0.00
% of Calories										21.3%	65.5%	17.6%	8.1%	0.0%
Nutrient Guideline		400-500		540									<10.00	

\*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.

# Newport-Mesa Unified School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Breakfast Menu

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 11/29/2018														
Elementary Breakfast Menu	Total													
OATMEAL & GRAHAM CRACKERS	1/2 Cup	248	0	135	7.00	3.24	20.0	300	3.6	6.0	45.0	6.0	1.50	0.00
CINNAMON TOASTERS CEREAL& GCR	1 EACH	218	0	265	4.00	10.80	100.0	340	9.6	2.0	40.0	6.5	1.50	0.00
WAFFLE STICKS : KRUSTEAZ	4 pieces	220	25	330	5.00	1.80	60.0	0	0.0	5.0	37.0	7.0	1.00	0.00
SAUSAGE LINK : Jimmy Dean .8	1 EACH	105	18	220	0.00	0.18	10.0	0	0.0	2.5	0.0	10.5	3.50	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
FRUIT JUICE: CHOICE, 100%	4 fl.oz.	57	0	15	0.00	0.14	0.0	0	15.6	0.2	14.2	0.0	0.00	0.00
Milk, Non Fat Hollandia	8 oz carton	90	5	120	0.00	0.00	300.0	500	2.4	9.0	12.0	0.0	0.00	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
SYRUP	1.5 oz Cup	120	0	0	0.00	0.00	0.0	95	0.0	0.0	31.0	0.0	0.00	0.00
Weighted Daily Average		586	49	660	5.67	3.39	416.2	658	22.52	17.57	94.42	17.79	5.19	0.00
% of Calories										12.0%	64.5%	27.3%	8.0%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Fri - 11/30/2018														
Elementary Breakfast Menu	Total													
CHOICE OF CEREAL	1 BOWL	211	0	338	4.25	10.13	95.0	635	9.0	2.5	40.5	5.12	1.12	0.00
BREAKFAST PIZZA	1 EACH	210	15	480	2.00	1.80	100.0	200	0.0	9.0	26.0	7.0	2.00	0.00
FRUIT, FRESH ASSORTED	1 EACH	76	0	1	3.17	0.23	20.1	107	28.17	0.83	19.66	0.28	0.06	0.00
FRUIT JUICE: CHOICE, 100%	4 fl.oz.	57	0	15	0.00	0.14	0.0	0	15.6	0.2	14.2	0.0	0.00	0.00
Milk, Non Fat Hollandia	8 oz carton	90	5	120	0.00	0.00	300.0	500	2.4	9.0	12.0	0.0	0.00	0.00
MILK 1% Low Fat, Hollandia	8 oz Carton	120	15	150	0.00	0.00	350.0	500	2.4	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average		384	25	612	3.13	3.21	441.8	792	22.49	18.88	58.74	8.66	3.01	0.00
% of Calories										19.6%	61.1%	20.3%	7.0%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Weighted Average		454	40	514	4.38	7.34	476.6	783	22.79	18.58	73.27	11.26	3.66	0.00
										16.4%	64.5%	22.3%	7.2%	0.0%

\*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.**

# Newport-Mesa Unified School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Breakfast Menu

Portion Values - Detailed

Page 9

Generated on: 10/10/2018 6:35:43 AM

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
Calories	454		400 - 500	100%												
Cholesterol (mg)	40															
Sodium (mg)	514		540													
Fiber (g)	4.38															
Iron (mg)	7.34															
Calcium (mg)	476.6															
Vitamin A (IU)	783															
Vitamin C (mg)	22.79															
Protein (g)	18.58	16.36%														
Carbohydrate (g)	73.27	64.52%														
Total Fat (g)	11.26	22.31%														
Saturated Fat (g)	3.66	7.24%	<10.00%													
Trans Fat <sup>1</sup> (g)	0.00	0.00%														

\*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

<sup>1</sup> - 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.