

# Newport-Mesa Unified School District

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Elementary Breakfast Menu

Portion Values - Detailed

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	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 - 02/01/2019														
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	

	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 - 02/04/2019														
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
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	635	3.94	3.50	565.8	1079	22.40	18.38	92.67	21.97	5.96	0.00
% of Calories										11.7%	59.0%	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  
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# Newport-Mesa Unified School District

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

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Portion Values - Detailed

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	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 - 02/05/2019														
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
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		386	25	617	3.12	3.24	441.7	812	22.52	18.85	59.00	8.80	2.99	0.00
% of Calories										19.5%	61.2%	20.5%	7.0%	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)
Wed - 02/06/2019														
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
WHOLE GRAIN COFFEE CAKE : EL EM	1 EACH	400	50	360	3.00	1.80	80.0	100	0.0	6.0	61.0	15.0	1.50	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		552	55	515	4.20	3.34	422.5	731	16.71	16.61	90.90	15.28	2.59	0.00
% of Calories										12.0%	65.8%	24.9%	4.2%	0.0%
Nutrient Guideline		400-500		540									<10.00	

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Thu - 02/07/2019														
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
SUNNY SIDE UP BREAKFAST SANDWICH	1 EACH	258	109	596	3.97	1.79	198.6	199	0.0	13.9	26.81	10.92	3.97	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		427	105	699	4.80	3.23	525.5	746	22.52	23.01	59.40	12.20	4.74	0.00
% of Calories										21.6%	55.7%	25.7%	10.0%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Fri - 02/08/2019														
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	

Mon - 02/11/2019														
Elementary Breakfast Menu	Total													
HONEY SCOOTERS CEREAL & GCRAX	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 : LUPINI	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

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Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

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Portion Values - Detailed

	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		445	47	516	3.94	2.88	595.5	802	22.40	20.51	63.77	13.90	5.54	0.00
% of Calories										18.4%	57.3%	28.1%	11.2%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Tue - 02/12/2019														
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 - 02/13/2019														
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
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		459	38	464	4.20	3.34	371.5	727	16.71	18.31	80.70	9.33	3.02	0.00
% of Calories										16.0%	70.3%	18.3%	5.9%	0.0%
Nutrient Guideline		400-500		540									<10.00	

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Base Menu Spreadsheet

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	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 - 02/14/2019														
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
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		402	22	574	6.59	4.03	485.8	750	23.56	21.39	64.15	8.32	3.70	0.00
% of Calories										21.3%	63.9%	18.6%	8.3%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Fri - 02/15/2019														
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
MINI MAPLE PANCAKES, PILLSBUR	PACKAGE	220	0	130	3.00	0.72	20.0	0	0.0	4.0	39.0	6.0	0.50	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		572	27	502	3.98	2.45	382.3	693	22.49	16.76	93.04	16.74	4.71	0.00
% of Calories										11.7%	65.0%	26.3%	7.4%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Mon - 02/18/2019														
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	

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	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)
Tue - 02/19/2019														
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 % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		400-500		540									<10.00	

Wed - 02/20/2019														
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 % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		400-500		540									<10.00	

Thu - 02/21/2019														
Elementary Breakfast Menu NO SCHOOL TODAY	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 % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		400-500		540									<10.00	

Fri - 02/22/2019														
Elementary Breakfast Menu NO SCHOOL TODAY	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 % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		400-500		540									<10.00	

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# Newport-Mesa Unified School District

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Elementary Breakfast Menu

Portion Values - Detailed

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	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 - 02/25/2019														
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
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
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		419	24	401	3.69	2.59	361.4	632	22.40	13.37	73.12	9.05	1.97	0.00
% of Calories										12.8%	69.9%	19.5%	4.2%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Tue - 02/26/2019														
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
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		386	25	617	3.12	3.24	441.7	812	22.52	18.85	59.00	8.80	2.99	0.00
% of Calories										19.5%	61.2%	20.5%	7.0%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Wed - 02/27/2019														
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
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
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
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

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# Newport-Mesa Unified School District

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Elementary Breakfast Menu

Portion Values - Detailed

	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		399	38	464	5.05	3.34	388.5	901	16.71	17.46	65.40	10.18	5.14	0.00
% of Calories										17.5%	65.5%	22.9%	11.6%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Thu - 02/28/2019														
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
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		505	13	341	3.97	2.93	628.7	645	24.56	17.15	88.47	9.72	2.64	0.00
% of Calories										13.6%	70.1%	17.3%	4.7%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Weighted Average		458	39	518	4.34	3.22	476.7	775	21.94	18.54	73.64	11.44	3.65	0.00
										16.2%	64.3%	22.5%	7.2%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	458		400 - 500	100%				
Cholesterol (mg)	39							
Sodium (mg)	518		540					
Fiber (g)	4.34							
Iron (mg)	3.22							
Calcium (mg)	476.7							
Vitamin A (IU)	775							
Vitamin C (mg)	21.94							
Protein (g)	18.54	16.17%						
Carbohydrate (g)	73.64	64.25%						
Total Fat (g)	11.44	22.45%						
Saturated Fat (g)	3.65	7.17%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%						

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