

# Newport-Mesa Unified School District

Jan 7, 2019 thru Jan 31, 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 - 01/07/2019														
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
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
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		398	110	563	3.94	3.18	425.5	802	25.46	18.81	62.92	9.65	2.56	0.00
% of Calories										18.9%	63.2%	21.8%	5.8%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Tue - 01/08/2019														
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
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	677	5.67	3.39	416.2	723	22.52	17.57	94.70	17.72	5.12	0.00
% of Calories										12.0%	64.7%	27.2%	7.9%	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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Jan 7, 2019 thru Jan 31, 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)
Wed - 01/09/2019														
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
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
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		391	25	617	3.35	3.34	439.5	816	16.71	19.16	61.15	8.48	3.02	0.00
% of Calories										19.6%	62.6%	19.5%	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)
Thu - 01/10/2019														
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
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
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		547	55	498	3.97	3.24	424.7	662	22.52	16.30	88.47	15.67	2.64	0.00
% of Calories										11.9%	64.7%	25.8%	4.3%	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 - 01/11/2019														
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
SUNNY SIDE UP BREAKFAST SANDWI	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

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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)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		425	105	711	4.81	3.20	525.6	791	22.49	23.05	59.43	12.00	4.68	0.00
% of Calories										21.7%	55.9%	25.4%	9.9%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Mon - 01/14/2019														
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
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		504	13	359	3.94	2.88	629.5	700	24.44	17.11	88.42	9.65	2.56	0.00
% of Calories										13.6%	70.1%	17.2%	4.6%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Tue - 01/15/2019														
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
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		445	47	515	3.97	2.93	594.7	812	22.52	20.55	64.10	13.90	5.54	0.00
% of Calories										18.5%	57.6%	28.1%	11.2%	0.0%
Nutrient Guideline		400-500		540									<10.00	

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Jan 7, 2019 thru Jan 31, 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)
Wed - 01/16/2019														
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
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
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		399	110	490	4.20	3.34	422.5	816	19.77	19.16	64.55	9.33	2.59	0.00
% of Calories										19.2%	64.7%	21.0%	5.8%	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)
Thu - 01/17/2019														
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
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		454	38	447	3.97	3.24	373.7	658	22.52	18.00	78.27	9.72	3.06	0.00
% of Calories										15.9%	69.0%	19.3%	6.1%	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)
Fri - 01/18/2019														
Elementary Breakfast Menu	Total													
CHOICE OF OATMEAL OR COLD CERE	1 BOWL	218	0	249	5.40	10.73	60.0	488	6.96	3.4	41.4	4.9	1.20	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		401	22	572	6.77	4.10	480.6	772	23.22	21.56	64.31	8.09	3.65	0.00
% of Calories										21.5%	64.1%	18.1%	8.2%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Mon - 01/21/2019														
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	

Tue - 01/22/2019														
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
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	677	5.67	3.39	416.2	723	22.52	17.57	94.70	17.72	5.12	0.00
% of Calories										12.0%	64.7%	27.2%	7.9%	0.0%
Nutrient Guideline		400-500		540									<10.00	

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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)
Wed - 01/23/2019														
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
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 - 01/24/2019														
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
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	

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Newport-Mesa Unified School District

Jan 7, 2019 thru Jan 31, 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)
Fri - 01/25/2019														
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
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 - PHILADELPHIA	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
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 - 01/28/2019														
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
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		504	13	359	3.94	2.88	629.5	700	24.44	17.11	88.42	9.65	2.56	0.00
% of Calories										13.6%	70.1%	17.2%	4.6%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Tue - 01/29/2019														
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
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

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Newport-Mesa Unified School District

Jan 7, 2019 thru Jan 31, 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		512	46	571	3.38	68.01	587.9	824	29.58	21.23	74.30	16.45	5.03	0.00
% of Calories										16.6%	58.0%	28.9%	8.8%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Wed - 01/30/2019														
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
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
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		399	110	490	4.20	3.34	422.5	816	19.77	19.16	64.55	9.33	2.59	0.00
% of Calories										19.2%	64.7%	21.0%	5.8%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Thu - 01/31/2019														
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
WHOLE GRAIN PANCAKE & SAUS WRA	1 EACH	210	25	310	1.00	1.08	20.0	45	0.0	6.0	22.0	10.0	3.00	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		476	34	456	2.27	2.63	373.7	687	22.52	16.30	78.57	11.42	3.91	0.00
% of Calories										13.7%	66.1%	21.6%	7.4%	0.0%
Nutrient Guideline		400-500		540									<10.00	

Weighted Average		457	51	526	4.22	6.79	464.1	754	22.38	18.46	73.56	11.48	3.60	0.00
										16.1%	64.3%	22.6%	7.1%	0.0%

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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)

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	457		400 - 500	100%				
Cholesterol (mg)	51							
Sodium (mg)	526		540					
Fiber (g)	4.22							
Iron (mg)	6.79							
Calcium (mg)	464.1							
Vitamin A (IU)	754							
Vitamin C (mg)	22.38							
Protein (g)	18.46	16.15%						
Carbohydrate (g)	73.56	64.34%						
Total Fat (g)	11.48	22.60%						
Saturated Fat (g)	3.60	7.09%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%						

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