

Rescue Union School District

Aug 17, 2020 thru Aug 31, 2020

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

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Generated on: 8/24/2020 3:13:51 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)
Mon - 08/17/2020					
Elementary Breakfast	Total				
Tony's WW Bagel 19321	1 Each	217	230	4	44.6
SunButter 19426 Cups	1 Each	390	230	6	14.0
Apple 198	1 Each	77	1	15	20.86
SunCup Apple Juice	1 Each	50	10	12	13.0
Crystal White Low Fat 8 oz.	1 EACH	130	160	15	16.0
Crystal NonFat White Milk 8 oz	1 EACH	90	130	13	13.0
Weighted Daily Average		864	631	52	108.46
% of Calories				24.0%	50.2%
Nutrient Guideline		350-500	540		

Tue - 08/18/2020					
Elementary Breakfast	Total				
Benefit 2.5 oz Breakfast Bar	1 Each	290	240	22	47.0
Apple 198	1 Each	77	1	15	20.86
SunCup Apple Juice	1 Each	50	10	12	13.0
Crystal White Low Fat 8 oz.	1 EACH	130	160	15	16.0
Crystal NonFat White Milk 8 oz	1 EACH	90	130	13	13.0
Weighted Daily Average		547	411	64	96.86
% of Calories				46.7%	70.8%
Nutrient Guideline		350-500	540		

Wed - 08/19/2020					
Elementary Breakfast	Total				
Cowgirl Pan Bread	1 Each	340	218	28	57.2
Apple 198	1 Each	77	1	15	20.86
SunCup Apple Juice	1 Each	50	10	12	13.0
Crystal White Low Fat 8 oz.	1 EACH	130	160	15	16.0
Crystal NonFat White Milk 8 oz	1 EACH	90	130	13	13.0
Weighted Daily Average		597	389	70	107.06
% of Calories				47.0%	71.7%
Nutrient Guideline		350-500	540		

Thu - 08/20/2020					
Elementary Breakfast	Total				
Pillsbury 33686 Mini Cinnamon	1 Each	240	300	15	40.0
Apple 198	1 Each	77	1	15	20.86
SunCup Apple Juice	1 Each	50	10	12	13.0
Crystal White Low Fat 8 oz.	1 EACH	130	160	15	16.0
Crystal NonFat White Milk 8 oz	1 EACH	90	130	13	13.0
Weighted Daily Average		587	601	70	102.86
% of Calories				47.6%	70.0%
Nutrient Guideline		350-500	540		

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

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)
Fri - 08/21/2020					
Elementary Breakfast	Total				
General Mills Cinnamon Chex	1 Each	110	170	7	23.0
MJM 404001 Vanlla WG Grhm bear	1 Each	120	95	6	21.0
Apple 198	1 Each	77	1	15	20.86
SunCup Apple Juice	1 Each	50	10	12	13.0
Crystal White Low Fat 8 oz.	1 EACH	130	160	15	16.0
Crystal NonFat White Milk 8 oz	1 EACH	90	130	13	13.0
Weighted Daily Average		487	436	55	93.86
% of Calories				45.0%	77.0%
Nutrient Guideline		350-500	540		

Mon - 08/24/2020					
Elementary Breakfast	Total				
Tony's WW Bagel 19321	1 Each	217	230	4	44.6
SunButter 19426 Cups	1 Each	390	230	6	14.0
Apple 198	1 Each	77	1	15	20.86
SunCup Apple Juice	1 Each	50	10	12	13.0
Crystal White Low Fat 8 oz.	1 EACH	130	160	15	16.0
Crystal NonFat White Milk 8 oz	1 EACH	90	130	13	13.0
Weighted Daily Average		864	631	52	108.46
% of Calories				24.0%	50.2%
Nutrient Guideline		350-500	540		

Tue - 08/25/2020					
Elementary Breakfast	Total				
Benefit 2.5 oz Breakfast Bar	1 Each	290	240	22	47.0
Apple 198	1 Each	77	1	15	20.86
SunCup Apple Juice	1 Each	50	10	12	13.0
Crystal White Low Fat 8 oz.	1 EACH	130	160	15	16.0
Crystal NonFat White Milk 8 oz	1 EACH	90	130	13	13.0
Weighted Daily Average		547	411	64	96.86
% of Calories				46.7%	70.8%
Nutrient Guideline		350-500	540		

Wed - 08/26/2020					
Elementary Breakfast	Total				
Benefit 2.5 oz Breakfast Bar	1 Each	290	240	22	47.0
Apple 198	1 Each	77	1	15	20.86
SunCup Apple Juice	1 Each	50	10	12	13.0
Crystal White Low Fat 8 oz.	1 EACH	130	160	15	16.0
Crystal NonFat White Milk 8 oz	1 EACH	90	130	13	13.0
Weighted Daily Average		547	411	64	96.86
% of Calories				46.7%	70.8%
Nutrient Guideline		350-500	540		

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)
Thu - 08/27/2020					
Elementary Breakfast	Total				
Pillsbury 33686 Mini Cinnamon	1 Each	240	300	15	40.0
Apple 198	1 Each	77	1	15	20.86
SunCup Apple Juice	1 Each	50	10	12	13.0
Crystal White Low Fat 8 oz.	1 EACH	130	160	15	16.0
Crystal NonFat White Milk 8 oz	1 EACH	90	130	13	13.0
Weighted Daily Average		587	601	70	102.86
% of Calories				47.6%	70.0%
Nutrient Guideline		350-500	540		

Fri - 08/28/2020					
Elementary Breakfast	Total				
General Mills Cinnamon Chex	1 Each	110	170	7	23.0
MJM 404001 Vanilla WG Grhm bear	1 Each	120	95	6	21.0
Apple 198	1 Each	77	1	15	20.86
SunCup Apple Juice	1 Each	50	10	12	13.0
Crystal White Low Fat 8 oz.	1 EACH	130	160	15	16.0
Crystal NonFat White Milk 8 oz	1 EACH	90	130	13	13.0
Weighted Daily Average		487	436	55	93.86
% of Calories				45.0%	77.0%
Nutrient Guideline		350-500	540		

Mon - 08/31/2020					
Elementary Breakfast	Total				
Tony's WW Bagel 19321	1 Each	217	230	4	44.6
SunButter 19426 Cups	1 Each	390	230	6	14.0
Apple 198	1 Each	77	1	15	20.86
SunCup Apple Juice	1 Each	50	10	12	13.0
Crystal White Low Fat 8 oz.	1 EACH	130	160	15	16.0
Crystal NonFat White Milk 8 oz	1 EACH	90	130	13	13.0
Weighted Daily Average		864	631	52	108.46
% of Calories				24.0%	50.2%
Nutrient Guideline		350-500	540		

Weighted Average		635	509	61	101.50
				86.0%	64.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	635		350 - 500	127%			135	Correction Required - Calories too High
Sodium 1 (mg)	509		540				24	
Sodium 2 (mg)	509		485					
Sugars (g)	61	38.22%						Correction Required - Sodium too High
Carbohydrate (g)	101.50	63.95%						

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