

MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Breakfast Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	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 ¹ (g)
Monday Week 1															
6-8 Breakfast Menu	Total	1													
PANCAKE WRAP, WHOLE GRAIN, TRK	1 EACH	1	160	25	310	3.00	1.44	0.0	*N/A*	*N/A*	8.0	17.0	6.0	1.50	0.00
CEREAL, BLUEBERRY MUFFIN TOPS	BOWL (10 OZ)	1	120	0	130	1.00	1.80	100.0	500	6.0	1.0	23.0	3.0	0.50	0.00
CEREAL, RAISIN BRAN	BOWL (1 OZ)	1	111	0	210	4.00	2.70	0.0	300	0.0	3.0	27.0	0.0	0.00	0.00
CEREAL, FROSTED MINI WHEAT	BOWL (1 OZ)	1	101	0	0	3.00	7.20	0.0	0	0.0	3.0	23.0	0.0	0.00	0.00
CEREAL, TOASTY O'S	BOWL	1	79	0	150	2.00	6.30	80.0	400	4.8	2.0	17.0	1.0	0.00	0.00
TOAST, WHOLE WHEAT, SARA LEE	SLICE	1	108	10	105	1.50	0.72	125.0	133	0.0	3.5	13.0	4.92	2.83	0.00
YOGURT, PEACH, UPSTATE FARMS	1 CONTAINER	1	90	0	55	0.00	0.00	300.0	0	0.0	3.0	19.0	0.0	0.00	0.00
YOGURT, CHERRY VANILLA, UFA FARMS	1 CONTAINER	1	90	0	50	0.00	0.00	300.0	0	0.0	3.0	19.0	0.0	0.00	0.00
ULTIMATE BREAKFAST ROUND, CINN	1 EACH	1	250	5	220	6.00	0.71	32.7	9	0.0	5.0	44.0	6.0	2.00	0.00
FRUIT,FRESH ASSORTED	1 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
FRUIT JUICE,100% ASSORTED	4 fl.oz.	1	62	0	9	0.00	0.09	9.8	0	9.0	0.25	15.37	0.0	0.00	0.00
SYRUP, PANCAKE AND WAFFLE	1 OZ	1	73	0	26	0.00	0.00	0.0	6	0.0	0.0	17.95	0.0	0.00	0.00
Weighted Daily Average			1578	57	1477	26.47	21.61	1585.1	*2675	*55.34	50.00	297.87	24.03	8.63	*0.00
% of Calories											12.7%	75.5%	13.7%	4.9%	*0.0%
Nutrient Guideline			400-550		600									<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Breakfast Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	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 ¹ (g)
Tuesday, Week 1															
6-8 Breakfast Menu	Total	1													
BISCUIT SAUSAGE CHEESE & EGG	1 EACH	1	391	151	1173	2.00	*0.77	*114.0	*267	*0.0	14.4	26.32	24.15	11.25	0.00
CEREAL, BLUEBERRY MUFFIN TOPS	BOWL (10 OZ)	1	120	0	130	1.00	1.80	100.0	500	6.0	1.0	23.0	3.0	0.50	0.00
CEREAL, RAISIN BRAN	BOWL (1 OZ)	1	111	0	210	4.00	2.70	0.0	300	0.0	3.0	27.0	0.0	0.00	0.00
CEREAL, FROSTED MINI WHEAT	BOWL (1 OZ)	1	101	0	0	3.00	7.20	0.0	0	0.0	3.0	23.0	0.0	0.00	0.00
CEREAL, TOASTY O'S	BOWL	1	79	0	150	2.00	6.30	80.0	400	4.8	2.0	17.0	1.0	0.00	0.00
TOAST, WHOLE WHEAT, SARA LEE	SLICE	1	108	10	105	1.50	0.72	125.0	133	0.0	3.5	13.0	4.92	2.83	0.00
YOGURT, PEACH, UPSTATE FARMS	1 CONTAINER	1	90	0	55	0.00	0.00	300.0	0	0.0	3.0	19.0	0.0	0.00	0.00
YOGURT, CHERRY VANILLA, UFArms	1 CONTAINER	1	90	0	50	0.00	0.00	300.0	0	0.0	3.0	19.0	0.0	0.00	0.00
ULTIMATE BREAKFAST ROUND, CINN	1 EACH	1	250	5	220	6.00	0.71	32.7	9	0.0	5.0	44.0	6.0	2.00	0.00
FRUIT,FRESH ASSORTED	1 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
FRUIT JUICE,100% ASSORTED	4 fl.oz.	1	62	0	9	0.00	0.09	9.8	0	9.0	0.25	15.37	0.0	0.00	0.00
Weighted Daily Average			1737	183	2315	25.47	*20.93	*1699.1	*2936	*55.34	56.40	289.24	42.18	18.38	*0.00
% of Calories											13.0%	66.6%	21.9%	9.5%	*0.0%
Nutrient Guideline			400-550		600									<10.00	

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Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Breakfast Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	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 ¹ (g)
Wednesday, Week 1															
6-8 Breakfast Menu	Total	1													
PANCAKES, WHOLE GRAIN, 4"	2 EACH	1	160	10	310	3.00	0.00	0.0	0	0.0	5.0	30.0	2.0	0.00	0.00
CEREAL, BLUEBERRY MUFFIN T OPS	BOWL (10 OZ)	1	120	0	130	1.00	1.80	100.0	500	6.0	1.0	23.0	3.0	0.50	0.00
CEREAL, RAISIN BRAN	BOWL (1 OZ)	1	111	0	210	4.00	2.70	0.0	300	0.0	3.0	27.0	0.0	0.00	0.00
CEREAL, FROSTED MINI WHEAT	BOWL (1 OZ)	1	101	0	0	3.00	7.20	0.0	0	0.0	3.0	23.0	0.0	0.00	0.00
CEREAL, TOASTY O'S	BOWL	1	79	0	150	2.00	6.30	80.0	400	4.8	2.0	17.0	1.0	0.00	0.00
TOAST, WHOLE WHEAT, SARA LEE	SLICE	1	108	10	105	1.50	0.72	125.0	133	0.0	3.5	13.0	4.92	2.83	0.00
YOGURT, PEACH, UPSTATE FARMS	1 CONTAINER	1	90	0	55	0.00	0.00	300.0	0	0.0	3.0	19.0	0.0	0.00	0.00
YOGURT, CHERRY VANILLA, UFA FARMS	1 CONTAINER	1	90	0	50	0.00	0.00	300.0	0	0.0	3.0	19.0	0.0	0.00	0.00
ULTIMATE BREAKFAST ROUND, CINN	1 EACH	1	250	5	220	6.00	0.71	32.7	9	0.0	5.0	44.0	6.0	2.00	0.00
FRUIT,FRESH ASSORTED	1 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
FRUIT JUICE,100% ASSORTED	4 fl.oz.	1	62	0	9	0.00	0.09	9.8	0	9.0	0.25	15.37	0.0	0.00	0.00
SYRUP, PANCAKE AND WAFFLE	2 OZ	1	146	0	52	0.00	0.00	0.0	11	0.0	0.0	35.91	0.0	0.00	0.00
Weighted Daily Average			1651	42	1503	26.47	20.17	1585.1	2680	55.34	47.00	328.83	20.03	7.13	*0.00
% of Calories											11.4%	79.7%	10.9%	3.9%	*0.0%
Nutrient Guideline			400-550		600									<10.00	

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Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Breakfast Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	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 ¹ (g)
Thursday, Week 1															
6-8 Breakfast Menu	Total	1													
BREAKFAST SAUSAGE PIZZA. W	1 EACH	1	210	15	480	3.00	1.80	150.0	300	0.0	10.0	27.0	8.0	2.00	0.00
CEREAL, BLUEBERRY MUFFIN T	BOWL (10	1	120	0	130	1.00	1.80	100.0	500	6.0	1.0	23.0	3.0	0.50	0.00
OPS															
CEREAL, RAISIN BRAN	BOWL (1	1	111	0	210	4.00	2.70	0.0	300	0.0	3.0	27.0	0.0	0.00	0.00
	OZ)														
CEREAL, FROSTED MINI WHEAT	BOWL (1	1	101	0	0	3.00	7.20	0.0	0	0.0	3.0	23.0	0.0	0.00	0.00
	OZ)														
CEREAL, TOASTY O'S	BOWL	1	79	0	150	2.00	6.30	80.0	400	4.8	2.0	17.0	1.0	0.00	0.00
TOAST, WHOLE WHEAT, SARA L	SLICE	1	108	10	105	1.50	0.72	125.0	133	0.0	3.5	13.0	4.92	2.83	0.00
EE															
YOGURT, PEACH, UPSTATE FA	1 CONTAI	1	90	0	55	0.00	0.00	300.0	0	0.0	3.0	19.0	0.0	0.00	0.00
RMS	NER														
YOGURT, CHERRY VANILLA, UF	1 CONTAI	1	90	0	50	0.00	0.00	300.0	0	0.0	3.0	19.0	0.0	0.00	0.00
ARMS	NER														
ULTIMATE BREAKFAST ROUND,	1 EACH	1	250	5	220	6.00	0.71	32.7	9	0.0	5.0	44.0	6.0	2.00	0.00
CINN															
FRUIT,FRESH ASSORTED	1 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
FRUIT JUICE,100% ASSORTED	4 fl.oz.	1	62	0	9	0.00	0.09	9.8	0	9.0	0.25	15.37	0.0	0.00	0.00
Weighted Daily Average			1555	47	1621	26.47	21.97	1735.1	2969	55.34	52.00	289.92	26.03	9.13	*0.00
% of Calories											13.4%	74.6%	15.1%	5.3%	*0.0%
Nutrient Guideline			400-550		600									<10.00	

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	Portion Size	Reimb Qty	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 ¹ (g)
Friday, Week 1															
6-8 Breakfast Menu	Total	1													
FRENCH TOAST STICKS, WHL G RAIN	3 STICKS	1	270	0	280	3.00	2.00	235.0	431	0.0	6.0	35.0	12.0	2.00	0.00
CEREAL, BLUEBERRY MUFFIN T OPS	BOWL (10 OZ)	1	120	0	130	1.00	1.80	100.0	500	6.0	1.0	23.0	3.0	0.50	0.00
CEREAL, RAISIN BRAN	BOWL (1 OZ)	1	111	0	210	4.00	2.70	0.0	300	0.0	3.0	27.0	0.0	0.00	0.00
CEREAL, FROSTED MINI WHEAT	BOWL (1 OZ)	1	101	0	0	3.00	7.20	0.0	0	0.0	3.0	23.0	0.0	0.00	0.00
CEREAL, TOASTY O'S	BOWL	1	79	0	150	2.00	6.30	80.0	400	4.8	2.0	17.0	1.0	0.00	0.00
TOAST, WHOLE WHEAT, SARA LEE	SLICE	1	108	10	105	1.50	0.72	125.0	133	0.0	3.5	13.0	4.92	2.83	0.00
YOGURT, PEACH, UPSTATE FARMS	1 CONTAINER	1	90	0	55	0.00	0.00	300.0	0	0.0	3.0	19.0	0.0	0.00	0.00
YOGURT, CHERRY VANILLA, UFArms	1 CONTAINER	1	90	0	50	0.00	0.00	300.0	0	0.0	3.0	19.0	0.0	0.00	0.00
ULTIMATE BREAKFAST ROUND, CINN	1 EACH	1	250	5	220	6.00	0.71	32.7	9	0.0	5.0	44.0	6.0	2.00	0.00
FRUIT,FRESH ASSORTED	1 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
FRUIT JUICE,100% ASSORTED	4 fl.oz.	1	62	0	9	0.00	0.09	9.8	0	9.0	0.25	15.37	0.0	0.00	0.00
SYRUP, PANCAKE AND WAFFLE	2 OZ	1	146	0	52	0.00	0.00	0.0	11	0.0	0.0	35.91	0.0	0.00	0.00
Weighted Daily Average			1761	32	1473	26.47	22.17	1820.1	3111	55.34	48.00	333.83	30.03	9.13	*0.00
% of Calories											10.9%	75.8%	15.3%	4.7%	*0.0%
Nutrient Guideline			400-550		600									<10.00	

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Monday, Week 2															
6-8 Breakfast Menu	Total	1													
BREAKFAST SAUSAGE PIZZA. W	1 EACH	1	210	15	480	3.00	1.80	150.0	300	0.0	10.0	27.0	8.0	2.00	0.00
CEREAL, BLUEBERRY MUFFIN T	BOWL (10	1	120	0	130	1.00	1.80	100.0	500	6.0	1.0	23.0	3.0	0.50	0.00
OPS															
CEREAL, RAISIN BRAN	BOWL (1	1	111	0	210	4.00	2.70	0.0	300	0.0	3.0	27.0	0.0	0.00	0.00
	OZ)														
CEREAL, FROSTED MINI WHEAT	BOWL (1	1	101	0	0	3.00	7.20	0.0	0	0.0	3.0	23.0	0.0	0.00	0.00
	OZ)														
CEREAL, TOASTY O'S	BOWL	1	79	0	150	2.00	6.30	80.0	400	4.8	2.0	17.0	1.0	0.00	0.00
TOAST, WHOLE WHEAT, SARA L	SLICE	1	108	10	105	1.50	0.72	125.0	133	0.0	3.5	13.0	4.92	2.83	0.00
EE															
YOGURT, PEACH, UPSTATE FA	1 CONTAI	1	90	0	55	0.00	0.00	300.0	0	0.0	3.0	19.0	0.0	0.00	0.00
RMS	NER														
YOGURT, CHERRY VANILLA, UF	1 CONTAI	1	90	0	50	0.00	0.00	300.0	0	0.0	3.0	19.0	0.0	0.00	0.00
ARMS	NER														
ULTIMATE BREAKFAST ROUND,	1 EACH	1	250	5	220	6.00	0.71	32.7	9	0.0	5.0	44.0	6.0	2.00	0.00
CINN															
FRUIT,FRESH ASSORTED	1 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
FRUIT JUICE,100% ASSORTED	4 fl.oz.	1	62	0	9	0.00	0.09	9.8	0	9.0	0.25	15.37	0.0	0.00	0.00
Weighted Daily Average			1555	47	1621	26.47	21.97	1735.1	2969	55.34	52.00	289.92	26.03	9.13	*0.00
% of Calories											13.4%	74.6%	15.1%	5.3%	*0.0%
Nutrient Guideline			400-550		600									<10.00	

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	Portion Size	Reimb Qty	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 ¹ (g)
Tuesday, Week 2															
6-8 Breakfast Menu	Total	1													
BANANA BLUEBERRY MUFFINS	BAR (4 O UNCE)	1	291	*40	212	3.45	*1.55	*50.2	*274	*4.94	4.53	38.75	13.84	4.87	*0.00
CEREAL, BLUEBERRY MUFFIN T OPS	BOWL (10 OZ)	1	120	0	130	1.00	1.80	100.0	500	6.0	1.0	23.0	3.0	0.50	0.00
CEREAL, RAISIN BRAN	BOWL (1 OZ)	1	111	0	210	4.00	2.70	0.0	300	0.0	3.0	27.0	0.0	0.00	0.00
CEREAL, FROSTED MINI WHEAT	BOWL (1 OZ)	1	101	0	0	3.00	7.20	0.0	0	0.0	3.0	23.0	0.0	0.00	0.00
CEREAL, TOASTY O'S	BOWL	1	79	0	150	2.00	6.30	80.0	400	4.8	2.0	17.0	1.0	0.00	0.00
TOAST, WHOLE WHEAT, SARA LEE	SLICE	1	108	10	105	1.50	0.72	125.0	133	0.0	3.5	13.0	4.92	2.83	0.00
YOGURT, PEACH, UPSTATE FARMS	1 CONTAINER	1	90	0	55	0.00	0.00	300.0	0	0.0	3.0	19.0	0.0	0.00	0.00
YOGURT, CHERRY VANILLA, UFArms	1 CONTAINER	1	90	0	50	0.00	0.00	300.0	0	0.0	3.0	19.0	0.0	0.00	0.00
ULTIMATE BREAKFAST ROUND, CINN	1 EACH	1	250	5	220	6.00	0.71	32.7	9	0.0	5.0	44.0	6.0	2.00	0.00
FRUIT,FRESH ASSORTED	1 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
FRUIT JUICE,100% ASSORTED	4 fl.oz.	1	62	0	9	0.00	0.09	9.8	0	9.0	0.25	15.37	0.0	0.00	0.00
Weighted Daily Average			1637	*72	1353	26.92	*21.71	*1635.4	*2943	*60.28	46.53	301.67	31.87	12.00	*0.00
% of Calories											11.4%	73.7%	17.5%	6.6%	*0.0%
Nutrient Guideline			400-550		600									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Breakfast Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	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 ¹ (g)
Wednesday, Week 2															
6-8 Breakfast Menu	Total	1													
BISCUIT WITH GRAVY	BSCT& 1/2C GRAV BOWL (10 OPS)	1	260	0	1050	2.00	*0.00	*40.0	*0	*0.0	4.0	36.0	9.0	5.00	0.00
CEREAL, BLUEBERRY MUFFIN T	BOWL (1 OZ)	1	120	0	130	1.00	1.80	100.0	500	6.0	1.0	23.0	3.0	0.50	0.00
CEREAL, RAISIN BRAN	BOWL (1 OZ)	1	111	0	210	4.00	2.70	0.0	300	0.0	3.0	27.0	0.0	0.00	0.00
CEREAL, FROSTED MINI WHEAT	BOWL (1 OZ)	1	101	0	0	3.00	7.20	0.0	0	0.0	3.0	23.0	0.0	0.00	0.00
CEREAL, TOASTY O'S	BOWL	1	79	0	150	2.00	6.30	80.0	400	4.8	2.0	17.0	1.0	0.00	0.00
TOAST, WHOLE WHEAT, SARA LEE	SLICE	1	108	10	105	1.50	0.72	125.0	133	0.0	3.5	13.0	4.92	2.83	0.00
YOGURT, PEACH, UPSTATE FARMS	1 CONTAINER	1	90	0	55	0.00	0.00	300.0	0	0.0	3.0	19.0	0.0	0.00	0.00
YOGURT, CHERRY VANILLA, UFArms	1 CONTAINER	1	90	0	50	0.00	0.00	300.0	0	0.0	3.0	19.0	0.0	0.00	0.00
ULTIMATE BREAKFAST ROUND, CINN	1 EACH	1	250	5	220	6.00	0.71	32.7	9	0.0	5.0	44.0	6.0	2.00	0.00
FRUIT,FRESH ASSORTED	1 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
FRUIT JUICE,100% ASSORTED	4 fl.oz.	1	62	0	9	0.00	0.09	9.8	0	9.0	0.25	15.37	0.0	0.00	0.00
Weighted Daily Average			1605	32	2191	25.47	*20.17	*1625.1	*2669	*55.34	46.00	298.92	27.03	12.13	*0.00
% of Calories											11.5%	74.5%	15.2%	6.8%	*0.0%
Nutrient Guideline			400-550		600									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Breakfast Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	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 ¹ (g)
Thursday, Week 2															
6-8 Breakfast Menu	Total	1													
EGGS, SCRAMBLED, SAUS, & T OAST	1/4 C EG G, S&T	1	354	237	655	1.00	1.86	160.6	598	1.2	17.61	16.23	24.1	10.33	0.00
CEREAL, BLUEBERRY MUFFIN T OPS	BOWL (10 OZ)	1	120	0	130	1.00	1.80	100.0	500	6.0	1.0	23.0	3.0	0.50	0.00
CEREAL, RAISIN BRAN	BOWL (1 OZ)	1	111	0	210	4.00	2.70	0.0	300	0.0	3.0	27.0	0.0	0.00	0.00
CEREAL, FROSTED MINI WHEAT	BOWL (1 OZ)	1	101	0	0	3.00	7.20	0.0	0	0.0	3.0	23.0	0.0	0.00	0.00
CEREAL, TOASTY O'S	BOWL	1	79	0	150	2.00	6.30	80.0	400	4.8	2.0	17.0	1.0	0.00	0.00
TOAST, WHOLE WHEAT, SARA L EE	SLICE	1	108	10	105	1.50	0.72	125.0	133	0.0	3.5	13.0	4.92	2.83	0.00
YOGURT, PEACH, UPSTATE FA RMS	1 CONTAI NER	1	90	0	55	0.00	0.00	300.0	0	0.0	3.0	19.0	0.0	0.00	0.00
YOGURT, CHERRY VANILLA, UF ARMS	1 CONTAI NER	1	90	0	50	0.00	0.00	300.0	0	0.0	3.0	19.0	0.0	0.00	0.00
ULTIMATE BREAKFAST ROUND, CINN	1 EACH	1	250	5	220	6.00	0.71	32.7	9	0.0	5.0	44.0	6.0	2.00	0.00
FRUIT,FRESH ASSORTED	1 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*N/A*
MILK,Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK,1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
FRUIT JUICE,100% ASSORTED	4 fl.oz.	1	62	0	9	0.00	0.09	9.8	0	9.0	0.25	15.37	0.0	0.00	0.00
Weighted Daily Average			1699	269	1796	24.47	22.02	1745.7	3267	56.54	59.61	279.15	42.13	17.46	*0.00
% of Calories											14.0%	65.7%	22.3%	9.2%	*0.0%
Nutrient Guideline			400-550		600									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Breakfast Menu

Weighted Values - Detailed

	Portion Size	Reimb Qty	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 ¹ (g)
Friday, Week 2															
6-8 Breakfast Menu	Total	1													
MONKEY BREAD	1	1	225	5	135	3.00	*0.00	*0.0	*64	*0.0	6.0	35.96	6.94	1.93	0.00
CEREAL, BLUEBERRY MUFFIN T OPS	BOWL (10 OZ)	1	120	0	130	1.00	1.80	100.0	500	6.0	1.0	23.0	3.0	0.50	0.00
CEREAL, RAISIN BRAN	BOWL (1 OZ)	1	111	0	210	4.00	2.70	0.0	300	0.0	3.0	27.0	0.0	0.00	0.00
CEREAL, FROSTED MINI WHEAT	BOWL (1 OZ)	1	101	0	0	3.00	7.20	0.0	0	0.0	3.0	23.0	0.0	0.00	0.00
CEREAL, TOASTY O'S	BOWL	1	79	0	150	2.00	6.30	80.0	400	4.8	2.0	17.0	1.0	0.00	0.00
TOAST, WHOLE WHEAT, SARA LEE	SLICE	1	108	10	105	1.50	0.72	125.0	133	0.0	3.5	13.0	4.92	2.83	0.00
YOGURT, PEACH, UPSTATE FARMS	1 CONTAINER	1	90	0	55	0.00	0.00	300.0	0	0.0	3.0	19.0	0.0	0.00	0.00
YOGURT, CHERRY VANILLA, UFA FARMS	1 CONTAINER	1	90	0	50	0.00	0.00	300.0	0	0.0	3.0	19.0	0.0	0.00	0.00
ULTIMATE BREAKFAST ROUND, CINN	1 EACH	1	250	5	220	6.00	0.71	32.7	9	0.0	5.0	44.0	6.0	2.00	0.00
FRUIT, FRESH ASSORTED	1 cup	1	148	0	2	5.97	0.50	33.8	349	35.54	1.77	38.22	0.55	0.11	*N/A*
MILK, Skim	HALF PINT	1	83	5	103	0.00	0.07	298.9	500	0.0	8.26	12.15	0.2	0.14	*N/A*
MILK, 1% Lowfat	HALF PINT	1	102	12	107	0.00	0.07	305.0	478	0.0	8.22	12.18	2.37	1.54	*N/A*
FRUIT JUICE, 100% ASSORTED	4 fl.oz.	1	62	0	9	0.00	0.09	9.8	0	9.0	0.25	15.37	0.0	0.00	0.00
Weighted Daily Average % of Calories			1571	37	1276	26.47	*20.17	*1585.1	*2733	*55.34	48.00 12.2%	298.88 76.1%	24.97 14.3%	9.06 5.2%	*0.00 *0.0%
Nutrient Guideline			400-550		600									<10.00	

No School															
6-8 Breakfast Menu	Total	1													
NO SCHOOL	NO SCHO	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Nutrient Guideline			400-550		600									<10.00	

Weighted Average			1486	*74	1512	23.65	*19.26	*1522.8	*2632	*50.78	45.87 12.3%	273.38 73.6%	26.66 16.1%	10.11 6.1%	*N/A*
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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

6-8 Breakfast Menu

Weighted Values - Detailed

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	Portion Size	Reimb Qty	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 ¹ (g)
Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)							
Calories	1486		400 - 550	270%			936	Correction Required - Calories too High							
Cholesterol (mg)	74				Missing			*Target effective with 2014-2015 School Year!							
Sodium (mg)	1512		600												
Fiber (g)	23.65														
Iron (mg)	19.26				Missing										
Calcium (mg)	1522.8				Missing										
Vitamin A (IU)	2632				Missing										
Vitamin C (mg)	50.78				Missing										
Protein (g)	45.87	12.35%													
Carbohydrate (g)	273.38	73.58%													
Total Fat (g)	26.66	16.15%													
Saturated Fat (g)	10.11	6.12%	<10.00%												
Trans Fat ¹ (g)	*N/A*				Missing										

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