

MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

9-12 Breakfast

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															
9-12 Breakfast	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, UP ARMS	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
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
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			1970	208	2651	28.47	*22.37	*1699.1	*2942	*55.34	64.40	324.20	48.18	19.88	*0.00
% of Calories											13.1%	65.8%	22.0%	9.1%	*0.0%
Nutrient Guideline			450-600		640									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

9-12 Breakfast

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															
9-12 Breakfast	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
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
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			2128	335	3488	27.47	*21.70	*1813.1	*3203	*55.34	70.80	315.57	66.33	29.63	*0.00
% of Calories											13.3%	59.3%	28.0%	12.5%	*0.0%
Nutrient Guideline			450-600		640									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

9-12 Breakfast

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)
Wednesday, Week 1															
9-12 Breakfast	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, 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
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
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
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			2042	193	2682	28.47	*20.93	*1699.1	*2947	*55.34	61.40	355.15	44.18	18.38	*0.00
% of Calories											12.0%	69.6%	19.5%	8.1%	*0.0%
Nutrient Guideline			450-600		640									<10.00	

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Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

9-12 Breakfast

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															
9-12 Breakfast	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															
BISCUIT SAUSAGE CHEESE & E	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
GG															
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			1947	198	2795	28.47	*22.73	*1849.1	*3236	*55.34	66.40	316.24	50.18	20.38	*0.00
% of Calories											13.6%	65.0%	23.2%	9.4%	*0.0%
Nutrient Guideline			450-600		640									<10.00	

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9-12 Breakfast

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)
Friday, Week 1															
9-12 Breakfast	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
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
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			2152	183	2647	28.47	*22.93	*1934.1	*3378	*55.34	62.40	360.15	54.18	20.38	*0.00
% of Calories											11.6%	66.9%	22.7%	8.5%	*0.0%
Nutrient Guideline			450-600		640									<10.00	

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Monday, Week 2															
9-12 Breakfast	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															
BISCUIT SAUSAGE CHEESE & E	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
GG															
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			1947	198	2795	28.47	*22.73	*1849.1	*3236	*55.34	66.40	316.24	50.18	20.38	*0.00
% of Calories											13.6%	65.0%	23.2%	9.4%	*0.0%
Nutrient Guideline			450-600		640									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

9-12 Breakfast

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 2															
9-12 Breakfast	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
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
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			2028	*224	2526	28.92	*22.48	*1749.4	*3210	*60.28	60.93	328.00	56.02	23.25	*0.00
% of Calories											12.0%	64.7%	24.9%	10.3%	*0.0%
Nutrient Guideline			450-600		640									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

9-12 Breakfast

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															
9-12 Breakfast	Total	1													
BISCUIT WITH GRAVY	BSCT& 1/2C GRAV BOWL (10 OZ)	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 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 ARMS	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
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
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			1997	183	3365	27.47	*20.93	*1739.1	*2936	*55.34	60.40	325.24	51.18	23.38	*0.00
% of Calories											12.1%	65.2%	23.1%	10.5%	*0.0%
Nutrient Guideline			450-600		640									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

9-12 Breakfast

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															
9-12 Breakfast	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	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
BISCUIT SAUSAGE CHEESE & E GG	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
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			2090	421	2969	26.47	*22.79	*1859.7	*3534	*56.54	74.01	305.48	66.28	28.71	*0.00
% of Calories											14.2%	58.5%	28.5%	12.4%	*0.0%
Nutrient Guideline			450-600		640									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

9-12 Breakfast

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															
9-12 Breakfast	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, 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
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
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			1962	188	2450	28.47	*20.93	*1699.1	*3000	*55.34	62.40	325.21	49.11	20.31	*0.00
% of Calories											12.7%	66.3%	22.5%	9.3%	*0.0%
Nutrient Guideline			450-600		640									<10.00	

No School															
9-12 Breakfast	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			*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*
% of Calories											*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*
Nutrient Guideline			450-600		640									<10.00	

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MCVSD 51

Cycle No. 1 thru Cycle No. 28

Base Menu Spreadsheet

9-12 Breakfast

Weighted Values - Detailed

Page 11

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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)
Weighted Average			1842	*212	2579	25.47	*19.96	*1626.4	*2875	*50.78	58.96 12.8%	297.32 64.6%	48.62 23.8%	20.33 9.9%	*N/A*

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1842		450 - 600	307%			1242	Correction Required - Calories too High *Target effective with 2014-2015 School Year!
Cholesterol (mg)	212				Missing			
Sodium (mg)	2579		640					
Fiber (g)	25.47							
Iron (mg)	19.96				Missing			
Calcium (mg)	1626.4				Missing			
Vitamin A (IU)	2875				Missing			
Vitamin C (mg)	50.78				Missing			
Protein (g)	58.96	12.80%						
Carbohydrate (g)	297.32	64.56%						
Total Fat (g)	48.62	23.75%						
Saturated Fat (g)	20.33	9.93%	<10.00%					
Trans Fat ¹ (g)	*N/A*				Missing			

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