

# Millard Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

K-5 BREAKFAST NEBRASKA

Generated on: 4/19/2017 9:27:42 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 05/01/2017				
K-5 BREAKFAST NEBRASKA	Total			
FRENCH TOAST: WG MINI CINNAMON	1 EACH	220	37.0	7.0
CEREAL BAR TRIX	1 BAR	151	30.19	3.02
CEREAL BAR CINN TOAST CRUNCH	1 BAR	151	30.19	3.02
CEREAL BAR COCOA PUFFS	1.42 OZ BAR	151	30.19	3.02
CEREAL COLD APPLE JACKS	1 bowl	111	24.3	1.01
CEREAL COLD CHEERIOS	1 bowl	101	20.25	2.03
CEREAL COLD CINNAMON FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD CINN. TOAST CRUNCH	1 bowl	110	22.0	3.0
CEREAL COLD COCOA PUFFS	1 bowl	110	25.0	1.5
CEREAL COLD FROSTED FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD FROOT LOOPS	1 bowl	110	24.0	1.0
CEREAL COLD RICE KRISPIES	1 bowl	100	23.0	0.5
CEREAL COLD TRIX	1 bowl	110	24.0	1.0
BREAD: WG TOAST (1G)	1 toast	83	13.33	2.67
PEARS: DICED CND	1/2 CUP	60	14.02	0.0
APPLE: 125-138ct	1 EACH	58	15.41	0.19
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
Weighted Daily Average		427	79.14	7.15
% of Calories			74.2%	15.1%
Nutrient Guideline		350-500		

Tue - 05/02/2017				
K-5 BREAKFAST NEBRASKA	Total			
SAND BRKFST:CROI, BACN,EGG&CHZ	1 EACH	338	14.82	24.03
DONUT: MINI POWDERED	package	270	41.0	11.0
DONUT: MINI CHOCOLATE	package	320	41.0	15.0
CEREAL BAR CINN TOAST CRUNCH	1 BAR	151	30.19	3.02
CEREAL BAR TRIX	1 BAR	151	30.19	3.02
CEREAL BAR COCOA PUFFS	1.42 OZ BAR	151	30.19	3.02
CEREAL COLD APPLE JACKS	1 bowl	111	24.3	1.01
CEREAL COLD CHEERIOS	1 bowl	101	20.25	2.03
CEREAL COLD CINNAMON FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD CINN. TOAST CRUNCH	1 bowl	110	22.0	3.0
CEREAL COLD COCOA PUFFS	1 bowl	110	25.0	1.5
CEREAL COLD FROSTED FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD FROOT LOOPS	1 bowl	110	24.0	1.0
CEREAL COLD RICE KRISPIES	1 bowl	100	23.0	0.5
CEREAL COLD TRIX	1 bowl	110	24.0	1.0
CHEESE STRING	1 stick	80	1.0	6.0
BLUEBERRIES: FRZ	1/2 CUP	40	9.67	0.51
JUICE: APPLE 100% 4 oz Suncup	1 EACH	50	13.0	0.0
JUICE: GRAPE 100% 4 oz Suncup	1 EACH	80	19.0	0.0
JUICE ORANGE 100%	4 oz cup	60	14.0	0.0
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5

\*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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# Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

K-5 BREAKFAST NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Weighted Daily Average		514	77.10	15.67
% of Calories			60.0%	27.5%
Nutrient Guideline		350-500		

Wed - 05/03/2017				
K-5 BREAKFAST NEBRASKA	Total			
BRKFST BOAT BACON	3.19 OZ BOAT	210	25.0	8.0
BRKFST BOAT SAUSAGE	3.21 OZ BOAT	200	26.0	7.0
CEREAL BAR TRIK	1 BAR	151	30.19	3.02
CEREAL BAR CINN TOAST CRUNCH	1 BAR	151	30.19	3.02
CEREAL BAR COCOA PUFFS	1.42 OZ BAR	151	30.19	3.02
CEREAL COLD APPLE JACKS	1 bowl	111	24.3	1.01
CEREAL COLD CHEERIOS	1 bowl	101	20.25	2.03
CEREAL COLD CINNAMON FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD CINN. TOAST CRUNCH	1 bowl	110	22.0	3.0
CEREAL COLD COCOA PUFFS	1 bowl	110	25.0	1.5
CEREAL COLD FROSTED FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD FROOT LOOPS	1 bowl	110	24.0	1.0
CEREAL COLD RICE KRISPIES	1 bowl	100	23.0	0.5
CEREAL COLD TRIK	1 bowl	110	24.0	1.0
BREAD: WG TOAST (1G)	1 toast	83	13.33	2.67
CONDIMENT: JELLY	INDV CUP	18	4.5	0.0
APPLESAUCE CND	1/2 cup	50	13.0	0.0
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
APPLE: 125-138ct	1 EACH	58	15.41	0.19
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
Weighted Daily Average		442	78.24	7.77
% of Calories			70.8%	15.8%
Nutrient Guideline		350-500		

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

K-5 BREAKFAST NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 05/04/2017				
K-5 BREAKFAST NEBRASKA	Total			
DONUT: GLAZED RING	1 EACH	314	37.74	16.1
CEREAL BAR TRIX	1 BAR	151	30.19	3.02
CEREAL BAR CINN TOAST CRUNCH	1 BAR	151	30.19	3.02
CEREAL BAR COCOA PUFFS	1.42 OZ BAR	151	30.19	3.02
CEREAL COLD APPLE JACKS	1 bowl	111	24.3	1.01
CEREAL COLD CHEERIOS	1 bowl	101	20.25	2.03
CEREAL COLD CINNAMON FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD CINN. TOAST CRUNCH	1 bowl	110	22.0	3.0
CEREAL COLD COCOA PUFFS	1 bowl	110	25.0	1.5
CEREAL COLD FROSTED FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD FROOT LOOPS	1 bowl	110	24.0	1.0
CEREAL COLD RICE KRISPIES	1 bowl	100	23.0	0.5
CEREAL COLD TRIX	1 bowl	110	24.0	1.0
CHEESE STRING	1 stick	80	1.0	6.0
PEACHES DICED CND	1/2 CUP	50	11.99	0.0
JUICE: APPLE 100% 4 oz Suncup	1 EACH	50	13.0	0.0
JUICE: GRAPE 100% 4 oz Suncup	1 EACH	80	19.0	0.0
JUICE ORANGE 100%	4 oz cup	60	14.0	0.0
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
Weighted Daily Average		441	70.68	11.10
% of Calories			64.1%	22.7%
Nutrient Guideline		350-500		

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Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

K-5 BREAKFAST NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 05/05/2017				
K-5 BREAKFAST NEBRASKA	Total			
WAFFLE: DUTCH WG 5 7/48ct.	EACJ (83G)	386	66.21	13.23
CRACKER GRAHAM:1pk	1 pkg	86	15.27	2.39
YOGURT TRIPLE CHERRY	4 oz yogurt	100	20.0	0.5
YOGURT RASPBERRY RAINBOW	1 EACH	100	20.0	0.5
YOGURT STRAW-BANANA	4 oz yogurt	60	11.0	0.0
CEREAL BAR CINN TOAST CRUNCH	1 BAR	151	30.19	3.02
CEREAL BAR TRIX	1 BAR	151	30.19	3.02
CEREAL BAR COCOA PUFFS	1.42 OZ BAR	151	30.19	3.02
CEREAL COLD APPLE JACKS	1 bowl	111	24.3	1.01
CEREAL COLD CHEERIOS	1 bowl	101	20.25	2.03
CEREAL COLD CINNAMON FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD CINN. TOAST CRUNCH	1 bowl	110	22.0	3.0
CEREAL COLD COCOA PUFFS	1 bowl	110	25.0	1.5
CEREAL COLD FROSTED FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD FROOT LOOPS	1 bowl	110	24.0	1.0
CEREAL COLD RICE KRISPIES	1 bowl	100	23.0	0.5
CEREAL COLD TRIX	1 bowl	110	24.0	1.0
CHEESE STRING	1 stick	80	1.0	6.0
STRAWBERRIES: SLICED SWEETENED	1/2 CUP	133	37.85	0.0
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
APPLE: 125-138ct	1 EACH	58	15.41	0.19
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
Weighted Daily Average		603	114.30	12.53
% of Calories			75.9%	18.7%
Nutrient Guideline		350-500		

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Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

K-5 BREAKFAST NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 05/08/2017				
K-5 BREAKFAST NEBRASKA	Total			
PIZZA:WG BRKFT BACON SCRAMBLE	1 EACH	210	23.0	9.0
PIZZA:WG BRKFT TURKEY SAUSAGE	1 EACH	210	27.0	8.0
CEREAL BAR TRIX	1 BAR	151	30.19	3.02
CEREAL BAR CINN TOAST CRUNCH	1 BAR	151	30.19	3.02
CEREAL BAR COCOA PUFFS	1.42 OZ BAR	151	30.19	3.02
CEREAL COLD APPLE JACKS	1 bowl	111	24.3	1.01
CEREAL COLD CHEERIOS	1 bowl	101	20.25	2.03
CEREAL COLD CINNAMON FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD CINN. TOAST CRUNCH	1 bowl	110	22.0	3.0
CEREAL COLD COCOA PUFFS	1 bowl	110	25.0	1.5
CEREAL COLD FROSTED FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD FROOT LOOPS	1 bowl	110	24.0	1.0
CEREAL COLD RICE KRISPIES	1 bowl	100	23.0	0.5
CEREAL COLD TRIX	1 bowl	110	24.0	1.0
CHEESE STRING	1 stick	80	1.0	6.0
ORANGE MANDARIN CND	1/2 CUP	54	12.52	0.0
APPLE: 125-138ct	1 EACH	58	15.41	0.19
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
Weighted Daily Average		444	73.78	9.35
% of Calories			66.5%	19.0%
Nutrient Guideline		350-500		

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Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

K-5 BREAKFAST NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 05/09/2017				
K-5 BREAKFAST NEBRASKA	Total			
SAND BRKFST:CROISSANT, EGG&CHZ	1 EACH	228	14.56	14.29
DONUT: MINI POWDERED	package	270	41.0	11.0
DONUT: MINI CHOCOLATE	package	320	41.0	15.0
CEREAL BAR CINN TOAST CRUNCH	1 BAR	151	30.19	3.02
CEREAL BAR TRIX	1 BAR	151	30.19	3.02
CEREAL BAR COCOA PUFFS	1.42 OZ BAR	151	30.19	3.02
CEREAL COLD APPLE JACKS	1 bowl	111	24.3	1.01
CEREAL COLD CHEERIOS	1 bowl	101	20.25	2.03
CEREAL COLD CINNAMON FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD CINN. TOAST CRUNCH	1 bowl	110	22.0	3.0
CEREAL COLD COCOA PUFFS	1 bowl	110	25.0	1.5
CEREAL COLD FROSTED FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD FROOT LOOPS	1 bowl	110	24.0	1.0
CEREAL COLD RICE KRISPIES	1 bowl	100	23.0	0.5
CEREAL COLD TRIX	1 bowl	110	24.0	1.0
BREAD: WG TOAST (1G)	1 toast	83	13.33	2.67
CONDIMENT: JELLY	INDV CUP	18	4.5	0.0
PEARS: DICED CND	1/2 CUP	60	14.02	0.0
JUICE: APPLE 100% 4 oz Suncup	1 EACH	50	13.0	0.0
JUICE: GRAPE 100% 4 oz Suncup	1 EACH	80	19.0	0.0
JUICE ORANGE 100%	4 oz cup	60	14.0	0.0
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
Weighted Daily Average		513	84.10	13.11
% of Calories			65.5%	23.0%
Nutrient Guideline		350-500		

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### Portion Values - Detailed

May 1, 2017 thru May 25, 2017

K-5 BREAKFAST NEBRASKA

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/10/2017				
K-5 BREAKFAST NEBRASKA	Total			
CINNAMON MINI BAGELS	Package	240	41.0	6.0
STRAWBERRY MINI BAGELS	Package	230	41.0	6.0
CEREAL BAR TRIKX	1 BAR	151	30.19	3.02
CEREAL BAR CINN TOAST CRUNCH	1 BAR	151	30.19	3.02
CEREAL BAR COCOA PUFFS	1.42 OZ BAR	151	30.19	3.02
CEREAL COLD APPLE JACKS	1 bowl	111	24.3	1.01
CEREAL COLD CHEERIOS	1 bowl	101	20.25	2.03
CEREAL COLD CINNAMON FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD CINN. TOAST CRUNCH	1 bowl	110	22.0	3.0
CEREAL COLD COCOA PUFFS	1 bowl	110	25.0	1.5
CEREAL COLD FROSTED FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD FROOT LOOPS	1 bowl	110	24.0	1.0
CEREAL COLD RICE KRISPIES	1 bowl	100	23.0	0.5
CEREAL COLD TRIKX	1 bowl	110	24.0	1.0
CHEESE STRING	1 stick	80	1.0	6.0
APPLESAUCE CND	1/2 cup	50	13.0	0.0
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
APPLE: 125-138ct	1 EACH	58	15.41	0.19
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
Weighted Daily Average		452	82.66	7.85
% of Calories			73.1%	15.6%
Nutrient Guideline		350-500		

Thu - 05/11/2017				
K-5 BREAKFAST NEBRASKA	Total			
DONUT: GLAZED RING	1 EACH	314	37.74	16.1
CEREAL BAR CINN TOAST CRUNCH	1 BAR	151	30.19	3.02
CEREAL BAR COCOA PUFFS	1.42 OZ BAR	151	30.19	3.02
CEREAL BAR TRIKX	1 BAR	151	30.19	3.02
BREAD: WG TOAST (1G)	1 toast	83	13.33	2.67
CONDIMENT: JELLY	INDV CUP	18	4.5	0.0
CEREAL COLD APPLE JACKS	1 bowl	111	24.3	1.01
CEREAL COLD CHEERIOS	1 bowl	101	20.25	2.03
CEREAL COLD CINNAMON FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD CINN. TOAST CRUNCH	1 bowl	110	22.0	3.0
CEREAL COLD COCOA PUFFS	1 bowl	110	25.0	1.5
CEREAL COLD FROSTED FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD FROOT LOOPS	1 bowl	110	24.0	1.0
CEREAL COLD RICE KRISPIES	1 bowl	100	23.0	0.5
CEREAL COLD TRIKX	1 bowl	110	24.0	1.0
BLUEBERRIES: FRZ	1/2 CUP	40	9.67	0.51
JUICE: APPLE 100% 4 oz Suncup	1 EACH	50	13.0	0.0
JUICE: GRAPE 100% 4 oz Suncup	1 EACH	80	19.0	0.0
JUICE ORANGE 100%	4 oz cup	60	14.0	0.0
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5

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May 1, 2017 thru May 25, 2017

K-5 BREAKFAST NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Weighted Daily Average		498	78.16	14.50
% of Calories			62.8%	26.2%
Nutrient Guideline		350-500		

Fri - 05/12/2017				
K-5 BREAKFAST NEBRASKA	Total			
BREAD: CINNAMON ROLL SML (1.25	1 ROLL	107	22.9	0.55
BREAD: CINNAMON ROLL SML (1.25	1 ROLL	107	22.9	0.55
CEREAL BAR CINN TOAST CRUNCH	1 BAR	151	30.19	3.02
CEREAL BAR TRIX	1 BAR	151	30.19	3.02
CEREAL BAR COCOA PUFFS	1.42 OZ BAR	151	30.19	3.02
CHEESE STRING	1 stick	80	1.0	6.0
CEREAL COLD APPLE JACKS	1 bowl	111	24.3	1.01
CEREAL COLD CHEERIOS	1 bowl	101	20.25	2.03
CEREAL COLD CINNAMON FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD CINN. TOAST CRUNCH	1 bowl	110	22.0	3.0
CEREAL COLD COCOA PUFFS	1 bowl	110	25.0	1.5
CEREAL COLD FROSTED FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD FROOT LOOPS	1 bowl	110	24.0	1.0
CEREAL COLD RICE KRISPIES	1 bowl	100	23.0	0.5
CEREAL COLD TRIX	1 bowl	110	24.0	1.0
FRUIT MIX CND	1/2 CUP	61	13.13	0.0
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
APPLE: 125-138ct	1 EACH	58	15.41	0.19
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
Weighted Daily Average		452	87.22	4.99
% of Calories			77.1%	9.9%
Nutrient Guideline		350-500		

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# Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

K-5 BREAKFAST NEBRASKA

Generated on: 4/19/2017 9:27:42 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
<b>Mon - 05/15/2017</b>				
K-5 BREAKFAST NEBRASKA	Total			
WAFFLE: DUTCH WG 5 7/48ct.	EACJ (83G)	386	66.21	13.23
CEREAL BAR CINN TOAST CRUNCH	1 BAR	151	30.19	3.02
CEREAL BAR TRIX	1 BAR	151	30.19	3.02
CEREAL BAR COCOA PUFFS	1.42 OZ BAR	151	30.19	3.02
CEREAL COLD APPLE JACKS	1 bowl	111	24.3	1.01
CEREAL COLD CHEERIOS	1 bowl	101	20.25	2.03
CEREAL COLD CINNAMON FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD CINN. TOAST CRUNCH	1 bowl	110	22.0	3.0
CEREAL COLD COCOA PUFFS	1 bowl	110	25.0	1.5
CEREAL COLD FROSTED FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD FROOT LOOPS	1 bowl	110	24.0	1.0
CEREAL COLD RICE KRISPIES	1 bowl	100	23.0	0.5
CEREAL COLD TRIX	1 bowl	110	24.0	1.0
BREAD: WG TOAST (1G)	1 toast	83	13.33	2.67
CONDIMENT: JELLY	INDV CUP	18	4.5	0.0
PINEAPPLE TIDBITS CND	1/2 CUP	62	15.39	0.0
APPLE: 125-138ct	1 EACH	58	15.41	0.19
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
Weighted Daily Average		574	108.21	11.66
% of Calories			75.4%	18.3%
Nutrient Guideline		350-500		

<b>Tue - 05/16/2017</b>				
K-5 BREAKFAST NEBRASKA	Total			
DONUT: MINI CHOCOLATE	package	320	41.0	15.0
DONUT: MINI POWDERED	package	270	41.0	11.0
CEREAL BAR CINN TOAST CRUNCH	1 BAR	151	30.19	3.02
CEREAL BAR TRIX	1 BAR	151	30.19	3.02
CEREAL BAR COCOA PUFFS	1.42 OZ BAR	151	30.19	3.02
CEREAL COLD APPLE JACKS	1 bowl	111	24.3	1.01
CEREAL COLD CHEERIOS	1 bowl	101	20.25	2.03
CEREAL COLD CINNAMON FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD CINN. TOAST CRUNCH	1 bowl	110	22.0	3.0
CEREAL COLD COCOA PUFFS	1 bowl	110	25.0	1.5
CEREAL COLD FROSTED FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD FROOT LOOPS	1 bowl	110	24.0	1.0
CEREAL COLD RICE KRISPIES	1 bowl	100	23.0	0.5
CEREAL COLD TRIX	1 bowl	110	24.0	1.0
CHEESE STRING	1 stick	80	1.0	6.0
BLUEBERRIES: FRZ	1/2 CUP	40	9.67	0.51
JUICE: APPLE 100% 4 oz Suncup	1 EACH	50	13.0	0.0
JUICE: GRAPE 100% 4 oz Suncup	1 EACH	80	19.0	0.0
JUICE ORANGE 100%	4 oz cup	60	14.0	0.0
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5

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# Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

K-5 BREAKFAST NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Weighted Daily Average		491	79.65	12.95
% of Calories			64.9%	23.8%
Nutrient Guideline		350-500		

Wed - 05/17/2017				
K-5 BREAKFAST NEBRASKA	Total			
BRKFST BOAT BACON	3.19 OZ BOAT	210	25.0	8.0
BRKFST BOAT SAUSAGE	3.21 OZ BOAT	200	26.0	7.0
CEREAL BAR CINN TOAST CRUNCH	1 BAR	151	30.19	3.02
CEREAL BAR TRIX	1 BAR	151	30.19	3.02
CEREAL BAR COCOA PUFFS	1.42 OZ BAR	151	30.19	3.02
BREAD: WG TOAST (1G)	1 toast	83	13.33	2.67
CONDIMENT: JELLY	INDV CUP	18	4.5	0.0
CEREAL COLD APPLE JACKS	1 bowl	111	24.3	1.01
CEREAL COLD CHEERIOS	1 bowl	101	20.25	2.03
CEREAL COLD CINNAMON FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD CINN. TOAST CRUNCH	1 bowl	110	22.0	3.0
CEREAL COLD COCOA PUFFS	1 bowl	110	25.0	1.5
CEREAL COLD FROSTED FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD FROOT LOOPS	1 bowl	110	24.0	1.0
CEREAL COLD RICE KRISPIES	1 bowl	100	23.0	0.5
CEREAL COLD TRIX	1 bowl	110	24.0	1.0
STRAWBERRIES: WHOLE UNSWEETNED	1/2 CUP	27	6.99	0.08
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
APPLE: 125-138ct	1 EACH	58	15.41	0.19
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
Weighted Daily Average		399	68.34	7.45
% of Calories			68.5%	16.8%
Nutrient Guideline		350-500		

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# Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

K-5 BREAKFAST NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 05/18/2017				
K-5 BREAKFAST NEBRASKA	Total			
SAND BRKFST: SAUSAGE PANCAKE	1 EACH	220	27.33	8.0
DONUT: GLAZED RING	1 EACH	314	37.74	16.1
CEREAL BAR CINN TOAST CRUNCH	1 BAR	151	30.19	3.02
CEREAL BAR TRIX	1 BAR	151	30.19	3.02
CEREAL BAR COCOA PUFFS	1.42 OZ BAR	151	30.19	3.02
CEREAL COLD APPLE JACKS	1 bowl	111	24.3	1.01
CEREAL COLD CHEERIOS	1 bowl	101	20.25	2.03
CEREAL COLD CINNAMON FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD CINN. TOAST CRUNCH	1 bowl	110	22.0	3.0
CEREAL COLD COCOA PUFFS	1 bowl	110	25.0	1.5
CEREAL COLD FROSTED FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD FROOT LOOPS	1 bowl	110	24.0	1.0
CEREAL COLD RICE KRISPIES	1 bowl	100	23.0	0.5
CEREAL COLD TRIX	1 bowl	110	24.0	1.0
CHEESE STRING	1 stick	80	1.0	6.0
ORANGE MANDARIN CND	1/2 CUP	54	12.52	0.0
JUICE: APPLE 100% 4 oz Suncup	1 EACH	50	13.0	0.0
JUICE: GRAPE 100% 4 oz Suncup	1 EACH	80	19.0	0.0
JUICE ORANGE 100%	4 oz cup	60	14.0	0.0
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
Weighted Daily Average		519	79.86	15.12
% of Calories			61.5%	26.2%
Nutrient Guideline		350-500		

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# Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

May 1, 2017 thru May 25, 2017

K-5 BREAKFAST NEBRASKA

Generated on: 4/19/2017 9:27:42 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 05/19/2017				
K-5 BREAKFAST NEBRASKA	Total			
FRUDEL APPLE	1 package	210	35.96	5.99
FRUDEL CHERRY	1 package	210	36.95	5.99
CRACKER GRAHAM:2pk	2 pkg	172	30.55	4.77
YOGURT RASPBERRY RAINBOW	1 EACH	100	20.0	0.5
YOGURT TRIPLE CHERRY	4 oz yogurt	100	20.0	0.5
YOGURT STRAW-BANANA	4 oz yogurt	60	11.0	0.0
CEREAL BAR CINN TOAST CRUNCH	1 BAR	151	30.19	3.02
CEREAL BAR COCOA PUFFS	1.42 OZ BAR	151	30.19	3.02
CEREAL BAR TRIX	1 BAR	151	30.19	3.02
CEREAL COLD APPLE JACKS	1 bowl	111	24.3	1.01
CEREAL COLD CHEERIOS	1 bowl	101	20.25	2.03
CEREAL COLD CINNAMON FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD CINN. TOAST CRUNCH	1 bowl	110	22.0	3.0
CEREAL COLD COCOA PUFFS	1 bowl	110	25.0	1.5
CEREAL COLD FROSTED FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD FROOT LOOPS	1 bowl	110	24.0	1.0
CEREAL COLD RICE KRISPIES	1 bowl	100	23.0	0.5
CEREAL COLD TRIX	1 bowl	110	24.0	1.0
CHEESE STRING	1 stick	80	1.0	6.0
FRUIT MIX CND	1/2 CUP	61	13.13	0.0
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
APPLE: 125-138ct	1 EACH	58	15.41	0.19
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
Weighted Daily Average		465	86.32	6.80
% of Calories			74.2%	13.2%
Nutrient Guideline		350-500		

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# Millard Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

K-5 BREAKFAST NEBRASKA

Generated on: 4/19/2017 9:27:42 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
<b>Mon - 05/22/2017</b>				
K-5 BREAKFAST NEBRASK	Total			
WAFFLES MINI MAPLE	1 package	200	34.93	4.99
CEREAL BAR CINN TOAST CRUNCH	1 BAR	151	30.19	3.02
CEREAL BAR TRIX	1 BAR	151	30.19	3.02
CEREAL BAR COCOA PUFFS	1.42 OZ BAR	151	30.19	3.02
CHEESE STRING	1 stick	80	1.0	6.0
CEREAL COLD APPLE JACKS	1 bowl	111	24.3	1.01
CEREAL COLD CHEERIOS	1 bowl	101	20.25	2.03
CEREAL COLD CINNAMON FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD CINN. TOAST CRUNCH	1 bowl	110	22.0	3.0
CEREAL COLD COCOA PUFFS	1 bowl	110	25.0	1.5
CEREAL COLD FROSTED FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD FROOT LOOPS	1 bowl	110	24.0	1.0
CEREAL COLD RICE KRISPIES	1 bowl	100	23.0	0.5
CEREAL COLD TRIX	1 bowl	110	24.0	1.0
PEARS: DICED CND	1/2 CUP	60	14.02	0.0
APPLE: 125-138ct	1 EACH	58	15.41	0.19
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
Weighted Daily Average		461	84.93	7.71
% of Calories			73.7%	15.0%
Nutrient Guideline		350-500		

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
<b>Tue - 05/23/2017</b>				
K-5 BREAKFAST NEBRASK	Total			
DONUT: GLAZED RING	1 EACH	314	37.74	16.1
CEREAL BAR CINN TOAST CRUNCH	1 BAR	151	30.19	3.02
CEREAL BAR TRIX	1 BAR	151	30.19	3.02
CEREAL BAR COCOA PUFFS	1.42 OZ BAR	151	30.19	3.02
CEREAL COLD APPLE JACKS	1 bowl	111	24.3	1.01
CEREAL COLD CHEERIOS	1 bowl	101	20.25	2.03
CEREAL COLD CINNAMON FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD COCOA PUFFS	1 bowl	110	25.0	1.5
CEREAL COLD CINN. TOAST CRUNCH	1 bowl	110	22.0	3.0
CEREAL COLD FROSTED FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD FROOT LOOPS	1 bowl	110	24.0	1.0
CEREAL COLD RICE KRISPIES	1 bowl	100	23.0	0.5
CEREAL COLD TRIX	1 bowl	110	24.0	1.0
BREAD: WG TOAST (1G)	1 toast	83	13.33	2.67
CONDIMENT: JELLY	INDV CUP	18	4.5	0.0
PEACH: FRZ DICED CUP 4.4oz	4 oz CUPS	80	18.96	0.0
JUICE ORANGE 100%	4 oz cup	60	14.0	0.0
JUICE: APPLE 100% 4 oz Suncup	1 EACH	50	13.0	0.0
JUICE: GRAPE 100% 4 oz Suncup	1 EACH	80	19.0	0.0
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5

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# Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

K-5 BREAKFAST NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories		376	65.77 69.9%	7.00 16.7%
Nutrient Guideline		350-500		

Wed - 05/24/2017				
K-5 BREAKFAST NEBRASKA	Total			
PIZZA:WG BRKFT BACON SCRAMBLE	1 EACH	210	23.0	9.0
PIZZA:WG BRKFT TURKEY SAUSAGE	1 EACH	210	27.0	8.0
CEREAL BAR CINN TOAST CRUNCH	1 BAR	151	30.19	3.02
CEREAL BAR TRIX	1 BAR	151	30.19	3.02
CEREAL BAR COCOA PUFFS	1.42 OZ BAR	151	30.19	3.02
CEREAL COLD APPLE JACKS	1 bowl	111	24.3	1.01
CEREAL COLD CHEERIOS	1 bowl	101	20.25	2.03
CEREAL COLD CINNAMON FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD CINN. TOAST CRUNCH	1 bowl	110	22.0	3.0
CEREAL COLD COCOA PUFFS	1 bowl	110	25.0	1.5
CEREAL COLD FROSTED FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD FROOT LOOPS	1 bowl	110	24.0	1.0
CEREAL COLD RICE KRISPIES	1 bowl	100	23.0	0.5
CEREAL COLD TRIX	1 bowl	110	24.0	1.0
CHEESE STRING	1 stick	80	1.0	6.0
APPLESAUCE CND	1/2 cup	50	13.0	0.0
BANANAS REGULAR:100-120ct	1 EACH	121	31.06	0.45
APPLE: 125-138ct	1 EACH	58	15.41	0.19
ORANGE WHOLE:138ct	1 EACH	63	15.66	0.16
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
Weighted Daily Average % of Calories		441	74.85 67.9%	9.31 19.0%
Nutrient Guideline		350-500		

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# Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

K-5 BREAKFAST NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 05/25/2017				
K-5 BREAKFAST NEBRASKA	Total			
CEREAL BAR CINN TOAST CRUNCH	1 BAR	151	30.19	3.02
CEREAL BAR TRIX	1 BAR	151	30.19	3.02
CEREAL BAR COCOA PUFFS	1.42 OZ BAR	151	30.19	3.02
CEREAL COLD APPLE JACKS	1 bowl	111	24.3	1.01
CEREAL COLD CHEERIOS	1 bowl	101	20.25	2.03
CEREAL COLD CINNAMON FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD CINN. TOAST CRUNCH	1 bowl	110	22.0	3.0
CEREAL COLD COCOA PUFFS	1 bowl	110	25.0	1.5
CEREAL COLD FROSTED FLAKES	1 bowl	100	24.0	0.0
CEREAL COLD FROOT LOOPS	1 bowl	110	24.0	1.0
CEREAL COLD RICE KRISPIES	1 bowl	100	23.0	0.5
CEREAL COLD TRIX	1 bowl	110	24.0	1.0
CHEESE STRING	1 stick	80	1.0	6.0
BLUEBERRIES: FRZ	1/2 CUP	40	9.67	0.51
JUICE: APPLE 100% 4 oz Suncup	1 EACH	50	13.0	0.0
JUICE: GRAPE 100% 4 oz Suncup	1 EACH	80	19.0	0.0
JUICE ORANGE 100%	4 oz cup	60	14.0	0.0
MILK: SKIM WHITE, LAND O LAKES	1 EACH	90	13.0	0.0
MILK: 1% LOWFAT, LAND O LAKES	1 EACH	110	13.0	2.5
MILK: CHOCOLATE SKIM, TRUMOO	1 EACH	120	20.0	0.0
MILK: SOY VANILLA CREAMY PEARL	1 EACH	110	11.0	3.5
Weighted Daily Average		283	52.70	2.75
% of Calories			74.5%	8.8%
Nutrient Guideline		350-500		

Weighted Average		463	80.32 69.4%	9.73 18.9%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	463		350 - 500	100%				
Carbohydrate (g)	80.32	69.40%						
Total Fat (g)	9.73	18.91%						

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.