

# Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

May 1, 2017 thru May 25, 2017

6-8 BREAKFAST NEBRASKA

Generated on: 4/19/2017 9:30:06 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 05/01/2017				
6-8 BREAKFAST NEBRASKA	Total			
FRENCH TOAST STICKS:2.5G	4 sticks	302	43.23	13.07
SAND BRKFST:CROISSANT, HAM&EGG	1 EACH	214	16.39	10.65
BRKFST BAR NUTRIGRAIN STRAW	1 bar	160	28.96	3.99
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
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
CEREAL HONEY NUT CHEX	1 EACH	120	27.0	1.0
CHEESE STRING	1 stick	80	1.0	6.0
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
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		498	80.57	12.72
% of Calories			64.7%	23.0%
Nutrient Guideline		400-550		

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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6-8 BREAKFAST NEBRASKA

Generated on: 4/19/2017 9:30:06 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 05/02/2017				
6-8 BREAKFAST NEBRASKA	Total			
ROLL MINI CINNIS IW	1 pkg	240	39.95	7.99
SAND BRKFST:ENG MUFFIN EGG&CHZ	1 EACH	240	23.99	10.5
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 CHEX HONEY NUT	1 bowl	124	27.9	0.52
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
APPLESAUCE CND	1/2 cup	50	13.0	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		488	82.75	11.85
% of Calories			67.8%	21.8%
Nutrient Guideline		400-550		

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6-8 BREAKFAST NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/03/2017				
6-8 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
SAND BRKFST:SAUSAGE PANCAKE	1 EACH	220	27.33	8.0
BREAD: TOASTED WW BAGEL: K12	1 BAGEL	180	38.0	1.0
CONDIMENT: CREAM CHEESE LIGHT	INDV CUP	60	2.0	5.0
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 CHEX HONEY NUT	1 bowl	124	27.9	0.52
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
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
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		419	67.27	8.62
% of Calories			64.2%	18.5%
Nutrient Guideline		400-550		

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6-8 BREAKFAST NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 05/04/2017				
6-8 BREAKFAST NEBRASKA	Total			
SAND BRKFST:CROI, BACN,EGG&CHZ	1 EACH	338	14.82	24.03
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
CEREAL HONEY NUT CHEX	1 EACH	120	27.0	1.0
BREAD: WG TOAST (1G)	1 toast	83	13.33	2.67
CONDIMENT: JELLY	INDV CUP	18	4.5	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
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		396	64.24	9.56
% of Calories			64.9%	21.7%
Nutrient Guideline		400-550		

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May 1, 2017 thru May 25, 2017

6-8 BREAKFAST NEBRASKA

Generated on: 4/19/2017 9:30:06 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 05/05/2017				
6-8 BREAKFAST NEBRASKA	Total			
WAFFLE: DUTCH WG 5 7/48ct.	EACJ (83G)	386	66.21	13.23
PIZZA:WG BRKFT TURKEY SAUSAGE	1 EACH	210	27.0	8.0
PIZZA:WG BRKFT BACON SCRAMBLE	1 EACH	210	23.0	9.0
MUFFIN: IW DOUBLE CHOC. 2oz	1 muffin	190	32.0	6.0
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
CEREAL HONEY NUT CHEX	1 EACH	120	27.0	1.0
CHEESE STRING	1 stick	80	1.0	6.0
STRAWBERRIES: SLICED SWEETENED	1/2 CUP	133	37.85	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		645	127.47	12.40
% of Calories			79.0%	17.3%
Nutrient Guideline		400-550		

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6-8 BREAKFAST NEBRASKA

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 05/08/2017				
6-8 BREAKFAST NEBRASKA	Total			
FRENCH TOAST: WG MINI CINNAMON	1 EACH	220	37.0	7.0
SAND BRKFST: BAGEL, TURKEY&SWIS	1 EACH	303	38.92	7.67
BREAD: TOASTED WW BAGEL: K12	1 BAGEL	180	38.0	1.0
CONDIMENT: CREAM CHEESE LIGHT	INDV CUP	60	2.0	5.0
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 CHEX HONEY NUT	1 bowl	124	27.9	0.52
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: FRZ DICED, SINGL	1/2 CUP	80	19.0	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		507	89.93	8.17
% of Calories			70.9%	14.5%
Nutrient Guideline		400-550		

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 05/09/2017				
6-8 BREAKFAST NEBRASKA	Total			
SAND BRKFST:CROISSANT, EGG&CHZ	1 EACH	228	14.56	14.29
DONUT: MINI CHOCOLATE	package	320	41.0	15.0
DONUT: MINI POWDERED	package	270	41.0	11.0
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
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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
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
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		503	83.95	12.65
% of Calories			66.7%	22.6%
Nutrient Guideline		400-550		

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/10/2017				
6-8 BREAKFAST NEBRASKA	Total			
BRKFST UBR CINNAMON	1 brkfst round	250	43.0	7.0
SAND BRKFST:BACON&CHZ TOASTER	1 EACH	321	32.26	16.29
PARFAIT CHUNKY MONKEY	Parfait	656	104.03	21.45
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
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CEREAL COLD CINNAMON FLAKES	1 bowl	100	24.0	0.0
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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
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		590	92.81	16.55
% of Calories			62.9%	25.2%
Nutrient Guideline		400-550		

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Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

6-8 BREAKFAST NEBRASKA

Generated on: 4/19/2017 9:30:06 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 05/11/2017				
6-8 BREAKFAST NEBRASKA	Total			
SYRUP: BRKFT SYRUP SMUCKERS IN	INDV CUP	120	30.0	0.0
FRENCH TOAST STICKS:2.5G	4 sticks	302	43.23	13.07
SAND BRKFST:CROISSA, SAUSG&CHZ	1 EACH	218	13.58	13.35
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 CHEX HONEY NUT	1 bowl	124	27.9	0.52
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
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
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		474	78.22	12.01
% of Calories			66.0%	22.8%
Nutrient Guideline		400-550		

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

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# Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

6-8 BREAKFAST NEBRASKA

Generated on: 4/19/2017 9:30:06 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 05/12/2017				
6-8 BREAKFAST NEBRASKA	Total			
PANCAKES MINI MAPLE	1 package	210	34.96	5.99
SAND BRKFST:ENG MFFN SASG&EGG	1 EACH	249	23.99	9.94
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
CEREAL COLD APPLE JACKS	1 bowl	111	24.3	1.01
CEREAL COLD CHEERIOS	1 bowl	101	20.25	2.03
CEREAL COLD CHEX HONEY NUT	1 bowl	124	27.9	0.52
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
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		380	70.85	5.28
% of Calories			74.6%	12.5%
Nutrient Guideline		400-550		

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# Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

6-8 BREAKFAST NEBRASKA

Generated on: 4/19/2017 9:30:06 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 05/15/2017				
6-8 BREAKFAST NEBRASKA	Total			
SYRUP: BRKFT SYRUP SMUCKERS IN	INDV CUP	120	30.0	0.0
FRENCH TOAST STICKS:2.5G	4 sticks	302	43.23	13.07
SAND BRKFST:CROISSANT, EGG&CHZ	1 EACH	228	14.56	14.29
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 CHEX HONEY NUT	1 bowl	124	27.9	0.52
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
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
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		553	91.61	13.99
% of Calories			66.2%	22.8%
Nutrient Guideline		400-550		

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# Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

6-8 BREAKFAST NEBRASKA

Generated on: 4/19/2017 9:30:06 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 05/16/2017				
6-8 BREAKFAST NEBRASKA	Total			
ROLL MINI CINNIS IV	1 pkg	240	39.95	7.99
BRKFST BOAT BACON	3.19 OZ BOAT	210	25.0	8.0
BRKFST BOAT SAUSAGE	3.21 OZ BOAT	200	26.0	7.0
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 CHEX HONEY NUT	1 bowl	124	27.9	0.52
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
PEACH: FRZ DICED CUP 4.4oz	4 oz CUPS	80	18.96	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		538	92.04	12.74
% of Calories			68.5%	21.3%
Nutrient Guideline		400-550		

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# Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

6-8 BREAKFAST NEBRASKA

Generated on: 4/19/2017 9:30:07 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/17/2017				
6-8 BREAKFAST NEBRASKA	Total			
SAND BRKFST:CROISSANT, HAM&EGG	1 EACH	214	16.39	10.65
EGG SCRAMBLED:K12	1.6 oz	92	0.0	5.91
BREAD: WG TOAST (1G)	1 toast	83	13.33	2.67
PORK: BACON	2 slices Bacon	60	0.26	5.18
MUFFIN: IW DOUBLE CHOC. 2oz	1 muffin	190	32.0	6.0
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 CHEX HONEY NUT	1 bowl	124	27.9	0.52
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
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
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		431	74.04	8.63
% of Calories			68.8%	18.0%
Nutrient Guideline		400-550		

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# Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

6-8 BREAKFAST NEBRASKA

Generated on: 4/19/2017 9:30:07 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 05/18/2017				
6-8 BREAKFAST NEBRASKA	Total			
SAND BRKFST:CROIS., BACON&CHZ	1 EACH	269	13.83	19.08
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 CHEX HONEY NUT	1 bowl	124	27.9	0.52
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
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
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		385	64.08	8.72
% of Calories			66.6%	20.4%
Nutrient Guideline		400-550		

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# Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

6-8 BREAKFAST NEBRASKA

Generated on: 4/19/2017 9:30:07 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 05/19/2017				
6-8 BREAKFAST NEBRASKA	Total			
WAFFLE: DUTCH WG 5 7/48ct.	EACJ (83G)	386	66.21	13.23
PIZZA:WG BRKFT TURKEY SAUSAGE	1 EACH	210	27.0	8.0
PIZZA:WG BRKFT BACON SCRAMBLE	1 EACH	210	23.0	9.0
PARFAIT BLUEBERRY PATCH:G912	1 parfait	395	72.8	7.5
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 CHEX HONEY NUT	1 bowl	124	27.9	0.52
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
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		661	133.20	11.21
% of Calories			80.6%	15.3%
Nutrient Guideline		400-550		

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# Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 25, 2017

6-8 BREAKFAST NEBRASKA

Generated on: 4/19/2017 9:30:07 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 05/22/2017				
6-8 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
SAND BRKFST:BAGEL, HAM&SWIS	1 EACH	302	41.87	6.81
BREAD: TOASTED WW BAGEL: K12	1 BAGEL	180	38.0	1.0
CONDIMENT: CREAM CHEESE LIGHT	INDV CUP	60	2.0	5.0
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 CHEX HONEY NUT	1 bowl	124	27.9	0.52
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: CINNAMON CND	1/2 CUPS	58	15.97	0.09
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		450	76.97	8.64
% of Calories			68.4%	17.3%
Nutrient Guideline		400-550		

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# Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 17

May 1, 2017 thru May 25, 2017

6-8 BREAKFAST NEBRASKA

Generated on: 4/19/2017 9:30:07 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 05/23/2017				
6-8 BREAKFAST NEBRASKA	Total			
DONUT: GLAZED RING	1 EACH	314	37.74	16.1
SAND BRKFST:CROISSA, SAUSG&CHZ	1 EACH	218	13.58	13.35
FRENCH TOAST STICKS:2.5G	4 sticks	302	43.23	13.07
SYRUP: BRKFT SYRUP SMUCKERS IN	INDV CUP	120	30.0	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 CHEX HONEY NUT	1 bowl	124	27.9	0.52
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
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
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		438	73.80	9.97
% of Calories			67.4%	20.5%
Nutrient Guideline		400-550		

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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# Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 18

May 1, 2017 thru May 25, 2017

6-8 BREAKFAST NEBRASKA

Generated on: 4/19/2017 9:30:07 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/24/2017				
6-8 BREAKFAST NEBRASKA	Total			
SAND BRKFST:BACON&CHZ TOASTER	1 EACH	321	32.26	16.29
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 COLD APPLE JACKS	1 bowl	111	24.3	1.01
CEREAL COLD CHEERIOS	1 bowl	101	20.25	2.03
CEREAL COLD CHEX HONEY NUT	1 bowl	124	27.9	0.52
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
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
BLUEBERRIES: FRZ	1/2 CUP	40	9.67	0.51
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		346	55.73	7.63
% of Calories			64.4%	19.8%
Nutrient Guideline		400-550		

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# Millard Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 19

May 1, 2017 thru May 25, 2017

6-8 BREAKFAST NEBRASKA

Generated on: 4/19/2017 9:30:07 PM

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 05/25/2017				
6-8 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 CHEX HONEY NUT	1 bowl	124	27.9	0.52
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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
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
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		237	45.36	2.08
% of Calories			76.7%	7.9%
Nutrient Guideline		400-550		

Weighted Average		471	81.31 69.1%	10.18 19.5%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	471		400 - 550	100%				
Carbohydrate (g)	81.31	69.12%						
Total Fat (g)	10.18	19.47%						

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