

# Nutrient Detail Report

District: Manor ISD

School: Blake Manor Elementary

Menu: Breakfast K-8 SY 19-20

Date Range: September 03, 2019 - September 30, 2019



Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Tue - 09/03/2019										
Breakfast K-8 SY 19-20										
		Total	3600							
Bean and Cheese Breakfast Taco	1944437	1.00 taco	1600	242.236	13.158	9.338	5.298	0.000	465.922	28.225
Frudel, Apple	1952347	1.00 each	400	210.000	5.000	6.000	1.500	0.000	280.000	36.000
Frudel, Cherry	1944313	1.00 each	700	210.000	5.000	6.000	1.500	0.000	290.000	37.000
Cereal, Honey Nut Cheerios W/ 2 pkgs of Graham Crackers	1948447	1.00 bowl w/ 2 pkgs of graham crackers	550	290.000	4.000	5.500	0.000	0.000	370.000	54.000
Cereal, Trix, 25% LS W/ 2 pkgs of Graham Crackers	1948449	1.00 bowl w/ 2 pkgs of graham crackers	350	290.000	3.000	5.500	0.000	0.000	350.000	56.000
Juice, 100%, Variety 4 oz cups (72/case)	1961823	1.00 each	3100	50.000	0.000	0.000	0.000	0.000	10.000	13.000
Fresh Pear (135 count)	1277520	1.00 each	900	64.637	0.408	0.159	0.025	0.000	1.134	17.271
Milk, 1% Low Fat, Borden, 1/2 pint	1944613	1.00 each	1200	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	1944753	1.00 carton	2000	110.000	8.000	0.000	0.000	0.000	100.000	19.000

Milk, Fat Free, Skim, White, Borden, 1/2 pint	1944755	1.00 carton	150	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Salsa, Home-Made, Bulk	1945305	2.00 oz	800	14.581	0.653	0.141	0.022	0.000	104.989	3.199
Weighted Daily Average				404.560	15.970	8.263	3.324	0.000	519.788	68.712
% of Calories					15.79%	18.38%	7.40%	0.00%		67.94%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Wed - 09/04/2019										
Breakfast K-8 SY 19-20										
		Total	3600							
Yogurt Parfait & Banana Bread	196551 9	1.00 serving (1 parfait w/ bread)	900	414.031	8.831	11.046	2.522	0.000	273.794	71.905
Glazed Donut Ring (Goody Ring) WG, Super Bakery	196551 7	1.00 each	1800	230.000	5.000	11.000	4.000	0.000	260.000	29.000
Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers	194843 5	1.00 bowl w/ 2 pkgs of graham crackers	525	290.000	4.000	5.000	0.500	0.000	370.000	56.000
Cereal, Cinnamon Toast Crunch W/ 2 packages of Graham Crackers	194843 7	1.00 bowl w/ 2 pkgs of graham crackers	375	290.000	3.000	7.000	0.500	0.000	370.000	54.000
Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	3100	50.000	0.000	0.000	0.000	0.000	10.000	13.000
Apples, Red Delicious (138 Count)	194806 3	1.00 apple	1200	95.004	0.473	0.309	0.055	0.000	2.002	25.134

Milk, 1% Low Fat, Borden, 1/2 pint	194461 3	1.00 each	1200	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	194475 3	1.00 carton	2000	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	194475 5	1.00 carton	150	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Weighted Daily Average				463.509	13.206	10.656	3.274	0.000	402.658	80.896
% of Calories					11.40%	20.69%	6.36%	0.00%		69.81%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Thu - 09/05/2019										
Breakfast K-8 SY 19-20										
		Total	3600							
Scrambled Eggs W/ Hash Brown Rounds & Whole Grain Toast	196598 7	1.00 svg (2 oz eggs, 2 hash brown rounds, 1 slice toast)	2100	359.204	13.186	13.796	2.481	0.000*	547.198	49.732
Cereal, Honey Nut Cheerios W/ 2 pkgs of Graham Crackers	194844 7	1.00 bowl w/ 2 pkgs of graham crackers	800	290.000	4.000	5.500	0.000	0.000	370.000	54.000
Cereal, Trix, 25% LS W/ 2 pkgs of Graham Crackers	194844 9	1.00 bowl w/ 2 pkgs of graham crackers	700	290.000	3.000	5.500	0.000	0.000	350.000	56.000
Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	3100	50.000	0.000	0.000	0.000	0.000	10.000	13.000
Fresh Oranges, Whole W/ Peel (138 count)	131015 1	1.00 each	1100	95.254	1.966	0.454	0.053	0.000	3.024	23.436

Milk, 1% Low Fat, Borden, 1/2 pint	194461 3	1.00 each	1200	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	194475 3	1.00 carton	2000	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	194475 5	1.00 carton	150	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Jelly, Assorted, portion pac	194845 3	1.00 each	1500	25.000	0.000	0.000	0.000	0.000	0.000	7.000
Ketchup, Low Sodium, Red Gold, 1000/9 gram; as served - 2 each	194527 7	1.00 svg (2 packets)	1500	20.000	0.000	0.000	0.000	0.000	50.000	4.000
Weighted Daily Average				519.058	17.209	11.311	1.963	0.000*	602.276	89.894
% of Calories					13.26%	19.61%	3.40%	0.00%*		69.27%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Fri - 09/06/2019										
Breakfast K-8 SY 19-20										
		Total	3600							
Fruit & Pancake Bowl, Peach, 3.8 oz, IW,	196720 3	1.00 bowl	900	228.918	4.976	4.479	2.488	0.000	328.447	40.807
Fruit & Pancake Bowl, Strawberry, 3.8 oz, IW,	196720 4	1.00 bowl	1400	218.965	4.976	4.976	2.488	0.000	338.400	38.817
Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers	194843 5	1.00 bowl w/ 2 pkgs of graham crackers	600	290.000	4.000	5.000	0.500	0.000	370.000	56.000

Cereal, Cinnamon Toast Crunch W/ 2 packages of Graham Crackers	194843 7	1.00 bowl w/ 2 pkgs of graham crackers	700	290.000	3.000	7.000	0.500	0.000	370.000	54.000
Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	3100	50.000	0.000	0.000	0.000	0.000	10.000	13.000
Fresh Banana, Unpeeled (100-120 count)	131014 9	1.00 each	1100	121.040	1.482	0.449	0.152	0.000	1.360	31.062
Milk, 1% Low Fat, Borden, 1/2 pint	194461 3	1.00 each	1200	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	194475 3	1.00 carton	2000	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	194475 5	1.00 carton	100	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Weighted Daily Average				423.811	12.215	6.220	2.317	0.000	457.044	80.705
% of Calories					11.53%	13.21%	4.92%	0.00%		76.17%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Mon - 09/09/2019										
Breakfast K-8 SY 19-20										
		Total	3600							
Cinnamon Graham Bug Bites W/ Yogurt Cup	196721 4	1.00 serving (1 pkg, 1 yogurt)	1200	200.000	6.000	3.500	1.000	0.000	180.000	37.000
Mini Pancakes, Maple	194431 9	1.00 each	600	230.000	4.000	7.000	1.000	0.000	270.000	41.000

Mini Pancakes, Strawberry	195234 9	1.00 each	750	240.000	4.000	7.000	1.000	0.000	270.000	42.000
Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers	194843 5	1.00 bowl w/ 2 pkgs of graham crackers	425	290.000	4.000	5.000	0.500	0.000	370.000	56.000
Cereal, Cinnamon Toast Crunch W/ 2 packages of Graham Crackers	194843 7	1.00 bowl w/ 2 pkgs of graham crackers	625	290.000	3.000	7.000	0.500	0.000	370.000	54.000
Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	3100	50.000	0.000	0.000	0.000	0.000	10.000	13.000
Fresh Pear (135 count)	127752 0	1.00 each	1000	64.637	0.408	0.159	0.025	0.000	1.134	17.271
Milk, 1% Low Fat, Borden, 1/2 pint	194461 3	1.00 each	1200	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	194475 3	1.00 carton	2000	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	194475 5	1.00 carton	150	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Weighted Daily Average				398.371	12.051	6.475	1.361	0.000	380.523	74.950
% of Calories					12.10%	14.63%	3.08%	0.00%		75.26%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Tue - 09/10/2019										
Breakfast K-8 SY 19-20										
		Total	3600							

Potato, Egg & Cheese Breakfast Taco	1958123	1.00 taco	1000	267.719	15.624	13.111	6.745	0.000	418.042	23.116
Cocoa Puffs Cream Cheese Bar, 72/case	1967208	1.00 pkg	1000	250.000	7.000	7.000	2.000	0.000	310.000	43.000
Cinnamon Toast Crunch Cream Cheese Bar, 72/case	1967209	1.00 pkg	700	250.000	6.000	8.000	3.000	0.000	280.000	40.000
Cereal, Honey Nut Cheerios W/ 2 pkgs of Graham Crackers	1948447	1.00 bowl w/ 2 pkgs of graham crackers	400	290.000	4.000	5.500	0.000	0.000	370.000	54.000
Cereal, Trix, 25% LS W/ 2 pkgs of Graham Crackers	1948449	1.00 bowl w/ 2 pkgs of graham crackers	500	290.000	3.000	5.500	0.000	0.000	350.000	56.000
Juice, 100%, Variety 4 oz cups (72/case)	1961823	1.00 each	3100	50.000	0.000	0.000	0.000	0.000	10.000	13.000
Apples, Red Delicious (138 Count)	1948063	1.00 apple	1200	95.004	0.473	0.309	0.055	0.000	2.002	25.134
Milk, 1% Low Fat, Borden, 1/2 pint	1944613	1.00 each	1200	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	1944753	1.00 carton	1900	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	1944755	1.00 carton	150	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Salsa, Home-Made, Bulk	1945305	2.00 oz	800	14.581	0.653	0.141	0.022	0.000	104.989	3.199
Weighted Daily Average				437.608	15.837	9.485	3.536	0.000	478.663	74.732
% of Calories					14.48%	19.51%	7.27%	0.00%		68.31%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Wed - 09/11/2019										
Breakfast K-8 SY 19-20										
		Total	3600							
Cinnamon Roll, Whole Grain, 2.6 oz, Rich's (140/case)	196251 5	1.00 roll	2500	230.225	5.150	1.547	0.528	0.000	137.644	51.191
Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers	194843 5	1.00 bowl w/ 2 pkgs of graham crackers	500	290.000	4.000	5.000	0.500	0.000	370.000	56.000
Cereal, Cinnamon Toast Crunch W/ 2 packages of Graham Crackers	194843 7	1.00 bowl w/ 2 pkgs of graham crackers	600	290.000	3.000	7.000	0.500	0.000	370.000	54.000
Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	3100	50.000	0.000	0.000	0.000	0.000	10.000	13.000
Fresh Oranges, Whole W/ Peel (138 count)	131015 1	1.00 each	1100	95.254	1.966	0.454	0.053	0.000	3.024	23.436
Milk, 1% Low Fat, Borden, 1/2 pint	194461 3	1.00 each	1200	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	194475 3	1.00 carton	2000	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	194475 5	1.00 carton	150	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Weighted Daily Average				418.428	12.677	3.907	1.036	0.000	320.607	85.738
% of Calories					12.12%	8.40%	2.23%	0.00%		81.96%



Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Thu - 09/12/2019										
Breakfast K-8 SY 19-20										
		Total	3600							
Cereal, Trix, 25% LS W/ 2 pkgs of Graham Crackers	1948449	1.00 bowl w/ 2 pkgs of graham crackers	300	290.000	3.000	5.500	0.000	0.000	350.000	56.000
Cereal, Honey Nut Cheerios W/ 2 pkgs of Graham Crackers	1948447	1.00 bowl w/ 2 pkgs of graham crackers	200	290.000	4.000	5.500	0.000	0.000	370.000	54.000
Biscuit & Sausage Patty, K-12	1962387	1.00 svg (1 biscuit, 1 sausage)	1600	382.014	7.045	26.201	10.567	0.000	832.573	29.000
French Toast Donut Bites, Whole Grain K-8 (384/case)	1962517	4.00 donut bites	1500	253.333	2.667	16.000	6.667	0.000	360.000	26.667
Juice, 100%, Variety 4 oz cups (72/case)	1961823	1.00 each	3100	50.000	0.000	0.000	0.000	0.000	10.000	13.000
Fresh Pear (135 count)	1277520	1.00 each	900	64.637	0.408	0.159	0.025	0.000	1.134	17.271
Milk, 1% Low Fat, Borden, 1/2 pint	1944613	1.00 each	1200	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	1944753	1.00 carton	2000	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	1944755	1.00 carton	150	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Jelly, Assorted, portion pac	1948453	1.00 each	1200	25.000	0.000	0.000	0.000	0.000	0.000	7.000
Weighted Daily Average				480.943	12.261	19.949	7.981	0.000	681.080	64.568

% of Calories		10.20%	37.33%	14.93%	0.00%		53.70%
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Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Fri - 09/13/2019										
Breakfast K-8 SY 19-20										
		Total	3600							
Waffle, Dutch, Whole Grain (48 ea/case)	195825 9	1.00 each	2200	300.000	4.000	13.000	3.000	0.000	350.000	43.000
Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers	194843 5	1.00 bowl w/ 2 pkgs of graham crackers	400	290.000	4.000	5.000	0.500	0.000	370.000	56.000
Cereal, Cinnamon Toast Crunch W/ 2 packages of Graham Crackers	194843 7	1.00 bowl w/ 2 pkgs of graham crackers	1000	290.000	3.000	7.000	0.500	0.000	370.000	54.000
Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	3100	50.000	0.000	0.000	0.000	0.000	10.000	13.000
Fresh Banana, Unpeeled (100-120 count)	131014 9	1.00 each	1100	121.040	1.482	0.449	0.152	0.000	1.360	31.062
Milk, 1% Low Fat, Borden, 1/2 pint	194461 3	1.00 each	1200	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	194475 3	1.00 carton	2000	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	194475 5	1.00 carton	150	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Jelly, Assorted, portion pac	194845 3	1.00 each	1500	25.000	0.000	0.000	0.000	0.000	0.000	7.000

Weighted Daily Average	484.346	11.620	11.415	2.574	0.000	469.235	86.158
% of Calories		9.60%	21.21%	4.78%	0.00%		71.15%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Mon - 09/16/2019										
Breakfast K-8 SY 19-20										
		Total	3400							
Biscuit & Sausage Link, K-8	196229 5	1.00 svg (1 biscuit, 1 link)	1800	280.279	8.519	14.021	6.507	0.000	760.557	29.502
Bagel, Lenders, Whole Grain, 2 oz	194443 1	1.00 bagel	700	140.743	6.032	1.005	0.000	0.000	180.956	29.154
Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers	194843 5	1.00 bowl w/ 2 pkgs of graham crackers	500	290.000	4.000	5.000	0.500	0.000	370.000	56.000
Cereal, Cinnamon Toast Crunch W/ 2 packages of Graham Crackers	194843 7	1.00 bowl w/ 2 pkgs of graham crackers	600	290.000	3.000	7.000	0.500	0.000	370.000	54.000
Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	3100	50.000	0.000	0.000	0.000	0.000	10.000	13.000
Fresh Pear (135 count)	127752 0	1.00 each	1100	64.637	0.408	0.159	0.025	0.000	1.134	17.271
Milk, 1% Low Fat, Borden, 1/2 pint	194461 3	1.00 each	1200	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	194475 3	1.00 carton	2000	110.000	8.000	0.000	0.000	0.000	100.000	19.000

Milk, Fat Free, Skim, White, Borden, 1/2 pint	194475 5	1.00 carton	150	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Jelly, Assorted, portion pac	194845 3	1.00 each	1600	25.000	0.000	0.000	0.000	0.000	0.000	7.000
Cream Cheese, 1 oz portion cup	194845 7	1.00 each	700	90.000	1.000	8.000	5.000	0.000	140.000	2.000
Weighted Daily Average				471.507	15.090	12.181	5.174	0.000	706.373	76.473
% of Calories					12.80%	23.25%	9.88%	0.00%		64.88%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Tue - 09/17/2019										
Breakfast K-8 SY 19-20										
		Total	3600							
Yogurt Parfait & Muffin	1965515	1.00 serving (1 parfait w/ 1 muffin)	900	414.031	8.831	10.046	2.522	0.000	343.794	74.905
Blueberry Cinnamon Twisted Stix (96/case)	1966508	1.00 stck	1900	190.000	7.000	7.000	2.500	0.000	300.000	24.000
Cereal, Honey Nut Cheerios W/ 2 pkgs of Graham Crackers	1948447	1.00 bowl w/ 2 pkgs of graham crackers	300	290.000	4.000	5.500	0.000	0.000	370.000	54.000
Cereal, Trix, 25% LS W/ 2 pkgs of Graham Crackers	1948449	1.00 bowl w/ 2 pkgs of graham crackers	500	290.000	3.000	5.500	0.000	0.000	350.000	56.000
Juice, 100%, Variety 4 oz cups (72/case)	1961823	1.00 each	3100	50.000	0.000	0.000	0.000	0.000	10.000	13.000

Fresh Oranges, Whole W/ Peel (138 count)	1310151	1.00 each	1100	95.254	1.966	0.454	0.053	0.000	3.024	23.436
Milk, 1% Low Fat, Borden, 1/2 pint	1944613	1.00 each	1200	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	1944753	1.00 carton	2000	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	1944755	1.00 carton	150	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Weighted Daily Average				438.169	14.697	8.400	2.466	0.000	435.692	77.082
% of Calories					13.42%	17.25%	5.07%	0.00%		70.37%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Wed - 09/18/2019										
Breakfast K-8 SY 19-20										
		Total	3600							
Cheese Toast, Home-made, Whole Grain	194443 9	1.00 slice	550	283.963	11.220	13.531	5.683	0.000*	665.126	30.279
Pig 'N A Blanket	194434 1	1.00 each	1600	250.000	8.000	10.000	3.000	0.000	490.000	31.000
Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers	194843 5	1.00 bowl w/ 2 pkgs of graham crackers	650	290.000	4.000	5.000	0.500	0.000	370.000	56.000
Cereal, Cinnamon Toast Crunch W/ 2 packages of Graham Crackers	194843 7	1.00 bowl w/ 2 pkgs of graham crackers	800	290.000	3.000	7.000	0.500	0.000	370.000	54.000

Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	3100	50.000	0.000	0.000	0.000	0.000	0.000	10.000	13.000
Fresh Pear (135 count)	127752 0	1.00 each	800	64.637	0.408	0.159	0.025	0.000	0.000	1.134	17.271
Milk, 1% Low Fat, Borden, 1/2 pint	194461 3	1.00 each	1200	100.000	8.000	2.500	1.500	0.000	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	194475 3	1.00 carton	2000	110.000	8.000	0.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	194475 5	1.00 carton	150	80.000	8.000	0.000	0.000	0.000	0.000	125.000	12.000
Mustard, Heinz/Americana, 500/5.5 g packets - 1 each	194528 1	1.00 package	1000	5.000	1.000	0.000	0.000	0.000	0.000	85.000	1.000
Jelly, Assorted, portion pac	194845 3	1.00 each	1100	25.000	0.000	0.000	0.000	0.000	0.000	0.000	7.000
Weighted Daily Average				435.525	14.472	9.839	2.909	0.000*		603.327	73.020
% of Calories					13.29%	20.33%	6.01%	0.00%*			67.06%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Thu - 09/19/2019										
Breakfast K-8 SY 19-20										
		Total	3600							
Chicken Mega Minis Waffle Flavored, Tyson (~149 svgs/case)	196651 0	6.00 pieces	2300	211.967	13.122	11.103	2.019	0.000	322.997	13.122

Mini Cinnis	194433 9	1.00 package	1000	240.000	5.000	8.000	2.000	0.000	300.000	40.000
Cereal, Honey Nut Cheerios W/ 2 pkgs of Graham Crackers	194844 7	1.00 bowl w/ 2 pkgs of graham crackers	200	290.000	4.000	5.500	0.000	0.000	370.000	54.000
Cereal, Trix, 25% LS W/ 2 pkgs of Graham Crackers	194844 9	1.00 bowl w/ 2 pkgs of graham crackers	100	290.000	3.000	5.500	0.000	0.000	350.000	56.000
Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	3100	50.000	0.000	0.000	0.000	0.000	10.000	13.000
Fresh Banana, Unpeeled (100-120 count)	131014 9	1.00 each	1000	121.040	1.482	0.449	0.152	0.000	1.360	31.062
Milk, 1% Low Fat, Borden, 1/2 pint	194461 3	1.00 each	1200	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	194475 3	1.00 carton	2000	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	194475 5	1.00 carton	150	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Ketchup, Low Sodium, Red Gold, 1000/9 gram; as served - 2 each	194527 7	1.00 svg (2 packets)	1000	20.000	0.000	0.000	0.000	0.000	50.000	4.000
Weighted Daily Average				406.268	17.934	10.732	2.388	0.000	445.279	60.040
% of Calories					17.66%	23.77%	5.29%	0.00%		59.11%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Fri - 09/20/2019										
Breakfast K-8 SY 19-20										

		Total	3600								
Honey Bun (Goody Bun), WG, Super Bakery (80/case)	196551 1	1.00 each	2500	240.000	5.000	10.000	3.500	0.000	250.000	34.000	
Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers	194843 5	1.00 bowl w/ 2 pkgs of graham crackers	600	290.000	4.000	5.000	0.500	0.000	370.000	56.000	
Cereal, Cinnamon Toast Crunch W/ 2 packages of Graham Crackers	194843 7	1.00 bowl w/ 2 pkgs of graham crackers	500	290.000	3.000	7.000	0.500	0.000	370.000	54.000	
Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	3100	50.000	0.000	0.000	0.000	0.000	10.000	13.000	
Fresh Oranges, Whole W/ Peel (138 count)	131015 1	1.00 each	1200	95.254	1.966	0.454	0.053	0.000	3.024	23.436	
Milk, 1% Low Fat, Borden, 1/2 pint	194461 3	1.00 each	1200	100.000	8.000	2.500	1.500	0.000	125.000	12.000	
Milk, Chocolate, Fat Free, Borden 1/2 pint	194475 3	1.00 carton	2000	110.000	8.000	0.000	0.000	0.000	100.000	19.000	
Milk, Fat Free, Skim, White, Borden, 1/2 pint	194475 5	1.00 carton	150	80.000	8.000	0.000	0.000	0.000	125.000	12.000	
Weighted Daily Average				427.862	12.655	9.735	3.101	0.000	398.716	74.506	
% of Calories					11.83%	20.48%	6.52%	0.00%		69.65%	

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Mon - 09/23/2019										
Breakfast K-8 SY 19-20										
		Total	3600							



Donut, whole grain, mini, Chocolate	195515 3	1.00 pkg	1300	320.000	5.000	15.000	7.000	0.000	270.000	41.000
Donut, Whole Grain, Mini, Powdered	195515 1	1.00 pkg	1200	270.000	4.000	11.000	3.000	0.000	230.000	41.000
Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers	194843 5	1.00 bowl w/ 2 pkgs of graham crackers	600	290.000	4.000	5.000	0.500	0.000	370.000	56.000
Cereal, Cinnamon Toast Crunch W/ 2 packages of Graham Crackers	194843 7	1.00 bowl w/ 2 pkgs of graham crackers	500	290.000	3.000	7.000	0.500	0.000	370.000	54.000
Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	3000	50.000	0.000	0.000	0.000	0.000	10.000	13.000
Fresh Oranges, Whole W/ Peel (138 count)	131015 1	1.00 each	1500	95.254	1.966	0.454	0.053	0.000	3.024	23.436
Milk, 1% Low Fat, Borden, 1/2 pint	194461 3	1.00 each	1200	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	194475 3	1.00 carton	2000	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	194475 5	1.00 carton	100	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Weighted Daily Average				472.189	12.375	11.911	4.203	0.000	397.510	80.793
% of Calories					10.48%	22.70%	8.01%	0.00%		68.44%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Tue - 09/24/2019										
Breakfast K-8 SY 19-20										

		Total	3600							
Chorizo, Egg & Cheese Breakfast Taco	1962537	1.00 taco	1000	354.435	23.057	22.831	9.175	0.000	709.637	17.446
Mini Bagels, Strawberry, Pillsbury	1953541	1.00 each	675	230.000	6.000	6.000	2.500	0.000	180.000	41.000
Mini Bagels, Cinnamon, Pillsbury	1953543	1.00 each	600	240.000	6.000	6.000	2.500	0.000	180.000	41.000
Cereal, Honey Nut Cheerios W/ 2 pkgs of Graham Crackers	1948447	1.00 bowl w/ 2 pkgs of graham crackers	650	290.000	4.000	5.500	0.000	0.000	370.000	54.000
Cereal, Trix, 25% LS W/ 2 pkgs of Graham Crackers	1948449	1.00 bowl w/ 2 pkgs of graham crackers	675	290.000	3.000	5.500	0.000	0.000	350.000	56.000
Juice, 100%, Variety 4 oz cups (72/case)	1961823	1.00 each	3000	50.000	0.000	0.000	0.000	0.000	10.000	13.000
Apples, Red Delicious (138 Count)	1948063	1.00 apple	1200	95.004	0.473	0.309	0.055	0.000	2.002	25.134
Milk, 1% Low Fat, Borden, 1/2 pint	1944613	1.00 each	1100	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	1944753	1.00 carton	1900	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	1944755	1.00 carton	125	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Salsa, Home-Made, Bulk	1945305	2.00 oz	600	14.581	0.653	0.141	0.022	0.000	104.989	3.199
Weighted Daily Average				455.469	17.025	11.382	3.914	0.000	515.113	73.473
% of Calories					14.95%	22.49%	7.73%	0.00%		64.52%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Wed - 09/25/2019										
Breakfast K-8 SY 19-20										
		Total	3600							
Biscuit & Sausage Patty, K-12	196238 7	1.00 svg (1 biscuit, 1 sausage)	2100	382.014	7.045	26.201	10.567	0.000	832.573	29.000
Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers	194843 5	1.00 bowl w/ 2 pkgs of graham crackers	900	290.000	4.000	5.000	0.500	0.000	370.000	56.000
Cereal, Cinnamon Toast Crunch W/ 2 packages of Graham Crackers	194843 7	1.00 bowl w/ 2 pkgs of graham crackers	600	290.000	3.000	7.000	0.500	0.000	370.000	54.000
Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	3000	50.000	0.000	0.000	0.000	0.000	10.000	13.000
Fresh Pear (135 count)	127752 0	1.00 each	900	64.637	0.408	0.159	0.025	0.000	1.134	17.271
Milk, 1% Low Fat, Borden, 1/2 pint	194461 3	1.00 each	1100	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	194475 3	1.00 carton	1900	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	194475 5	1.00 carton	125	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Jelly, Assorted, portion pac	194845 3	1.00 each	1800	25.000	0.000	0.000	0.000	0.000	0.000	7.000
Weighted Daily Average				505.390	12.656	18.504	6.837	0.000	743.764	72.679
% of Calories					10.02%	32.95%	12.18%	0.00%		57.52%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Thu - 09/26/2019										
Breakfast K-8 SY 19-20										
		Total	3600							
Egg & Cheese Sandwich on a Whole Grain English Muffin (advance pierre 96/case)	196253 5	1.00 sandwich	1000	210.000	9.000	9.000	4.000	0.000	420.000	24.000
Concha, White, Whole Grain, Lux Bakery (48/2.25oz)	196595 7	1.00 each	1500	190.000	4.000	6.000	2.500	0.000	85.000	33.000
Cereal, Honey Nut Cheerios W/ 2 pkgs of Graham Crackers	194844 7	1.00 bowl w/ 2 pkgs of graham crackers	600	290.000	4.000	5.500	0.000	0.000	370.000	54.000
Cereal, Trix, 25% LS W/ 2 pkgs of Graham Crackers	194844 9	1.00 bowl w/ 2 pkgs of graham crackers	500	290.000	3.000	5.500	0.000	0.000	350.000	56.000
Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	3000	50.000	0.000	0.000	0.000	0.000	10.000	13.000
Fresh Oranges, Whole W/ Peel (138 count)	131015 1	1.00 each	1100	95.254	1.966	0.454	0.053	0.000	3.024	23.436
Milk, 1% Low Fat, Borden, 1/2 pint	194461 3	1.00 each	1000	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	194475 3	1.00 carton	1900	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	194475 5	1.00 carton	125	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Weighted Daily Average				385.494	12.573	7.514	2.586	0.000	363.459	68.967
% of Calories					13.05%	17.54%	6.04%	0.00%		71.56%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Fri - 09/27/2019										
Breakfast K-8 SY 19-20										
		Total	3600							
Breakfast Burrito W/ Egg, Turkey Sausage, Potato & Cheese, Fernandos, 96/case	196880 1	1.00 burrito	850	210.474	9.020	10.023	3.508	0.000	300.677	20.045
Pancakes, Cinnamon Glaze, IW (80/case)	196650 6	1.00 pkg	2100	220.000	4.000	7.000	1.500	0.000	260.000	35.000
Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers	194843 5	1.00 bowl w/ 2 pkgs of graham crackers	350	290.000	4.000	5.000	0.500	0.000	370.000	56.000
Cereal, Cinnamon Toast Crunch W/ 2 packages of Graham Crackers	194843 7	1.00 bowl w/ 2 pkgs of graham crackers	300	290.000	3.000	7.000	0.500	0.000	370.000	54.000
Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	3000	50.000	0.000	0.000	0.000	0.000	10.000	13.000
Fresh Banana, Unpeeled (100-120 count)	131014 9	1.00 each	1000	121.040	1.482	0.449	0.152	0.000	1.360	31.062
Milk, 1% Low Fat, Borden, 1/2 pint	194461 3	1.00 each	1100	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	194475 3	1.00 carton	1900	110.000	8.000	0.000	0.000	0.000	100.000	19.000
Milk, Fat Free, Skim, White, Borden, 1/2 pint	194475 5	1.00 carton	125	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Salsa, Home-Made, Bulk	194530 5	2.00 oz	750	14.581	0.653	0.141	0.022	0.000	104.989	3.199
Weighted Daily Average				400.105	12.594	8.437	2.299	0.000	415.362	69.333

% of Calories			12.59%	18.98%	5.17%	0.00%		69.31%
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Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Mon - 09/30/2019										
Breakfast K-8 SY 19-20										
		Total	3400							
Breakfast Pizza	194442 9	1.00 Each	1800	210.000	10.000	8.000	2.000	0.000	430.000	25.000
French Toast, Cinnamon	195815 3	1.00 each	500	220.000	4.000	7.000	1.000	0.000	200.000	37.000
French Toast, Triple Berry	195815 5	1.00 each	400	220.000	4.000	7.000	1.000	0.000	190.000	37.000
Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers	194843 5	1.00 bowl w/ 2 pkgs of graham crackers	400	290.000	4.000	5.000	0.500	0.000	370.000	56.000
Cereal, Cinnamon Toast Crunch W/ 2 packages of Graham Crackers	194843 7	1.00 bowl w/ 2 pkgs of graham crackers	500	290.000	3.000	7.000	0.500	0.000	370.000	54.000
Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	3000	50.000	0.000	0.000	0.000	0.000	10.000	13.000
Fresh Oranges, Whole W/ Peel (138 count)	131015 1	1.00 each	1200	95.254	1.966	0.454	0.053	0.000	3.024	23.436
Milk, 1% Low Fat, Borden, 1/2 pint	194461 3	1.00 each	1200	100.000	8.000	2.500	1.500	0.000	125.000	12.000
Milk, Chocolate, Fat Free, Borden 1/2 pint	194475 3	1.00 carton	2000	110.000	8.000	0.000	0.000	0.000	100.000	19.000

Milk, Fat Free, Skim, White, Borden, 1/2 pint	194475 5	1.00 carton	150	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Weighted Daily Average				427.443	15.841	8.748	2.004	0.000	495.700	73.242
% of Calories					14.82%	18.42%	4.22%	0.00%		68.54%

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	442.803		400/500	Pass		
Protein (g)	14.048	12.69%				
Total Fat (g)	10.253	20.84%				
Saturated Fat (g)	3.262	6.63%	<10	Pass		
Trans Fat (g)	0.000*					
Sodium (mg)	491.608		≤ 540	Pass		
Carbohydrates (g)	75.298	68.02%				

\* = Indicates missing Nutrient Information.

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