

# Nutrient Detail Report

District: Manor ISD

School: Manor High School

Menu: Breakfast 9-12 SY 19-20

Date Range: August 15, 2019 - August 31, 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)
Thu - 08/15/2019										
Breakfast 9-12 SY 19-20										
		Total	1200							
Biscuit & Sausage Patty, K-12	196238 7	1.00 svg (1 biscuit, 1 sausage)	625	382.014	7.045	26.201	10.567	0.000	832.573	29.000
French Toast Donut Bites, Whole Grain 9-12 (384/case)	196251 9	6.00 donut bites	400	397.731	4.026	24.008	10.002	0.000	540.107	44.690
Cereal, Honey Nut Cheerios W/ 2 pkgs of Graham Crackers	194844 7	1.00 bowl w/ 2 pkgs of graham crackers	50	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	75	290.000	3.000	5.500	0.000	0.000	350.000	56.000
Breakfast Break - Corn Star w/ Animal Crackers, Applesauce & Craisins	195704 9	1.00 svg	50	438.000	4.800	9.000	1.900	0.000	211.000	84.000
Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	1050	50.000	0.000	0.000	0.000	0.000	10.000	13.000
Fresh Pear (135 count)	127752 0	1.00 each	300	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	330	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	400	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	75	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Jelly, Assorted, portion pac	194845 3	1.00 each	600	25.000	0.000	0.000	0.000	0.000	0.000	7.000
Weighted Daily Average				521.577	11.034	23.324	9.336	0.000	744.305	68.827
% of Calories					8.46%	40.25%	16.11%	0.00%		52.78%

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 - 08/16/2019										
Breakfast 9-12 SY 19-20										
		Total	1200							
Egg & Cheese Sandwich on a Whole Grain English Muffin W/ Sausage Patty (9-12)	196253 9	1.00 sandwich w/ sausage patty	500	392.014	13.045	27.201	10.067	0.000	652.573	24.000
Waffle, Dutch, Whole Grain (48 ea/case)	195825 9	1.00 each	500	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	50	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	50	290.000	3.000	7.000	0.500	0.000	370.000	54.000
Breakfast Break - Pop-tart w/ Animal Crackers, Applesauce & Craisins	195283 3	1.00 svg	100	470.000	4.333	6.667	2.000	0.000	310.000	98.667
Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	1050	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	350	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	330	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	400	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	75	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Jelly, Assorted, portion pac	194845 3	1.00 each	500	25.000	0.000	0.000	0.000	0.000	0.000	7.000
Weighted Daily Average				510.309	13.554	18.624	6.110	0.000	559.073	74.457
% of Calories					10.62%	32.85%	10.78%	0.00%		58.36%

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 - 08/19/2019										
Breakfast 9-12 SY 19-20										
		Total	1200							
Biscuit & Sausage Links, 9-12	196229 1	1.00 svg (1 biscuit, 2 links)	615	360.557	14.038	20.042	8.514	0.000	921.115	30.003
Bagel, Lenders, Whole Grain, 2 oz	194443 1	1.00 bagel	180	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	120	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	120	290.000	3.000	7.000	0.500	0.000	370.000	54.000
Breakfast Break - Pop-tart w/ Animal Crackers, Applesauce & Craisins	195283 3	1.00 svg	165	470.000	4.333	6.667	2.000	0.000	310.000	98.667
Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	1050	50.000	0.000	0.000	0.000	0.000	10.000	13.000
Fresh Pear (135 count)	127752 0	1.00 each	250	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	330	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	375	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	75	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Jelly, Assorted, portion pac	194845 3	1.00 each	500	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	180	90.000	1.000	8.000	5.000	0.000	140.000	2.000
Weighted Daily Average				476.530	14.830	14.460	5.906	0.000	719.264	72.494
% of Calories					12.45%	27.31%	11.15%	0.00%		60.85%

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 - 08/20/2019										
Breakfast 9-12 SY 19-20										

		Total	1200							
Yogurt Parfait & Muffin	196551 5	1.00 serving (1 parfait w/ 1 muffin)	450	414.031	8.831	10.046	2.522	0.000	343.794	74.905
Blueberry Cinnamon Twisted Stix (96/case)	196650 8	1.00 stck	500	190.000	7.000	7.000	2.500	0.000	300.000	24.000
Cereal, Honey Nut Cheerios W/ 2 pkgs of Graham Crackers	194844 7	1.00 bowl w/ 2 pkgs of graham crackers	75	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	75	290.000	3.000	5.500	0.000	0.000	350.000	56.000
Breakfast Break - Corn Star w/ Animal Crackers, Applesauce & Craisins	195704 9	1.00 svg	100	438.000	4.800	9.000	1.900	0.000	211.000	84.000
Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	1050	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	300	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	330	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	375	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	75	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Weighted Daily Average				441.617	12.757	8.922	2.572	0.000	399.450	79.186
% of Calories					11.56%	18.18%	5.24%	0.00%		71.72%

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 - 08/21/2019										
Breakfast 9-12 SY 19-20										
		Total	1200							
Cheese Toast, Home-made, Whole Grain	194443 9	1.00 slice	265	283.963	11.220	13.531	5.683	0.000*	665.126	30.279
Breakfast on a Stick, Blueberry, WG (48/case)	195817 9	1.00 each	200	210.000	6.000	11.000	3.000	0.000	370.000	20.000
Breakfast on a Stick, WG, Original (48/case)	195817 3	1.00 each	200	200.000	6.000	11.000	3.000	0.000	380.000	19.000
Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers	194843 5	1.00 bowl w/ 2 pkgs of graham crackers	130	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	125	290.000	3.000	7.000	0.500	0.000	370.000	54.000
Breakfast Break - Mini Blueberry Loaf w/ Animal Crackers, Applesauce & Craisins	195283 7	1.00 svg	280	486.000	4.500	9.200	1.900	0.000	198.000	96.000
Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	1050	50.000	0.000	0.000	0.000	0.000	10.000	13.000
Fresh Pear (135 count)	127752 0	1.00 each	250	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	330	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	375	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	75	80.000	8.000	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	325	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	325	25.000	0.000	0.000	0.000	0.000	0.000	0.000	7.000
Weighted Daily Average				438.283	11.829	10.793	3.222	0.000*		502.152	74.406
% of Calories					10.80%	22.16%	6.62%	0.00%*			67.91%

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 - 08/22/2019										
Breakfast 9-12 SY 19-20										
		Total	1200							
Biscuit & Sausage Patty, K-12	196238 7	1.00 svg (1 biscuit, 1 sausage)	600	382.014	7.045	26.201	10.567	0.000	832.573	29.000
Mini Cinnis	194433 9	1.00 package	300	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	100	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
Breakfast Break - Corn Star w/ Animal Crackers, Applesauce & Craisins	195704 9	1.00 svg	100	438.000	4.800	9.000	1.900	0.000	211.000	84.000
Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	1050	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	300	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	330	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	375	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	75	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Jelly, Assorted, portion pac	194845 3	1.00 each	400	25.000	0.000	0.000	0.000	0.000	0.000	7.000
Weighted Daily Average				485.059	11.326	17.567	6.392	0.000	651.397	72.128
% of Calories					9.34%	32.59%	11.86%	0.00%		59.48%

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 - 08/23/2019										
Breakfast 9-12 SY 19-20										
		Total	1200							
Honey Bun (Goody Bun), WG, Super Bakery (80/case)	196551 1	1.00 each	550	240.000	5.000	10.000	3.500	0.000	250.000	34.000
Breakfast Burrito Green Chili W/ Egg Cheese & Turkey Sausage (120/case)	196256 5	1.00 burrito	350	259.000	10.880	11.370	3.960	0.000	384.260	28.620
Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers	194843 5	1.00 bowl w/ 2 pkgs of graham crackers	100	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	100	290.000	3.000	7.000	0.500	0.000	370.000	54.000
Breakfast Break - Pop-tart w/ Animal Crackers, Applesauce & Craisins	195283 3	1.00 svg	100	470.000	4.333	6.667	2.000	0.000	310.000	98.667
Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	1050	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	300	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	330	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	375	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	75	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Salsa, Home-Made, Bulk	194530 5	2.00 oz	325	14.581	0.653	0.141	0.022	0.000	104.989	3.199
Weighted Daily Average				411.429	12.278	10.294	3.441	0.000	425.537	69.408
% of Calories					11.94%	22.52%	7.53%	0.00%		67.48%

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 - 08/26/2019										
Breakfast 9-12 SY 19-20										
		Total	1200							

Breakfast Pizza	194442 9	1.00 Each	635	210.000	10.000	8.000	2.000	0.000	430.000	25.000
Donut, Whole Grain, Mini, Powdered	195515 1	1.00 pkg	180	270.000	4.000	11.000	3.000	0.000	230.000	41.000
Donut, whole grain, mini, Chocolate	195515 3	1.00 pkg	170	320.000	5.000	15.000	7.000	0.000	270.000	41.000
Cereal, Apple Jacks R/S w/ 2 packages of Graham Crackers	194843 5	1.00 bowl w/ 2 pkgs of graham crackers	60	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	75	290.000	3.000	7.000	0.500	0.000	370.000	54.000
Breakfast Break - Pop-tart w/ Animal Crackers, Applesauce & Craisins	195283 3	1.00 svg	80	470.000	4.333	6.667	2.000	0.000	310.000	98.667
Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	1100	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	500	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	330	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	375	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	75	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Weighted Daily Average				413.314	13.296	10.017	3.124	0.000	446.448	69.609
% of Calories					12.87%	21.81%	6.80%	0.00%		67.37%

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)
Tue - 08/27/2019										
Breakfast 9-12 SY 19-20										
		Total	1200							
Chorizo, Egg & Cheese Breakfast Taco	196253 7	1.00 taco	700	354.435	23.057	22.831	9.175	0.000	709.637	17.446
Fruit & Pancake Bowl, Peach, 3.8 oz, IW,	196720 3	1.00 bowl	150	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	200	218.965	4.976	4.976	2.488	0.000	338.400	38.817
Cereal, Honey Nut Cheerios W/ 2 pkgs of Graham Crackers	194844 7	1.00 bowl w/ 2 pkgs of graham crackers	50	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	50	290.000	3.000	5.500	0.000	0.000	350.000	56.000
Breakfast Break - Corn Star w/ Animal Crackers, Applesauce & Craisins	195704 9	1.00 svg	50	438.000	4.800	9.000	1.900	0.000	211.000	84.000
Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	1050	50.000	0.000	0.000	0.000	0.000	10.000	13.000
Apples, Red Delicious (138 Count)	194806 3	1.00 apple	400	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	330	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	375	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	75	80.000	8.000	0.000	0.000	0.000	125.000	12.000

Salsa, Home-Made, Bulk	194530 5	2.00 oz	500	14.581	0.653	0.141	0.022	0.000	104.989	3.199
Weighted Daily Average				462.648	21.023	16.390	6.597	0.000	676.803	60.904
% of Calories					18.18%	31.88%	12.83%	0.00%		52.66%

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 - 08/28/2019										
Breakfast 9-12 SY 19-20										
		Total	1200							
Biscuit & Sausage Patty, K-12	196238 7	1.00 svg (1 biscuit, 1 sausage)	800	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	125	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	125	290.000	3.000	7.000	0.500	0.000	370.000	54.000
Breakfast Break - Mini Blueberry Loaf w/ Animal Crackers, Applesauce & Craisins	195283 7	1.00 svg	150	486.000	4.500	9.200	1.900	0.000	198.000	96.000
Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	1050	50.000	0.000	0.000	0.000	0.000	10.000	13.000
Fresh Pear (135 count)	127752 0	1.00 each	250	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	330	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	375	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	75	80.000	8.000	0.000	0.000	0.000	0.000	125.000	12.000
Jelly, Assorted, portion pac	194845 3	1.00 each	500	25.000	0.000	0.000	0.000	0.000	0.000	0.000	7.000
Weighted Daily Average				510.350	11.273	20.588	7.804	0.000	0.000	739.306	70.669
% of Calories					8.84%	36.31%	13.76%	0.00%			55.39%

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 - 08/29/2019										
Breakfast 9-12 SY 19-20										
		Total	1200							
Chicken Mega Minis Waffle Flavored W/ Biscuit	196651 2	6.00 pieces w/ biscuit	725	411.967	16.122	19.103	6.519	0.000	922.997	42.122
Mini Bagels, Cinnamon, Pillsbury	195354 3	1.00 each	150	240.000	6.000	6.000	2.500	0.000	180.000	41.000
Mini Bagels, Strawberry, Pillsbury	195354 1	1.00 each	150	230.000	6.000	6.000	2.500	0.000	180.000	41.000
Cereal, Honey Nut Cheerios W/ 2 pkgs of Graham Crackers	194844 7	1.00 bowl w/ 2 pkgs of graham crackers	60	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	65	290.000	3.000	5.500	0.000	0.000	350.000	56.000

Breakfast Break - Corn Star w/ Animal Crackers, Applesauce & Craisins	195704 9	1.00 svg	50	438.000	4.800	9.000	1.900	0.000	211.000	84.000
Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	1050	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	500	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	330	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	375	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	75	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)	600	20.000	0.000	0.000	0.000	0.000	50.000	4.000
Weighted Daily Average				516.419	17.822	14.866	5.077	0.000	757.342	78.060
% of Calories					13.80%	25.91%	8.85%	0.00%		60.46%

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 - 08/30/2019										
Breakfast 9-12 SY 19-20										
		Total	1200							
Pancakes, Cinnamon Glaze, IW (80/case)	196650 6	1.00 pkg	565	220.000	4.000	7.000	1.500	0.000	260.000	35.000

Pig 'N A Blanket	194434 1	1.00 each	400	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	75	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	80	290.000	3.000	7.000	0.500	0.000	370.000	54.000
Breakfast Break - Pop-tart w/ Animal Crackers, Applesauce & Craisins	195283 3	1.00 svg	80	470.000	4.333	6.667	2.000	0.000	310.000	98.667
Juice, 100%, Variety 4 oz cups (72/case)	196182 3	1.00 each	1050	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	500	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	330	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	375	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	75	80.000	8.000	0.000	0.000	0.000	125.000	12.000
Jelly, Assorted, portion pac	194845 3	1.00 each	250	25.000	0.000	0.000	0.000	0.000	0.000	7.000
Mustard, Heinz/Americana, 500/5.5 g packets - 1 each	194528 1	1.00 package	250	5.000	1.000	0.000	0.000	0.000	85.000	1.000
Weighted Daily Average				423.017	11.315	8.727	2.380	0.000	454.671	76.462
% of Calories					10.70%	18.57%	5.06%	0.00%		72.30%

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	467.546		450/600	Pass		
Protein (g)	13.528	11.57%				
Total Fat (g)	14.548	28.00%				
Saturated Fat (g)	5.163	9.94%	<10	Pass		
Trans Fat (g)	0.000*					
Sodium (mg)	589.645		≤ 640	Pass		
Carbohydrates (g)	72.217	61.78%				

\* = Indicates missing Nutrient Information.

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