

# Lebanon Community Schools

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Breakfast, K-5, CAS, GA, RV

Portion Values - Detailed

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|                                | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| <b>Mon - 10/02/2017</b>        |              |          |
| Breakfast, K-5, CAS, GA, RV    | Total        |          |
| Father's Table Brkfst Bar-Leb  | Bar          | 42.0     |
| Honey Nut Scooters , 1 oz, Leb | Bowl         | 23.0     |
| Sausage, Chicken Breakfast Tys | Patty        | 1.0      |
| FRUIT,FRESH ASSORTED           | 1 EACH       | 5.82     |
| MILK,1% Lowfat                 | 8 OZ.        | 12.18    |
| MILK,Skim                      | HALF PINT    | 1.41     |
| Weighted Daily Average         |              | 50.77    |
| % of Calories                  |              | 56.6%    |
| Nutrient Guideline             |              |          |

|                                |              |       |
|--------------------------------|--------------|-------|
| <b>Tue - 10/03/2017</b>        |              |       |
| Breakfast, K-5, CAS, GA, RV    | Total        |       |
| SAUSAGE Pancake on Stick Leb   | SERVING      | 18.17 |
| Yogurt, Trix Straw/Banana 4 oz | 4 oz serving | 20.0  |
| Crackers, Sunrise Bites 1 oz   | Package 1 oz | 20.25 |
| FRUIT,FRESH ASSORTED           | 1 EACH       | 5.82  |
| Apple Juice w/ Vit C, 4 oz Sig | 4 oz serving | 14.0  |
| Grape Juice w/Vit C-Signature  | 4 oz serving | 13.0  |
| Orang Juice w/ Vit C-Signature | 4 oz portion | 13.0  |
| MILK,1% Lowfat                 | 8 OZ.        | 12.18 |
| MILK,Skim                      | HALF PINT    | 1.41  |
| Weighted Daily Average         |              | 52.26 |
| % of Calories                  |              | 60.4% |
| Nutrient Guideline             |              |       |

|                                |                 |       |
|--------------------------------|-----------------|-------|
| <b>Wed - 10/04/2017</b>        |                 |       |
| Breakfast, K-5, CAS, GA, RV    | Total           |       |
| Maple Egg & Cheese Breakfast S | Breakfast Stick | 18.0  |
| UBR-Ultimate Brkfst Round Cinn | Round           | 43.0  |
| CHEESE, STRING                 | 1 OZ.           | 1.0   |
| Craisins, Ocean Spray Pouch    | Pouch (1.16 oz) | 28.0  |
| FRUIT,FRESH ASSORTED           | 1 EACH          | 5.82  |
| MILK,1% Lowfat                 | 8 OZ.           | 12.18 |
| MILK,Skim                      | HALF PINT       | 1.41  |
| Weighted Daily Average         |                 | 68.96 |
| % of Calories                  |                 | 64.9% |
| Nutrient Guideline             |                 |       |

|                                |                 |       |
|--------------------------------|-----------------|-------|
| <b>Thu - 10/05/2017</b>        |                 |       |
| Breakfast, K-5, CAS, GA, RV    | Total           |       |
| Blueberry Pancake Sausage Brea | blueberry stick | 20.0  |
| Oatmeal, Maple/B. Sugar-Leb    | Serving         | 33.0  |
| CHEESE, STRING                 | 1 OZ.           | 1.0   |
| FRUIT,FRESH ASSORTED           | 1 EACH          | 5.82  |
| Juice, Apple 4 oz-Leb          | container(4 oz) | 14.0  |
| Juice, Grape 4 oz Leb          | container (4oz) | 20.0  |
| Juice, OJ 4 oz-Leb             | containe (4 oz) | 13.0  |
| MILK,1% Lowfat                 | 8 OZ.           | 12.18 |
| MILK,Skim                      | HALF PINT       | 1.41  |

\*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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|                        | Portion Size | Carb (g) |
|------------------------|--------------|----------|
| Weighted Daily Average |              | 50.98    |
| % of Calories          |              | 53.7%    |
| Nutrient Guideline     |              |          |

| Fri - 10/06/2017               |               |       |
|--------------------------------|---------------|-------|
| Breakfast, K-5, CAS, GA, RV    | Total         |       |
| Honey Nut Scooters , 1 oz, Leb | Bowl          | 23.0  |
| Benefit Bar, 1.25 oz Maple     | Bar (1.25 oz) | 24.0  |
| CHEESE, STRING                 | 1 OZ.         | 1.0   |
| RAISINS                        | 1.33 OZ.      | 29.85 |
| FRUIT,FRESH ASSORTED           | 1 EACH        | 5.82  |
| MILK,1% Lowfat                 | 8 OZ.         | 12.18 |
| MILK,Skim                      | HALF PINT     | 1.41  |
| Weighted Daily Average         |               | 58.06 |
| % of Calories                  |               | 71.8% |
| Nutrient Guideline             |               |       |

| Mon - 10/09/2017               |           |       |
|--------------------------------|-----------|-------|
| Breakfast, K-5, CAS, GA, RV    | Total     |       |
| Father's Table Brkfst Bar-Leb  | Bar       | 42.0  |
| Honey Nut Scooters , 1 oz, Leb | Bowl      | 23.0  |
| Sausage, Chicken Breakfast Tys | Patty     | 1.0   |
| FRUIT,FRESH ASSORTED           | 1 EACH    | 5.82  |
| MILK,1% Lowfat                 | 8 OZ.     | 12.18 |
| MILK,Skim                      | HALF PINT | 1.41  |
| Weighted Daily Average         |           | 50.77 |
| % of Calories                  |           | 56.6% |
| Nutrient Guideline             |           |       |

| Tue - 10/10/2017               |              |       |
|--------------------------------|--------------|-------|
| Breakfast, K-5, CAS, GA, RV    | Total        |       |
| SAUSAGE Pancake on Stick Leb   | SERVING      | 18.17 |
| Yogurt, Trix Straw/Banana 4 oz | 4 oz serving | 20.0  |
| Crackers, Sunrise Bites 1 oz   | Package 1 oz | 20.25 |
| FRUIT,FRESH ASSORTED           | 1 EACH       | 5.82  |
| Apple Juice w/ Vit C, 4 oz Sig | 4 oz serving | 14.0  |
| Grape Juice w/Vit C-Signature  | 4 oz serving | 13.0  |
| Orang Juice w/ Vit C-Signature | 4 oz portion | 13.0  |
| MILK,1% Lowfat                 | 8 OZ.        | 12.18 |
| MILK,Skim                      | HALF PINT    | 1.41  |
| Weighted Daily Average         |              | 52.26 |
| % of Calories                  |              | 60.4% |
| Nutrient Guideline             |              |       |

\*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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Breakfast, K-5, CAS, GA, RV

Portion Values - Detailed

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|                                | Portion Size    | Carb (g) |
|--------------------------------|-----------------|----------|
| Wed - 10/11/2017               |                 |          |
| Breakfast, K-5, CAS, GA, RV    | Total           |          |
| Maple Egg & Cheese Breakfast S | Breakfast Stick | 18.0     |
| UBR-Ultimate Brkfst Round Cinn | Round           | 43.0     |
| CHEESE, STRING                 | 1 OZ.           | 1.0      |
| Craisins, Ocean Spray Pouch    | Pouch (1.16 oz) | 28.0     |
| FRUIT,FRESH ASSORTED           | 1 EACH          | 5.82     |
| MILK,1% Lowfat                 | 8 OZ.           | 12.18    |
| MILK,Skim                      | HALF PINT       | 1.41     |
| Weighted Daily Average         |                 | 68.96    |
| % of Calories                  |                 | 64.9%    |
| Nutrient Guideline             |                 |          |

|                                | Portion Size    | Carb (g) |
|--------------------------------|-----------------|----------|
| Thu - 10/12/2017               |                 |          |
| Breakfast, K-5, CAS, GA, RV    | Total           |          |
| Blueberry Pancake Sausage Brea | blueberry stick | 20.0     |
| Oatmeal, Maple/B. Sugar-Leb    | Serving         | 33.0     |
| CHEESE, STRING                 | 1 OZ.           | 1.0      |
| FRUIT,FRESH ASSORTED           | 1 EACH          | 5.82     |
| Juice, Apple 4 oz-Leb          | container(4 oz) | 14.0     |
| Juice, Grape 4 oz Leb          | container (4oz) | 20.0     |
| Juice, OJ 4 oz-Leb             | containe (4 oz) | 13.0     |
| MILK,1% Lowfat                 | 8 OZ.           | 12.18    |
| MILK,Skim                      | HALF PINT       | 1.41     |
| Weighted Daily Average         |                 | 50.98    |
| % of Calories                  |                 | 53.7%    |
| Nutrient Guideline             |                 |          |

|                             | Portion Size | Carb (g) |
|-----------------------------|--------------|----------|
| Fri - 10/13/2017            |              |          |
| Breakfast, K-5, CAS, GA, RV | Total        |          |
| NO SCHOOL TODAY             | SERVING      | 0.0      |
| Weighted Daily Average      |              | 0.00     |
| % of Calories               |              | 0.0%     |
| Nutrient Guideline          |              |          |

|                                | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Mon - 10/16/2017               |              |          |
| Breakfast, K-5, CAS, GA, RV    | Total        |          |
| Father's Table Brkfst Bar-Leb  | Bar          | 42.0     |
| Honey Nut Scooters , 1 oz, Leb | Bowl         | 23.0     |
| Sausage, Chicken Breakfast Tys | Patty        | 1.0      |
| FRUIT,FRESH ASSORTED           | 1 EACH       | 5.82     |
| MILK,1% Lowfat                 | 8 OZ.        | 12.18    |
| MILK,Skim                      | HALF PINT    | 1.41     |
| Weighted Daily Average         |              | 50.77    |
| % of Calories                  |              | 56.6%    |
| Nutrient Guideline             |              |          |

\*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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Base Menu Spreadsheet

Breakfast, K-5, CAS, GA, RV

Portion Values - Detailed

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|                                | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Tue - 10/17/2017               |              |          |
| Breakfast, K-5, CAS, GA, RV    | Total        |          |
| SAUSAGE Pancake on Stick Leb   | SERVING      | 18.17    |
| Yogurt, Trix Straw/Banana 4 oz | 4 oz serving | 20.0     |
| Crackers, Sunrise Bites 1 oz   | Package 1 oz | 20.25    |
| FRUIT,FRESH ASSORTED           | 1 EACH       | 5.82     |
| Apple Juice w/ Vit C, 4 oz Sig | 4 oz serving | 14.0     |
| Grape Juice w/Vit C-Signature  | 4 oz serving | 13.0     |
| Orang Juice w/ Vit C-Signature | 4 oz portion | 13.0     |
| MILK,1% Lowfat                 | 8 OZ.        | 12.18    |
| MILK,Skim                      | HALF PINT    | 1.41     |
| Weighted Daily Average         |              | 52.26    |
| % of Calories                  |              | 60.4%    |
| Nutrient Guideline             |              |          |

|                                |                 |       |
|--------------------------------|-----------------|-------|
| Wed - 10/18/2017               |                 |       |
| Breakfast, K-5, CAS, GA, RV    | Total           |       |
| Maple Egg & Cheese Breakfast S | Breakfast Stick | 18.0  |
| UBR-Ultimate Brkfst Round Cinn | Round           | 43.0  |
| CHEESE, STRING                 | 1 OZ.           | 1.0   |
| Craisins, Ocean Spray Pouch    | Pouch (1.16 oz) | 28.0  |
| FRUIT,FRESH ASSORTED           | 1 EACH          | 5.82  |
| MILK,1% Lowfat                 | 8 OZ.           | 12.18 |
| MILK,Skim                      | HALF PINT       | 1.41  |
| Weighted Daily Average         |                 | 68.96 |
| % of Calories                  |                 | 64.9% |
| Nutrient Guideline             |                 |       |

|                                |                 |       |
|--------------------------------|-----------------|-------|
| Thu - 10/19/2017               |                 |       |
| Breakfast, K-5, CAS, GA, RV    | Total           |       |
| Blueberry Pancake Sausage Brea | blueberry stick | 20.0  |
| Oatmeal, Maple/B. Sugar-Leb    | Serving         | 33.0  |
| CHEESE, STRING                 | 1 OZ.           | 1.0   |
| FRUIT,FRESH ASSORTED           | 1 EACH          | 5.82  |
| Juice, Apple 4 oz-Leb          | container(4 oz) | 14.0  |
| Juice, Grape 4 oz Leb          | container (4oz) | 20.0  |
| Juice, OJ 4 oz-Leb             | containe (4 oz) | 13.0  |
| MILK,1% Lowfat                 | 8 OZ.           | 12.18 |
| MILK,Skim                      | HALF PINT       | 1.41  |
| Weighted Daily Average         |                 | 50.98 |
| % of Calories                  |                 | 53.7% |
| Nutrient Guideline             |                 |       |

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Base Menu Spreadsheet

Breakfast, K-5, CAS, GA, RV

Portion Values - Detailed

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|   | Portion Size  | Carb (g) |
|---|---------------|----------|
| Fri - 10/20/2017                          |               |          |
| Breakfast, K-5, CAS, GA, RV               | Total         |          |
| Honey Nut Scooters , 1 oz, Leb            | Bowl          | 23.0     |
| Benefit Bar, 1.25 oz Maple CHEESE, STRING | Bar (1.25 oz) | 24.0     |
| RAISINS                                   | 1 OZ.         | 1.0      |
| FRUIT,FRESH ASSORTED                      | 1.33 OZ.      | 29.85    |
| MILK,1% Lowfat                            | 1 EACH        | 5.82     |
| MILK,Skim                                 | 8 OZ.         | 12.18    |
|   | HALF PINT     | 1.41     |
| Weighted Daily Average                    |               | 58.06    |
| % of Calories                             |               | 71.8%    |
| Nutrient Guideline                        |               |          |

|                                |           |       |
|--------------------------------|-----------|-------|
| Mon - 10/23/2017               |           |       |
| Breakfast, K-5, CAS, GA, RV    | Total     |       |
| Father's Table Brkfst Bar-Leb  | Bar       | 42.0  |
| Honey Nut Scooters , 1 oz, Leb | Bowl      | 23.0  |
| Sausage, Chicken Breakfast Tys | Patty     | 1.0   |
| FRUIT,FRESH ASSORTED           | 1 EACH    | 5.82  |
| MILK,1% Lowfat                 | 8 OZ.     | 12.18 |
| MILK,Skim                      | HALF PINT | 1.41  |
| Weighted Daily Average         |           | 50.77 |
| % of Calories                  |           | 56.6% |
| Nutrient Guideline             |           |       |

|                                |              |       |
|--------------------------------|--------------|-------|
| Tue - 10/24/2017               |              |       |
| Breakfast, K-5, CAS, GA, RV    | Total        |       |
| SAUSAGE Pancake on Stick Leb   | SERVING      | 18.17 |
| Yogurt, Trix Straw/Banana 4 oz | 4 oz serving | 20.0  |
| Crackers, Sunrise Bites 1 oz   | Package 1 oz | 20.25 |
| FRUIT,FRESH ASSORTED           | 1 EACH       | 5.82  |
| Apple Juice w/ Vit C, 4 oz Sig | 4 oz serving | 14.0  |
| Grape Juice w/Vit C-Signature  | 4 oz serving | 13.0  |
| Orang Juice w/ Vit C-Signature | 4 oz portion | 13.0  |
| MILK,1% Lowfat                 | 8 OZ.        | 12.18 |
| MILK,Skim                      | HALF PINT    | 1.41  |
| Weighted Daily Average         |              | 52.26 |
| % of Calories                  |              | 60.4% |
| Nutrient Guideline             |              |       |

|                                |                 |       |
|--------------------------------|-----------------|-------|
| Wed - 10/25/2017               |                 |       |
| Breakfast, K-5, CAS, GA, RV    | Total           |       |
| Maple Egg & Cheese Breakfast S | Breakfast Stick | 18.0  |
| UBR-Ultimate Brkfst Round Cinn | Round           | 43.0  |
| CHEESE, STRING                 | 1 OZ.           | 1.0   |
| Craisins, Ocean Spray Pouch    | Pouch (1.16 oz) | 28.0  |
| FRUIT,FRESH ASSORTED           | 1 EACH          | 5.82  |
| MILK,1% Lowfat                 | 8 OZ.           | 12.18 |
| MILK,Skim                      | HALF PINT       | 1.41  |

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Breakfast, K-5, CAS, GA, RV

Portion Values - Detailed

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|                        | Portion Size | Carb (g) |
|------------------------|--------------|----------|
| Weighted Daily Average |              | 68.96    |
| % of Calories          |              | 64.9%    |
| Nutrient Guideline     |              |          |

| Thu - 10/26/2017               |                 |       |
|--------------------------------|-----------------|-------|
| Breakfast, K-5, CAS, GA, RV    | Total           |       |
| Blueberry Pancake Sausage Brea | blueberry stick | 20.0  |
| Oatmeal, Maple/B. Sugar-Leb    | Serving         | 33.0  |
| CHEESE, STRING                 | 1 OZ.           | 1.0   |
| FRUIT,FRESH ASSORTED           | 1 EACH          | 5.82  |
| Juice, Apple 4 oz-Leb          | container(4 oz) | 14.0  |
| Juice, Grape 4 oz Leb          | container (4oz) | 20.0  |
| Juice, OJ 4 oz-Leb             | containe (4 oz) | 13.0  |
| MILK,1% Lowfat                 | 8 OZ.           | 12.18 |
| MILK,Skim                      | HALF PINT       | 1.41  |
| Weighted Daily Average         |                 | 50.98 |
| % of Calories                  |                 | 53.7% |
| Nutrient Guideline             |                 |       |

| Fri - 10/27/2017            |         |      |
|-----------------------------|---------|------|
| Breakfast, K-5, CAS, GA, RV | Total   |      |
| NO SCHOOL TODAY             | SERVING | 0.0  |
| Weighted Daily Average      |         | 0.00 |
| % of Calories               |         | 0.0% |
| Nutrient Guideline          |         |      |

| Mon - 10/30/2017            |         |      |
|-----------------------------|---------|------|
| Breakfast, K-5, CAS, GA, RV | Total   |      |
| NO SCHOOL TODAY             | SERVING | 0.0  |
| Weighted Daily Average      |         | 0.00 |
| % of Calories               |         | 0.0% |
| Nutrient Guideline          |         |      |

| Tue - 10/31/2017            |         |      |
|-----------------------------|---------|------|
| Breakfast, K-5, CAS, GA, RV | Total   |      |
| NO SCHOOL TODAY             | SERVING | 0.0  |
| Weighted Daily Average      |         | 0.00 |
| % of Calories               |         | 0.0% |
| Nutrient Guideline          |         |      |

|                  |  |       |
|------------------|--|-------|
| Weighted Average |  | 56.00 |
|                  |  | 60.3% |

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| Nutrient         | Menu AVG | % of Cals | Weekly Target | Portion | Carb | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|---------|------|-----------|---------|-------------------------|
|                  |          |           |               | Size    | (g)  |           |         |                         |
| Carbohydrate (g) | 56.00    | 60.30%    |               |         |      |           |         |                         |

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