

Lebanon Community Schools

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Breakfast K-8, PIO, HC, LAC

Portion Values - Detailed

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Generated on: 9/20/2017 3:07:45 PM

	Portion Size	Carb (g)
Mon - 10/02/2017		
Breakfast K-8, PIO, HC, LAC	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		

	Portion Size	Carb (g)
Tue - 10/03/2017		
Breakfast K-8, PIO, HC, LAC	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		

	Portion Size	Carb (g)
Wed - 10/04/2017		
Breakfast K-8, PIO, HC, LAC	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 - 10/05/2017		
Breakfast K-8, PIO, HC, LAC	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
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 † - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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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-8, PIO, HC, LAC	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-8, PIO, HC, LAC	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-8, PIO, HC, LAC	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		

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	Portion Size	Carb (g)
Wed - 10/11/2017		
Breakfast K-8, PIO, HC, LAC	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-8, PIO, HC, LAC	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-8, PIO, HC, LAC	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-8, PIO, HC, LAC	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		

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	Portion Size	Carb (g)
Tue - 10/17/2017		
Breakfast K-8, PIO, HC, LAC	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-8, PIO, HC, LAC	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-8, PIO, HC, LAC	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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Breakfast K-8, PIO, HC, LAC

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	Portion Size	Carb (g)
Fri - 10/20/2017		
Breakfast K-8, PIO, HC, LAC	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 - 10/23/2017		
Breakfast K-8, PIO, HC, LAC	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-8, PIO, HC, LAC	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-8, PIO, HC, LAC	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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	Portion Size	Carb (g)
Weighted Daily Average		68.96
% of Calories		64.9%
Nutrient Guideline		

Thu - 10/26/2017		
Breakfast K-8, PIO, HC, LAC	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-8, PIO, HC, LAC	Total	
NO SCHOOL TODAY	SERVING	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Mon - 10/30/2017		
Breakfast K-8, PIO, HC, LAC	Total	
NO SCHOOL TODAY	SERVING	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Tue - 10/31/2017		
Breakfast K-8, PIO, HC, LAC	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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