

# Lebanon Community Schools

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

HIGH SCHOOL BREAKFAST

Portion Values - Detailed

Page 1

Generated on: 9/20/2017 3:12:21 PM

	Portion Size	Carb (g)
Mon - 10/02/2017		
HIGH SCHOOL BREAKFAS	Total	
Maple Egg & Cheese Breakfast S	Breakfast Stick	18.0
Oatmeal, Maple/B. Sugar-Leb	Serving	33.0
Crackers, Sunrise Bites 2 oz	Pkg (2 oz)	40.0
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
Monday Bagged Breakfast	Bag	72.85
Weighted Daily Average		88.69
% of Calories		73.5%
Nutrient Guideline		

Tue - 10/03/2017		
HIGH SCHOOL BREAKFAS	Total	
SAUSAGE Pancake on Stick Leb	SERVING	18.17
Benefit Bar, 2.5 oz Choc Chip	Bar	47.0
Oatmeal, Maple/B. Sugar-Leb	Serving	33.0
FRUIT,FRESH ASSORTED	1 EACH	5.82
Apple/OJ-6 oz -FSA	6 oz Serving	22.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Tuesday Bagged Breakfast	Bag	69.0
Weighted Daily Average		74.94
% of Calories		66.3%
Nutrient Guideline		

Wed - 10/04/2017		
HIGH SCHOOL BREAKFAS	Total	
Apple Stick-Bosco	Package	40.0
Father's Table Brkfst Bar-Leb	Bar	42.0
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
Wednesday Bagged Breakfast	Bag	68.35
Weighted Daily Average		104.02
% of Calories		75.7%
Nutrient Guideline		

Thu - 10/05/2017		
HIGH SCHOOL BREAKFAS	Total	
Muffin, WG Blueberry, Daves-Le	Muffin	38.5
UBR-Ultimate Brkfst Round Cinn	Round	43.0
CHEESE, STRING	1 OZ.	1.0
FRUIT,FRESH ASSORTED	1 EACH	5.82
Apple/OJ-6 oz -FSA	6 oz Serving	22.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Thursday Bagged Breakfast	Bag	50.0

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	Portion Size	Carb (g)
Weighted Daily Average		70.90
% of Calories		62.9%
Nutrient Guideline		

Fri - 10/06/2017		
HIGH SCHOOL BREAKFAS	Total	
Egg Patties, Scrambles Sunny F	Patty	1.0
Sausage, Chicken Breakfast Tys	Patty	1.0
Honey Nut Scooters , 2 oz, Leb	Bowl	45.0
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
Friday Bagged Breakfast	Bag	56.13
Weighted Daily Average		85.80
% of Calories		68.7%
Nutrient Guideline		

Mon - 10/09/2017		
HIGH SCHOOL BREAKFAS	Total	
Maple Egg & Cheese Breakfast S	Breakfast Stick	18.0
Oatmeal, Maple/B. Sugar-Leb	Serving	33.0
Crackers, Sunrise Bites 2 oz	Pkg (2 oz)	40.0
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
Monday Bagged Breakfast	Bag	72.85
Weighted Daily Average		88.69
% of Calories		73.5%
Nutrient Guideline		

Tue - 10/10/2017		
HIGH SCHOOL BREAKFAS	Total	
SAUSAGE Pancake on Stick Leb	SERVING	18.17
Benefit Bar, 2.5 oz Choc Chip	Bar	47.0
Oatmeal, Maple/B. Sugar-Leb	Serving	33.0
FRUIT,FRESH ASSORTED	1 EACH	5.82
Apple/OJ-6 oz -FSA	6 oz Serving	22.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Tuesday Bagged Breakfast	Bag	69.0
Weighted Daily Average		74.94
% of Calories		66.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 10/11/2017		
HIGH SCHOOL BREAKFAS	Total	
Apple Stick-Bosco	Package	40.0
Father's Table Brkfst Bar-Leb	Bar	42.0
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
Wednesday Bagged Breakfast	Bag	68.35
Weighted Daily Average		104.02
% of Calories		75.7%
Nutrient Guideline		

Thu - 10/12/2017		
HIGH SCHOOL BREAKFAS	Total	
Muffin, WG Blueberry, Daves-Le	Muffin	38.5
UBR-Ultimate Brkfst Round Cinn	Round	43.0
CHEESE, STRING	1 OZ.	1.0
FRUIT,FRESH ASSORTED	1 EACH	5.82
Apple/OJ-6 oz -FSA	6 oz Serving	22.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Thursday Bagged Breakfast	Bag	50.0
Weighted Daily Average		70.90
% of Calories		62.9%
Nutrient Guideline		

Fri - 10/13/2017		
HIGH SCHOOL BREAKFAS	Total	
NO SCHOOL TODAY	SERVING	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Mon - 10/16/2017		
HIGH SCHOOL BREAKFAS	Total	
Maple Egg & Cheese Breakfast S	Breakfast Stick	18.0
Oatmeal, Maple/B. Sugar-Leb	Serving	33.0
Crackers, Sunrise Bites 2 oz	Pkg (2 oz)	40.0
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
Monday Bagged Breakfast	Bag	72.85
Weighted Daily Average		88.69
% of Calories		73.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 10/17/2017		
HIGH SCHOOL BREAKFAS	Total	
SAUSAGE Pancake on Stick Leb	SERVING	18.17
Benefit Bar, 2.5 oz Choc Chip	Bar	47.0
Oatmeal, Maple/B. Sugar-Leb	Serving	33.0
FRUIT,FRESH ASSORTED	1 EACH	5.82
Apple/OJ-6 oz -FSA	6 oz Serving	22.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Tuesday Bagged Breakfast	Bag	69.0
Weighted Daily Average		74.94
% of Calories		66.3%
Nutrient Guideline		

Wed - 10/18/2017		
HIGH SCHOOL BREAKFAS	Total	
Apple Stick-Bosco	Package	40.0
Father's Table Brkfst Bar-Leb	Bar	42.0
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
Wednesday Bagged Breakfast	Bag	68.35
Weighted Daily Average		104.02
% of Calories		75.7%
Nutrient Guideline		

Thu - 10/19/2017		
HIGH SCHOOL BREAKFAS	Total	
Muffin, WG Blueberry, Daves-Le	Muffin	38.5
UBR-Ultimate Brkfst Round Cinn	Round	43.0
CHEESE, STRING	1 OZ.	1.0
FRUIT,FRESH ASSORTED	1 EACH	5.82
Apple/OJ-6 oz -FSA	6 oz Serving	22.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Thursday Bagged Breakfast	Bag	50.0
Weighted Daily Average		70.90
% of Calories		62.9%
Nutrient Guideline		

Fri - 10/20/2017		
HIGH SCHOOL BREAKFAS	Total	
Egg Patties, Scrambles Sunny F	Patty	1.0
Sausage, Chicken Breakfast Tys	Patty	1.0
Honey Nut Scooters , 2 oz, Leb	Bowl	45.0
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
Friday Bagged Breakfast	Bag	56.13

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HIGH SCHOOL BREAKFAST

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	Portion Size	Carb (g)
Weighted Daily Average		85.80
% of Calories		68.7%
Nutrient Guideline		

Mon - 10/23/2017		
HIGH SCHOOL BREAKFAS	Total	
Maple Egg & Cheese Breakfast S	Breakfast Stick	18.0
Oatmeal, Maple/B. Sugar-Leb	Serving	33.0
Crackers, Sunrise Bites 2 oz	Pkg (2 oz)	40.0
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
Monday Bagged Breakfast	Bag	72.85
Weighted Daily Average		88.69
% of Calories		73.5%
Nutrient Guideline		

Tue - 10/24/2017		
HIGH SCHOOL BREAKFAS	Total	
SAUSAGE Pancake on Stick Leb	SERVING	18.17
Benefit Bar, 2.5 oz Choc Chip	Bar	47.0
Oatmeal, Maple/B. Sugar-Leb	Serving	33.0
FRUIT,FRESH ASSORTED	1 EACH	5.82
Apple/OJ-6 oz -FSA	6 oz Serving	22.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Tuesday Bagged Breakfast	Bag	69.0
Weighted Daily Average		74.94
% of Calories		66.3%
Nutrient Guideline		

Wed - 10/25/2017		
HIGH SCHOOL BREAKFAS	Total	
Apple Stick-Bosco	Package	40.0
Father's Table Brkfst Bar-Leb	Bar	42.0
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
Wednesday Bagged Breakfast	Bag	68.35
Weighted Daily Average		104.02
% of Calories		75.7%
Nutrient Guideline		

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Base Menu Spreadsheet

HIGH SCHOOL BREAKFAST

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 10/26/2017		
HIGH SCHOOL BREAKFAS	Total	
Muffin, WG Blueberry, Daves-Le	Muffin	38.5
UBR-Ultimate Brkfst Round Cinn	Round	43.0
CHEESE, STRING	1 OZ.	1.0
FRUIT,FRESH ASSORTED	1 EACH	5.82
Apple/OJ-6 oz -FSA	6 oz Serving	22.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Thursday Bagged Breakfast	Bag	50.0
Weighted Daily Average		70.90
% of Calories		62.9%
Nutrient Guideline		

Fri - 10/27/2017		
HIGH SCHOOL BREAKFAS	Total	
NO SCHOOL TODAY	SERVING	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Mon - 10/30/2017		
HIGH SCHOOL BREAKFAS	Total	
NO SCHOOL TODAY	SERVING	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Tue - 10/31/2017		
HIGH SCHOOL BREAKFAS	Total	
NO SCHOOL TODAY	SERVING	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Weighted Average		84.77
		69.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	84.77	69.83%						

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