

# Lebanon Community Schools

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

7 - Oak BREAKFAST

Portion Values - Detailed

Page 1

Generated on: 9/20/2017 3:11:19 PM

	Portion Size	Carb (g)
Mon - 10/02/2017		
7 - Oak BREAKFAST	Total	
Sausage, Chicken Breakfast Tys	Patty	1.0
Yogurt, Trix Straw/Banana 4 oz	4 oz serving	20.0
Father's Table Brkfst Bar-Leb	Bar	42.0
FRUIT,FRESH ASSORTED	1 EACH	5.82
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Weighted Daily Average		53.17
% of Calories		52.1%
Nutrient Guideline		

Tue - 10/03/2017		
7 - Oak BREAKFAST	Total	
Maple Egg & Cheese Breakfast S	Breakfast Stick	18.0
Benefit Bar, 2.5 oz Choc Chip	Bar	47.0
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
Weighted Daily Average		64.65
% of Calories		64.6%
Nutrient Guideline		

Wed - 10/04/2017		
7 - Oak BREAKFAST	Total	
SAUSAGE Pancake on Stick Leb	SERVING	18.17
Honey Nut Scooters , 2 oz, Leb	Bowl	45.0
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		64.97
% of Calories		68.7%
Nutrient Guideline		

Thu - 10/05/2017		
7 - Oak BREAKFAST	Total	
UBR-Ultimate Brkfst Round Cinn	Round	43.0
Muffin, WG Blueberry, Daves-Le	Muffin	38.5
Yogurt, Trix Straw/Banana 4 oz	4 oz serving	20.0
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
Weighted Daily Average		71.44
% of Calories		71.6%
Nutrient Guideline		

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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7 - Oak BREAKFAST

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 10/06/2017		
7 - Oak BREAKFAST	Total	
Apple Stick-Bosco	Package	40.0
Honey Nut Scooters , 2 oz, Leb	Bowl	45.0
Crackers, Sunrise Bites 2 oz	Pkg (2 oz)	40.0
FRUIT,FRESH ASSORTED	1 EACH	5.82
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Weighted Daily Average		68.18
% of Calories		74.3%
Nutrient Guideline		

Mon - 10/09/2017		
7 - Oak BREAKFAST	Total	
Sausage, Chicken Breakfast Tys	Patty	1.0
Yogurt, Trix Straw/Banana 4 oz	4 oz serving	20.0
Father's Table Brkfst Bar-Leb	Bar	42.0
FRUIT,FRESH ASSORTED	1 EACH	5.82
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Weighted Daily Average		53.17
% of Calories		52.1%
Nutrient Guideline		

Tue - 10/10/2017		
7 - Oak BREAKFAST	Total	
Maple Egg & Cheese Breakfast S	Breakfast Stick	18.0
Benefit Bar, 2.5 oz Choc Chip	Bar	47.0
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
Weighted Daily Average		64.65
% of Calories		64.6%
Nutrient Guideline		

Wed - 10/11/2017		
7 - Oak BREAKFAST	Total	
SAUSAGE Pancake on Stick Leb	SERVING	18.17
Honey Nut Scooters , 2 oz, Leb	Bowl	45.0
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		64.97
% of Calories		68.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 10/12/2017		
7 - Oak BREAKFAST	Total	
UBR-Ultimate Brkfst Round Cinn	Round	43.0
Muffin, WG Blueberry, Daves-Le	Muffin	38.5
Yogurt, Trix Straw/Banana 4 oz	4 oz serving	20.0
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
Weighted Daily Average		71.44
% of Calories		71.6%
Nutrient Guideline		

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

Mon - 10/16/2017		
7 - Oak BREAKFAST	Total	
Sausage, Chicken Breakfast Tys	Patty	1.0
Yogurt, Trix Straw/Banana 4 oz	4 oz serving	20.0
Father's Table Brkfst Bar-Leb	Bar	42.0
FRUIT,FRESH ASSORTED	1 EACH	5.82
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Weighted Daily Average		53.17
% of Calories		52.1%
Nutrient Guideline		

Tue - 10/17/2017		
7 - Oak BREAKFAST	Total	
Maple Egg & Cheese Breakfast S	Breakfast Stick	18.0
Benefit Bar, 2.5 oz Choc Chip	Bar	47.0
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
Weighted Daily Average		64.65
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7 - Oak BREAKFAST

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 10/18/2017		
7 - Oak BREAKFAST	Total	
SAUSAGE Pancake on Stick Leb	SERVING	18.17
Honey Nut Scooters , 2 oz, Leb	Bowl	45.0
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		64.97
% of Calories		68.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 10/19/2017		
7 - Oak BREAKFAST	Total	
UBR-Ultimate Brkfst Round Cinn	Round	43.0
Muffin, WG Blueberry, Daves-Le	Muffin	38.5
Yogurt, Trix Straw/Banana 4 oz	4 oz serving	20.0
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
Weighted Daily Average		71.44
% of Calories		71.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 10/20/2017		
7 - Oak BREAKFAST	Total	
Apple Stick-Bosco	Package	40.0
Honey Nut Scooters , 2 oz, Leb	Bowl	45.0
Crackers, Sunrise Bites 2 oz	Pkg (2 oz)	40.0
FRUIT,FRESH ASSORTED	1 EACH	5.82
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Weighted Daily Average		68.18
% of Calories		74.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 10/23/2017		
7 - Oak BREAKFAST	Total	
Sausage, Chicken Breakfast Tys	Patty	1.0
Yogurt, Trix Straw/Banana 4 oz	4 oz serving	20.0
Father's Table Brkfst Bar-Leb	Bar	42.0
FRUIT,FRESH ASSORTED	1 EACH	5.82
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Weighted Daily Average		53.17
% of Calories		52.1%
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Base Menu Spreadsheet

7 - Oak BREAKFAST

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 10/24/2017		
7 - Oak BREAKFAST	Total	
Maple Egg & Cheese Breakfast S	Breakfast Stick	18.0
Benefit Bar, 2.5 oz Choc Chip	Bar	47.0
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
Weighted Daily Average		64.65
% of Calories		64.6%
Nutrient Guideline		

Wed - 10/25/2017		
7 - Oak BREAKFAST	Total	
SAUSAGE Pancake on Stick Leb	SERVING	18.17
Honey Nut Scooters , 2 oz, Leb	Bowl	45.0
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		64.97
% of Calories		68.7%
Nutrient Guideline		

Thu - 10/26/2017		
7 - Oak BREAKFAST	Total	
UBR-Ultimate Brkfst Round Cinn	Round	43.0
Muffin, WG Blueberry, Daves-Le	Muffin	38.5
Yogurt, Trix Straw/Banana 4 oz	4 oz serving	20.0
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
Weighted Daily Average		71.44
% of Calories		71.6%
Nutrient Guideline		

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

Mon - 10/30/2017		
7 - Oak BREAKFAST	Total	
NO SCHOOL TODAY	SERVING	0.0

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Base Menu Spreadsheet

7 - Oak BREAKFAST

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		0.00 0.0%
Nutrient Guideline		

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

Weighted Average		64.07 65.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	64.07	65.18%						

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