

Lebanon Community Schools

Aug 28, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

HIGH SCHOOL BREAKFAST

Portion Values - Detailed

Page 1

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	Portion Size	Carb (g)
<u>Mon - 08/28/2017</u>		
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		

<u>Tue - 08/29/2017</u>		
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		

<u>Wed - 08/30/2017</u>		
HIGH SCHOOL BREAKFAS	Total	
Apple Stick-Bosco	Package	40.0
Blueberry Pancake Sausage Brea	blueberry stick	20.0
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		93.67
% of Calories		71.8%
Nutrient Guideline		

<u>Thu - 08/31/2017</u>		
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

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

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

Fri - 09/01/2017		
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		

Tue - 09/05/2017		
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 - 09/06/2017		
HIGH SCHOOL BREAKFAS	Total	
Apple Stick-Bosco	Package	40.0
Blueberry Pancake Sausage Brea	blueberry stick	20.0
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		93.67
% of Calories		71.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 09/07/2017		
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 - 09/08/2017		
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 - 09/11/2017		
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 - 09/12/2017		
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		

	Portion Size	Carb (g)
Wed - 09/13/2017		
HIGH SCHOOL BREAKFAS	Total	
Apple Stick-Bosco	Package	40.0
Blueberry Pancake Sausage Brea	blueberry stick	20.0
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		93.67
% of Calories		71.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/14/2017		
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		

	Portion Size	Carb (g)
Fri - 09/15/2017		
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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	Portion Size	Carb (g)
Weighted Daily Average		85.80
% of Calories		68.7%
Nutrient Guideline		

Mon - 09/18/2017		
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 - 09/19/2017		
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 - 09/20/2017		
HIGH SCHOOL BREAKFAS	Total	
Apple Stick-Bosco	Package	40.0
Blueberry Pancake Sausage Brea	blueberry stick	20.0
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		93.67
% of Calories		71.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
<u>Thu - 09/21/2017</u>		
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		

<u>Fri - 09/22/2017</u>		
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		

<u>Mon - 09/25/2017</u>		
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)
<u>Tue - 09/26/2017</u>		
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		

<u>Wed - 09/27/2017</u>		
HIGH SCHOOL BREAKFAS	Total	
Apple Stick-Bosco	Package	40.0
Blueberry Pancake Sausage Brea	blueberry stick	20.0
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		93.67
% of Calories		71.8%
Nutrient Guideline		

<u>Thu - 09/28/2017</u>		
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		

<u>Fri - 09/29/2017</u>		
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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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		85.80 68.7%
Nutrient Guideline		

Weighted Average		82.55 68.6%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	82.55	68.61%						

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