

Lebanon Community Schools

Aug 28, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

7 - Oak BREAKFAST

Portion Values - Detailed

Page 1

Generated on: 7/17/2017 2:19:11 PM

	Portion Size	Carb (g)
Mon - 08/28/2017		
7 - Oak BREAKFAST	Total	
Sausage, Chicken Breakfast Tys	Patty	1.0
Yogurt, Trix Straw/Banana 4 oz	4 oz serving	20.0
Blueberry Pancake Sausage Brea	blueberry stick	20.0
FRUIT,FRESH ASSORTED	1 EACH	5.82
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Weighted Daily Average		38.51
% of Calories		41.9%
Nutrient Guideline		

Tue - 08/29/2017		
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 - 08/30/2017		
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 - 08/31/2017		
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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7 - Oak BREAKFAST

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 09/01/2017		
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 - 09/04/2017		
7 - Oak BREAKFAST	Total	
NO SCHOOL TODAY	SERVING	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Tue - 09/05/2017		
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 - 09/06/2017		
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 Values - Detailed

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	Portion Size	Carb (g)
Thu - 09/07/2017		
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 - 09/08/2017		
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 - 09/11/2017		
7 - Oak BREAKFAST	Total	
Sausage, Chicken Breakfast Tys	Patty	1.0
Yogurt, Trix Straw/Banana 4 oz	4 oz serving	20.0
Blueberry Pancake Sausage Brea	blueberry stick	20.0
FRUIT,FRESH ASSORTED	1 EACH	5.82
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Weighted Daily Average		38.51
% of Calories		41.9%
Nutrient Guideline		

Tue - 09/12/2017		
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		

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

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Base Menu Spreadsheet

7 - Oak BREAKFAST

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 09/13/2017		
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 - 09/14/2017		
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 - 09/15/2017		
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 - 09/18/2017		
7 - Oak BREAKFAST	Total	
Sausage, Chicken Breakfast Tys	Patty	1.0
Yogurt, Trix Straw/Banana 4 oz	4 oz serving	20.0
Blueberry Pancake Sausage Brea	blueberry stick	20.0
FRUIT,FRESH ASSORTED	1 EACH	5.82
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Weighted Daily Average		38.51
% of Calories		41.9%
Nutrient Guideline		

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7 - Oak BREAKFAST

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 09/19/2017		
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 - 09/20/2017		
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 - 09/21/2017		
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 - 09/22/2017		
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		

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Base Menu Spreadsheet

7 - Oak BREAKFAST

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 09/25/2017		
7 - Oak BREAKFAST	Total	
Sausage, Chicken Breakfast Tys	Patty	1.0
Yogurt, Trix Straw/Banana 4 oz	4 oz serving	20.0
Blueberry Pancake Sausage Brea	blueberry stick	20.0
FRUIT,FRESH ASSORTED	1 EACH	5.82
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Weighted Daily Average		38.51
% of Calories		41.9%
Nutrient Guideline		

Tue - 09/26/2017		
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 - 09/27/2017		
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 - 09/28/2017		
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		

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7 - Oak BREAKFAST

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 09/29/2017		
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		

Weighted Average		62.51
		65.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	62.51	65.25%						

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