

# Jackson R-2 Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 1, 2019 thru Jan 31, 2019

Combined: Elementary Breakfast/Elementary Lunch

Generated on: 12/20/2018 2:40:43 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/07/2019			
Elementary Breakfast	Total		
WEEK #1	0	0	0.0
Muffin Blueberry Sara Lee	1 EACH	199	31.83
Muffin Double Chocolate SaraLe	1 EACH	179	27.85
Applesauce Original Kohl	1/2 cup	89	22.86
Cheese Stick Colby-Jack	1 EACH	110	0.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Cereal Honey Nut Cherrios	1 EACH	111	22.27
Cereal Lucky Charms	EACH	111	23.29
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Cinnamon Toast Crunch	EACH	111	22.27
Cereal Trix	EACH	111	24.3
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Juice Orange 4oz	EACH	60	13.0
Juice Apple 4oz	EACH	50	13.0
Elementary Lunch	Total		
WEEK #2	0	0	0.0
Mozzarella Cheese Stick 6ct	SERVINGS, 6ct	341	36.26
Mozzarella Cheese Stick 6ct	SERVINGS, 6ct	341	36.26
Broccoli Steamed	.5 Cup	107	4.87
Marinara Sauce #10	1.4 OZ	15	2.79
Chicken Pattie Sandwich	Sandwiches	430	47.0
Sweet Potato Cross Trax 6/2.50	3 OZ	144	20.52
Fruit Salad Kohl + Chery	1/2 CUP	79	17.96
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Baby Carrots 1/4 cup	1/4 CUP	11	2.47
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Skim White 8oz Carton	EACH	80	11.0
Weighted Daily Average		518	76.45
% of Calories			59.0%
Nutrient Guideline		450-575	

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

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/08/2019			
Elementary Breakfast	Total		
WEEK #1	0	0	0.0
Egg & Cheese Biscuit	1 EACH	256	31.24
Sausage, Egg & Cheese Biscuit	BISCUIT	438	32.25
Peaches Sliced Kohl	1/2 CUP	81	20.2
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Cheese Stick Colby-Jack	1 EACH	110	0.0
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Cereal Honey Nut Cherrios	1 EACH	111	22.27
Cereal Lucky Charms	EACH	111	23.29
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Cinnamon Toast Crunch	EACH	111	22.27
Cereal Trix	EACH	111	24.3
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Juice Orange 4oz	EACH	60	13.0
Juice Apple 4oz	EACH	50	13.0
Elementary Lunch	Total		
WEEK #2	0	0	0.0
Chicken Noodle Soup-Gage	6 oz	186	29.23
Grilled Cheese Sandwich	1 EACH	173	28.63
Corn Dog: Chicken	1 EACH	240	30.0
California Vegetable Medley	.5 CUP	48	3.48
Cinnamon Apples	1/2 CUP	86	16.82
Baby Carrots 1/4 cup	1/4 CUP	11	2.47
Milk Chocolate Skim 8oz carton	CARTON	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk 1% White 8oz Carton	CARTON	100	11.0
Milk Skim White 8oz Carton	CARTON	80	11.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
KETCHUP & MUSTARD PC'S	2 EACH	1	0.09
Weighted Daily Average		475	72.07
% of Calories			60.6%
Nutrient Guideline		450-575	

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Jan 1, 2019 thru Jan 31, 2019

Combined: Elementary Breakfast/Elementary Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/09/2019			
Elementary Breakfast	Total		
WEEK #1	0	0	0.0
Waffle Mini Blueberry 72ct	EACH	210	37.0
Pears Sliced Kohl	1/2 CUP	77	19.26
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Cheese Stick Colby-Jack	1 EACH	110	0.0
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Cereal Honey Nut Cherrios	1 EACH	111	22.27
Cereal Lucky Charms	EACH	111	23.29
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Cinnamon Toast Crunch	EACH	111	22.27
Cereal Trix	EACH	111	24.3
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Juice Orange 4oz	EACH	60	13.0
Juice Apple 4oz	EACH	50	13.0
Elementary Lunch	Total		
WEEK #2	0	0	0.0
Spaghetti & JTM Meat Sauce:Elm	SERVINGS	302	34.24
Texas Toast WG Garlic	Slice	100	15.02
Green Peas	1/2 CUP	99	13.87
BBQ Pork Sandwich	Sandwich	330	44.0
Fruit Salad Kohl + Chery	1/2 CUP	79	17.96
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Baby Carrots 1/4 cup	1/4 CUP	11	2.47
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Skim White 8oz Carton	EACH	80	11.0
Weighted Daily Average		416	68.33
% of Calories			65.7%
Nutrient Guideline		450-575	

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Jan 1, 2019 thru Jan 31, 2019

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/10/2019			
Elementary Breakfast	Total		
WEEK #1	0	0	0.0
OATMEAL	1 CUP	141	24.05
Sausage Turkey Link Jennie-O	1 EACH	59	0.0
Syrup Breakfast PC 100ct k2362	PC Cup	120	31.0
Cheese Stick Colby-Jack	1 EACH	110	0.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Strawberry Cup	EACH	90	21.93
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Lucky Charms	EACH	111	23.29
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Cinnamon Toast Crunch	EACH	111	22.27
Cereal Trix	EACH	111	24.3
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Juice Orange 4oz	EACH	60	13.0
Juice Apple 4oz	EACH	50	13.0
Elementary Lunch	Total		
WEEK #2	0	0	0.0
Chicken Nuggets WG	5 EACH	1297	79.84
Macaroni & Cheese RF JTM: 4oz	4 oz	196	21.05
Baked Beans Many Beans	1/2 CUP	122	24.65
Biscuit WG Phillipsbury 1oz	1 EACH	100	12.96
Chef Salad: Elementary	Salad	158	7.06
Broccoli Bag 1/4 cup	1/4 CUP	6	1.18
Ranch Dressing FF 1oz PC	1 oz	30	6.0
Peaches Sliced Kohl	1/2 CUP	81	20.2
Milk Chocolate Skim 8oz carton	CARTON	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk 1% White 8oz Carton	CARTON	100	11.0
Milk Skim White 8oz Carton	CARTON	80	11.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
BBQ Sauce Original	2 Tbsp	33	8.94
Butter PC	EACH	23	0.0
Weighted Daily Average		839	103.72
% of Calories			49.5%
Nutrient Guideline		450-575	

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 01/11/2019			
Elementary Breakfast	Total		
WEEK #1	0	0	0.0
Cinnamon Roll WG BeneFIT	1 EACH	244	40.33
Fruit Salad Kohl + Chery	1/2 CUP	79	17.96
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Cheese Stick Colby-Jack	1 EACH	110	0.0
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Cereal Honey Nut Cherrios	1 EACH	111	22.27
Cereal Lucky Charms	EACH	111	23.29
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Cinnamon Toast Crunch	EACH	111	22.27
Cereal Trix	EACH	111	24.3
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Juice Orange 4oz	EACH	60	13.0
Juice Apple 4oz	EACH	50	13.0
Elementary Lunch	Total		
WEEK #2	0	0	0.0
Fish Stick Breaded Pollock:4ct	4 STICKS	213	22.27
Corn Frozen Boiled	1/2 CUP	120	23.55
Turkey & Cheese Sandwich	SANDWICHES	263	29.83
Applesauce Original Kohl	1/2 cup	89	22.86
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Baby Carrots 1/4 cup	1/4 CUP	11	2.47
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Skim White 8oz Carton	EACH	80	11.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Brownie WG Conestoga	1 EACH	200	39.02
Weighted Daily Average		556	97.24
% of Calories			70.0%
Nutrient Guideline		450-575	

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Jan 1, 2019 thru Jan 31, 2019

Combined: Elementary Breakfast/Elementary Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/14/2019			
Elementary Breakfast	Total		
WEEK #2	0	0	0.0
Breakfast Pizza Turkey Sausage	SLICE	210	26.0
Applesauce Original Kohl	1/2 cup	89	22.86
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Cheese Stick Colby-Jack	1 EACH	110	0.0
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Cereal Honey Nut Cherrios	1 EACH	111	22.27
Cereal Lucky Charms	EACH	111	23.29
Cereal Cocoa Puffs	EACH	88	20.0
Cereal Cinnamon Toast Crunch	EACH	111	22.27
Cereal Trix	EACH	111	24.3
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Juice Orange 4oz	EACH	60	13.0
Juice Apple 4oz	EACH	50	13.0
Elementary Lunch	Total		
WEEK # 3	1	0	0.0
French Toast Sticks WG: 3ct	3ct EACH	203	25.0
Sausage Turkey Link Jennie-O	1 EACH	59	0.0
Potato Smiles	4 EACH	133	20.43
Syrup Breakfast PC 100ct k2362	PC Cup	120	31.0
Hamburger on Bun	Sandwich	290	32.0
Fruit & Yogurt Parfait	Parfaits	76	16.71
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Baby Carrots 1/4 cup	1/4 CUP	11	2.47
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Skim White 8oz Carton	EACH	80	11.0
Weighted Daily Average		495	78.69
% of Calories			63.6%
Nutrient Guideline		450-575	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/15/2019			
Elementary Breakfast	Total		
WEEK #2	0	0	0.0
Uncrustable Grape WG 2.6oz	1 EACH	300	32.0
Peaches Sliced Kohl	1/2 CUP	81	20.2
Cheese Stick Colby-Jack	1 EACH	110	0.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Cereal Honey Nut Cherrios	1 EACH	111	22.27
Cereal Lucky Charms	EACH	111	23.29
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Cinnamon Toast Crunch	EACH	111	22.27
Cereal Trix	EACH	111	24.3
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Juice Orange 4oz	EACH	60	13.0
Juice Apple 4oz	EACH	50	13.0
Elementary Lunch	Total		
WEEK # 3	1	0	0.0
Taco Salad: Elementary	Serving	285	23.74
Pinto Beans Spicy	.5 CUP	146	26.04
Burrito Bean & Cheese WG	Burrito	404	46.21
Salsa, low Na+ CMODTY	1 oz	10	1.98
Sour Cream 1oz PC Daisy	1 oz packet	61	1.01
Pears w/ Blueberries	1/2 CUP	57	14.23
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Broccoli Bag 1/4 cup	SERVING	24	4.71
Ranch Dressing FF 1oz PC	1 oz	30	6.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Skim White 8oz Carton	EACH	80	11.0
Weighted Daily Average		519	73.82
% of Calories			56.9%
Nutrient Guideline		450-575	

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Jan 1, 2019 thru Jan 31, 2019

Combined: Elementary Breakfast/Elementary Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/16/2019			
Elementary Breakfast	Total		
WEEK #2	0	0	0.0
Omelet Cheese Sunny Fresh	1 EACH	109	0.99
Cinnamon Sugar Breadsticks	1 EACH	185	36.02
Pears Sliced Kohl	1/2 CUP	77	19.26
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Cheese Stick Colby-Jack	1 EACH	110	0.0
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Cereal Honey Nut Cherrios	1 EACH	111	22.27
Cereal Lucky Charms	EACH	111	23.29
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Cinnamon Toast Crunch	EACH	111	22.27
Cereal Trix	EACH	111	24.3
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Juice Orange 4oz	EACH	60	13.0
Juice Apple 4oz	EACH	50	13.0
Elementary Lunch	Total		
WEEK # 3	1	0	0.0
Pepperoni Pizza Pasta Bake-JTM	8 OZ	312	32.61
Breadstick Garlic WG Marzetti	1 STICK	95	17.89
Hot Dog	Servings	279	34.98
Green Peas	1/2 CUP	99	13.87
Pears Sliced Kohl	1/2 CUP	77	19.26
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Baby Carrots 1/4 cup	1/4 CUP	11	2.47
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Skim White 8oz Carton	EACH	80	11.0
KETCHUP & MUSTARD PC'S	2 EACH	1	0.09
Monster Bar	2"X2" (1.5oz)	304	45.14
Weighted Daily Average		635	97.50
% of Calories			61.4%
Nutrient Guideline		450-575	

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/17/2019			
Elementary Breakfast	Total		
WEEK #2	0	0	0.0
Biscuits & Gravy	SERVING	190	28.81
Biscuit Honey Wheat 2oz	1 Each	190	29.99
Grape Jelly	1 TBSP	45	11.0
Strawberry Cup	EACH	90	21.93
Cheese Stick Colby-Jack	1 EACH	110	0.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Lucky Charms	EACH	111	23.29
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Cinnamon Toast Crunch	EACH	111	22.27
Cereal Trix	EACH	111	24.3
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Juice Orange 4oz	EACH	60	13.0
Juice Apple 4oz	EACH	50	13.0
Elementary Lunch	Total		
WEEK # 3	1	0	0.0
Western Steak	EACH	278	11.76
Roll Honey Wheat 2oz	ROLL	139	26.86
Gravy Brown	1 OZ	25	5.0
Mashed Potatoes:Instant	1/2 CUP	105	18.18
Green Beans w/ bacon	1/2 CUP	40	3.43
Chef Salad: Elementary	Salad	158	7.06
Peaches Sliced Kohl	1/2 CUP	81	20.2
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Broccoli Bag 1/4 cup	SERVING	24	4.71
Ranch Dressing FF 1oz PC	1 oz	30	6.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Skim White 8oz Carton	EACH	80	11.0
Butter PC	EACH	23	0.0
Weighted Daily Average		481	72.38
% of Calories			60.2%
Nutrient Guideline		450-575	

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# Jackson R-2 Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

Combined: Elementary Breakfast/Elementary Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 01/18/2019			
Elementary Breakfast	Total		
WEEK #2	0	0	0.0
Donut WG w/ Glaze 84ct Rich's	1 EACH	305	34.63
Fruit Salad Kohl + Chery	1/2 CUP	79	17.96
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Cheese Stick Colby-Jack	1 EACH	110	0.0
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Cereal Honey Nut Cherrios	1 EACH	111	22.27
Cereal Lucky Charms	EACH	111	23.29
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Cinnamon Toast Crunch	EACH	111	22.27
Cereal Trix	EACH	111	24.3
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Juice Orange 4oz	EACH	60	13.0
Juice Apple 4oz	EACH	50	13.0
Elementary Lunch	Total		
WEEK # 3	1	0	0.0
Pizza Cheese WG 96	SLICE	270	32.0
Carrots Orange Glazed	1/2 CUP	62	8.82
Hot Ham & Cheese	1 EACH	276	32.14
Applesauce Original Kohl	1/2 cup	89	22.86
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Baby Carrots 1/4 cup	1/4 CUP	11	2.47
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Skim White 8oz Carton	EACH	80	11.0
Weighted Daily Average		452	68.99
% of Calories			61.0%
Nutrient Guideline		450-575	

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# Jackson R-2 Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

Combined: Elementary Breakfast/Elementary Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/22/2019			
Elementary Breakfast	Total		
WEEK #1	0	0	0.0
Egg & Cheese Biscuit	1 EACH	256	31.24
Sausage, Egg & Cheese Biscuit	BISCUIT	438	32.25
Peaches Sliced Kohl	1/2 CUP	81	20.2
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Cheese Stick Colby-Jack	1 EACH	110	0.0
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Cereal Honey Nut Cherrios	1 EACH	111	22.27
Cereal Lucky Charms	EACH	111	23.29
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Cinnamon Toast Crunch	EACH	111	22.27
Cereal Trix	EACH	111	24.3
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Juice Orange 4oz	EACH	60	13.0
Juice Apple 4oz	EACH	50	13.0
Elementary Lunch	Total		
WEEK #4	0	0	0.0
Nachos w/ Cheese	EACH	443	42.4
Salsa, low Na+ CMODTY	1 oz	10	1.98
Chili RF JTM:Elem	6 OZ SERVINGS	158	15.63
Grilled Cheese Sandwich	1 EACH	173	28.63
Corn Frozen Boiled	1/2 CUP	120	23.55
Broccoli Bag 1/4 cup	SERVING	24	4.71
Ranch Dressing FF 1oz PC	1 oz	30	6.0
Pears w/ Blueberries	1/2 CUP	57	14.23
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Skim White 8oz Carton	EACH	80	11.0
Chocolate Chip Cookie BeneFIT	EACH	194	33.51
Weighted Daily Average		588	85.43
% of Calories			58.1%
Nutrient Guideline		450-575	

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# Jackson R-2 Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

Combined: Elementary Breakfast/Elementary Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/23/2019			
Elementary Breakfast	Total		
WEEK #1	0	0	0.0
Waffle Mini Blueberry 72ct	EACH	210	37.0
Pears Sliced Kohl	1/2 CUP	77	19.26
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Cheese Stick Colby-Jack	1 EACH	110	0.0
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Cereal Honey Nut Cherrios	1 EACH	111	22.27
Cereal Lucky Charms	EACH	111	23.29
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Cinnamon Toast Crunch	EACH	111	22.27
Cereal Trix	EACH	111	24.3
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Juice Orange 4oz	EACH	60	13.0
Juice Apple 4oz	EACH	50	13.0
Elementary Lunch	Total		
WEEK #4	0	0	0.0
Beefy Mac n' Cheese Elem	1 CUP	360	32.24
Ceasar Salad (with Ranch)	1 Cup	161	6.99
Chicken Nuggets WG	5 EACH	1297	79.84
Fruit Salad Kohl + Chery	1/2 CUP	79	17.96
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Baby Carrots 1/4 cup	1/4 CUP	11	2.47
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Skim White 8oz Carton	EACH	80	11.0
Weighted Daily Average		711	78.27
% of Calories			44.0%
Nutrient Guideline		450-575	

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# Jackson R-2 Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

Combined: Elementary Breakfast/Elementary Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/24/2019			
Elementary Breakfast	Total		
WEEK #1	0	0	0.0
OATMEAL	1 CUP	141	24.05
Sausage Turkey Link Jennie-O	1 EACH	59	0.0
Syrup Breakfast PC 100ct k2362	PC Cup	120	31.0
Cheese Stick Colby-Jack	1 EACH	110	0.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Strawberry Cup	EACH	90	21.93
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Lucky Charms	EACH	111	23.29
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Cinnamon Toast Crunch	EACH	111	22.27
Cereal Trix	EACH	111	24.3
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Juice Orange 4oz	EACH	60	13.0
Juice Apple 4oz	EACH	50	13.0
Elementary Lunch	Total		
WEEK #4	0	0	0.0
Chicken Oven Roasted 8 Piece	2 OZ	111	0.0
Chef Salad: Elementary	Salad	158	7.06
Scalloped Potatoes	.5 Cup	155	23.24
Green Beans w/ bacon	1/2 CUP	40	3.43
Roll Honey Wheat 2oz	ROLL	139	26.86
Broccoli Bag 1/4 cup	1/4 CUP	6	1.18
Ranch Dressing FF 1oz PC	1 oz	30	6.0
Peaches Sliced Kohl	1/2 CUP	81	20.2
Milk Chocolate Skim 8oz carton	CARTON	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk 1% White 8oz Carton	CARTON	100	11.0
Milk Skim White 8oz Carton	CARTON	80	11.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Weighted Daily Average		464	77.13
% of Calories			66.5%
Nutrient Guideline		450-575	

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# Jackson R-2 Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

Combined: Elementary Breakfast/Elementary Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 01/25/2019			
Elementary Breakfast	Total		
WEEK #1	0	0	0.0
Cinnamon Roll WG BeneFIT	1 EACH	244	40.33
Fruit Salad Kohl + Chery	1/2 CUP	79	17.96
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Cheese Stick Colby-Jack	1 EACH	110	0.0
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Cereal Honey Nut Cherrios	1 EACH	111	22.27
Cereal Lucky Charms	EACH	111	23.29
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Cinnamon Toast Crunch	EACH	111	22.27
Cereal Trix	EACH	111	24.3
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Juice Orange 4oz	EACH	60	13.0
Juice Apple 4oz	EACH	50	13.0
Elementary Lunch	Total		
WEEK #4	0	0	0.0
Pizza Pepperoni Max	SLICE	280	32.0
Sloppy Joe Sandwich JTM-Elem	1 EACH	240	36.51
French Fry Straight	2.37 OZ	113	17.44
Pudding Vanilla	4 oz	140	28.0
Baby Carrots 1/4 cup	1/4 CUP	11	2.47
Milk Chocolate Skim 8oz carton	CARTON	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk 1% White 8oz Carton	CARTON	100	11.0
Milk Skim White 8oz Carton	CARTON	80	11.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Weighted Daily Average		449	76.58
% of Calories			68.3%
Nutrient Guideline		450-575	

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# Jackson R-2 Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

Combined: Elementary Breakfast/Elementary Lunch

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	Portion Size	Cals (kcal)	Carb (g)
<b>Mon - 01/28/2019</b>			
Elementary Breakfast	Total		
WEEK #2	0	0	0.0
Breakfast Pizza Turkey Sausage	SLICE	210	26.0
Applesauce Original Kohl	1/2 cup	89	22.86
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Cheese Stick Colby-Jack	1 EACH	110	0.0
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Cereal Honey Nut Cherrios	1 EACH	111	22.27
Cereal Lucky Charms	EACH	111	23.29
Cereal Cocoa Puffs	EACH	88	20.0
Cereal Cinnamon Toast Crunch	EACH	111	22.27
Cereal Trix	EACH	111	24.3
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Juice Orange 4oz	EACH	60	13.0
Juice Apple 4oz	EACH	50	13.0
Elementary Lunch	Total		
WEEK #1	0	0	0.0
Croissant Breakfast Sandwich	1 EACH	569	31.83
Potato Smiles	4 EACH	133	20.43
Cheeseburger	Sandwich	306	32.14
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Rocky Road Frosty Cream	.5 Cup	69	11.0
Baby Carrots 1/4 cup	1/4 CUP	11	2.47
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Skim White 8oz Carton	EACH	80	11.0
Weighted Daily Average		558	73.56
% of Calories			52.7%
Nutrient Guideline		450-575	

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# Jackson R-2 Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

Combined: Elementary Breakfast/Elementary Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/29/2019			
Elementary Breakfast	Total		
WEEK #2	0	0	0.0
Uncrustable Grape WG 2.6oz	1 EACH	300	32.0
Peaches Sliced Kohl	1/2 CUP	81	20.2
Cheese Stick Colby-Jack	1 EACH	110	0.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Cereal Honey Nut Cherrios	1 EACH	111	22.27
Cereal Lucky Charms	EACH	111	23.29
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Cinnamon Toast Crunch	EACH	111	22.27
Cereal Trix	EACH	111	24.3
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Juice Orange 4oz	EACH	60	13.0
Juice Apple 4oz	EACH	50	13.0
Elementary Lunch	Total		
WEEK #1	0	0	0.0
Crispito Chicken Chx Chili 1ct	EACH	256	21.84
Salsa, low Na+ CMODTY	1 oz	10	1.98
Texas Caviar + Tortilla Scoops	.5 cup	203	34.88
Pig in a Blanket	1 EACH	260	31.0
Cheese Sauce Nacho 2oz	2 OZ	122	2.25
Pears Sliced Kohl	1/2 CUP	77	19.26
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Broccoli Bag 1/4 cup	SERVING	24	4.71
Ranch Dressing FF 1oz PC	1 oz	30	6.0
Milk 1% White 8oz Carton	EACH	100	11.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk Skim White 8oz Carton	EACH	80	11.0
Weighted Daily Average		543	77.81
% of Calories			57.3%
Nutrient Guideline		450-575	

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# Jackson R-2 Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

Combined: Elementary Breakfast/Elementary Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/30/2019			
Elementary Breakfast	Total		
WEEK #2	0	0	0.0
Omelet Cheese Sunny Fresh	1 EACH	109	0.99
Cinnamon Sugar Breadsticks	1 EACH	185	36.02
Pears Sliced Kohl	1/2 CUP	77	19.26
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Cheese Stick Colby-Jack	1 EACH	110	0.0
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Cereal Honey Nut Cherrios	1 EACH	111	22.27
Cereal Lucky Charms	EACH	111	23.29
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Cinnamon Toast Crunch	EACH	111	22.27
Cereal Trix	EACH	111	24.3
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Juice Orange 4oz	EACH	60	13.0
Juice Apple 4oz	EACH	50	13.0
Elementary Lunch	Total		
WEEK #1	0	0	0.0
Ravioli Chef Boyardee 6oz	6 OZ	190	21.88
Broccoli Steamed	.5 Cup	107	4.87
Breadstick Garlic WG Marzetti	1 STICK	95	17.89
Pork Rib BBQ Sandwich	Sandwiches	312	35.0
Fruit Salad Kohl + Chery	1/2 CUP	79	17.96
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Broccoli Bag 1/4 cup	1/4 CUP	6	1.18
Ranch Dressing FF 1oz PC	1 oz	30	6.0
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Rice Crex Treat-Chocolate	EACH	182	37.09
Weighted Daily Average		539	87.32
% of Calories			64.8%
Nutrient Guideline		450-575	

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# Jackson R-2 Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

Combined: Elementary Breakfast/Elementary Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/31/2019			
Elementary Breakfast	Total		
WEEK #2	0	0	0.0
Biscuits & Gravy	SERVING	190	28.81
Biscuit Honey Wheat 2oz	1 Each	190	29.99
Grape Jelly	1 TBSP	45	11.0
Strawberry Cup	EACH	90	21.93
Cheese Stick Colby-Jack	1 EACH	110	0.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Lucky Charms	EACH	111	23.29
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Cinnamon Toast Crunch	EACH	111	22.27
Cereal Trix	EACH	111	24.3
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Juice Orange 4oz	EACH	60	13.0
Juice Apple 4oz	EACH	50	13.0
Elementary Lunch	Total		
WEEK #1	0	0	0.0
Chicken Pattie	1 EACH	267	15.82
Gravy White Peppered	2 OZ	40	5.04
Mashed Potatoes:Instant	1/2 CUP	105	18.18
Roll Honey Wheat 2oz	ROLL	139	26.86
Green Beans w/ bacon	1/2 CUP	40	3.43
Chef Salad: Elementary	Salad	158	7.06
Peaches Sliced Kohl	1/2 CUP	81	20.2
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Broccoli Bag 1/4 cup	SERVING	24	4.71
Ranch Dressing FF 1oz PC	1 oz	30	6.0
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Butter PC	EACH	23	0.0
Weighted Daily Average		488	75.02
% of Calories			61.5%
Nutrient Guideline		450-575	

Weighted Average		540	80.02
			59.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	540		450 - 575	100%				
Carbohydrate (g)	80.02	59.24%						

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.