

Jackson R-2 Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Combined: Middle School Breakfast/Middle School Lunch

Portion Values - Detailed

Page 1

Generated on: 12/20/2018 2:41:50 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/07/2019			
Middle School Breakfast	Total		
Breakfast Pizza Turkey Sausage	SLICE	210	26.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Lucky Charms	1 EACH	111	23.29
Cereal Honey Nut Cherrios	1 EACH	111	22.27
Cereal Trix	1 EACH	111	24.3
Muffin Banana Sara Lee	1 EACH	169	27.85
Muffin Blueberry Sara Lee	1 EACH	199	31.83
Muffin Double Chocolate SaraLe	1 EACH	179	27.85
Pop Tarts Brown Sugar Cinn 1ct	1 EACH	180	36.92
Pop Tarts Strawberry 1ct	1 EACH	180	37.92
Pop Tarts Fudge 1ct	1 EACH	180	36.92
Nutrigrain Bar	1 EACH	159	29.67
Juice Apple 4oz	EACH	50	13.0
Juice Orange 4oz	EACH	60	13.0
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
Middle School Lunch	Total		
WEEK #2	0	0	0.0
Mozzarella Cheese Stick 6ct	SERVINGS, 6ct	341	36.26
Marinara Sauce #10	2 OZ	22	3.98
Broccoli Steamed	.5 Cup	107	4.87
Chicken Pattie Sandwich	Sandwiches	430	47.0
Sweet Potato Cross Trax 6/2.50	3 OZ	144	20.52
Pineapple and Mandarin Oranges	1/2 CUP	67	16.14
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	SERVINGS	0	0.04
Sub Sandwich-MS	1 EACH	218	30.27
Chef Salad: Secondary	Salad	251	22.85
Weighted Daily Average		470	70.80
% of Calories			60.2%
Nutrient Guideline		480-610	

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

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/08/2019			
Middle School Breakfast	Total		
Bagel Egg Sausage Cheese	1 EACH	385	30.99
Bagel Egg Cheese	1 EACH	205	29.99
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Lucky Charms	1 EACH	111	23.29
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Trix	1 EACH	111	24.3
Muffin Blueberry Sara Lee	1 EACH	199	31.83
Muffin Double Chocolate SaraLe	1 EACH	179	27.85
Muffin Banana Sara Lee	1 EACH	169	27.85
Pop Tarts Brown Sugar Cinn 1ct	1 EACH	180	36.92
Pop Tarts Strawberry 1ct	1 EACH	180	37.92
Pop Tarts Fudge 1ct	1 EACH	180	36.92
Nutrigrain Bar	1 EACH	159	29.67
Juice Apple 4oz	EACH	50	13.0
Juice Orange 4oz	EACH	60	13.0
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
Middle School Lunch	Total		
WEEK #2	0	0	0.0
Chicken Noodle Soup-Gage MS	8 oz	247	38.97
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
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
Scotty Bar	SERVING	272	35.92
Sub Sandwich-MS	1 EACH	218	30.27
Chef Salad: Secondary	Salad	251	22.85
Weighted Daily Average		599	88.82
% of Calories			59.4%
Nutrient Guideline		480-610	

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/09/2019			
Middle School Breakfast	Total		
French Toast Sticks WG: 3ct	3ct EACH	203	25.0
Syrup Breakfast PC 100ct k2362	PC Cup	120	31.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Lucky Charms	1 EACH	111	23.29
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Trix	1 EACH	111	24.3
Muffin Double Chocolate SaraLe	1 EACH	179	27.85
Muffin Blueberry Sara Lee	1 EACH	199	31.83
Muffin Banana Sara Lee	1 EACH	169	27.85
Pop Tarts Brown Sugar Cinn 1ct	1 EACH	180	36.92
Pop Tarts Strawberry 1ct	1 EACH	180	37.92
Pop Tarts Fudge 1ct	1 EACH	180	36.92
Nutrigrain Bar	1 EACH	159	29.67
Juice Apple 4oz	EACH	50	13.0
Juice Orange 4oz	EACH	60	13.0
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
Smoothie It's Almost Summer	8 OZ	158	34.19
Middle School Lunch	Total		
WEEK #2	0	0	0.0
Spaghetti & JTM Meat Sauce:Sec	SERVINGS	365	47.93
Green Peas	1/2 CUP	99	13.87
Texas Toast WG Garlic	Slice	100	15.02
BBQ Pork Sandwich	Sandwich	330	44.0
Pears w/ Blueberries	1/2 CUP	57	14.23
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 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
Sub Sandwich-MS	1 EACH	218	30.27
Chef Salad: Secondary	Salad	251	22.85
Weighted Daily Average		530	91.05
% of Calories			68.7%
Nutrient Guideline		480-610	

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/10/2019			
Middle School Breakfast	Total		
Omelet Cheese Sunny Fresh	1 EACH	109	0.99
Cinnamon Sugar Breadsticks	1 EACH	185	36.02
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Lucky Charms	1 EACH	111	23.29
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Trix	1 EACH	111	24.3
Muffin Double Chocolate SaraLe	1 EACH	179	27.85
Muffin Blueberry Sara Lee	1 EACH	199	31.83
Muffin Banana Sara Lee	1 EACH	169	27.85
Pop Tarts Brown Sugar Cinn 1ct	1 EACH	180	36.92
Pop Tarts Strawberry 1ct	1 EACH	180	37.92
Pop Tarts Fudge 1ct	1 EACH	180	36.92
Nutrigrain Bar	1 EACH	159	29.67
Juice Apple 4oz	4 OZ CARTON	50	13.0
Juice Orange 4oz	CARTON	60	13.0
Milk 1% White 8oz Carton	CARTON	100	11.0
Milk Chocolate Skim 8oz carton	CARTON	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	CARTON	80	11.0
Middle School Lunch	Total		
WEEK #2	0	0	0.0
Chicken Nuggets WG	Serving	259	15.97
Macaroni & Cheese	1/2 CUP	234	30.14
Baked Beans Many Beans	1/2 CUP	122	24.65
Sloppy Joe Sandwich JTM Sec	1 EACH	305	41.02
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
Sub Sandwich-MS	1 EACH	218	30.27
Chef Salad: Secondary	Salad	251	22.85
Weighted Daily Average		479	75.80
% of Calories			63.3%
Nutrient Guideline		480-610	

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 01/11/2019			
Middle School Breakfast	Total		
Cinnamon Roll WG BeneFIT	1 EACH	244	40.33
Sausage Patty - Jones	1 PATTY	182	1.01
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Lucky Charms	1 EACH	111	23.29
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Trix	1 EACH	111	24.3
Muffin Double Chocolate SaraLe	1 EACH	179	27.85
Muffin Blueberry Sara Lee	1 EACH	199	31.83
Muffin Banana Sara Lee	1 EACH	169	27.85
Pop Tarts Brown Sugar Cinn 1ct	1 EACH	180	36.92
Pop Tarts Strawberry 1ct	1 EACH	180	37.92
Pop Tarts Fudge 1ct	1 EACH	180	36.92
Nutrigrain Bar	1 EACH	159	29.67
Juice Apple 4oz	EACH	50	13.0
Juice Orange 4oz	EACH	60	13.0
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
Middle School Lunch	Total		
WEEK #2	0	0	0.0
Pizza Cheese: Homemade	SLICE	350	40.61
Pizza Buffalo Chx: Homemade	SLICE	468	37.27
Corn Frozen Boiled	1/2 CUP	120	23.55
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
Sub Sandwich-MS	1 EACH	218	30.27
Chef Salad: Secondary	Salad	251	22.85
Weighted Daily Average		546	79.72
% of Calories			58.4%
Nutrient Guideline		480-610	

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/14/2019			
Middle School Breakfast	Total		
Breakfast Pizza Turkey Sausage	SLICE	210	26.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Lucky Charms	1 EACH	111	23.29
Cereal Honey Nut Cherrios	1 EACH	111	22.27
Cereal Trix	1 EACH	111	24.3
Muffin Banana Sara Lee	1 EACH	169	27.85
Muffin Blueberry Sara Lee	1 EACH	199	31.83
Muffin Double Chocolate SaraLe	1 EACH	179	27.85
Pop Tarts Brown Sugar Cinn 1ct	1 EACH	180	36.92
Pop Tarts Strawberry 1ct	1 EACH	180	37.92
Pop Tarts Fudge 1ct	1 EACH	180	36.92
Nutrigrain Bar	1 EACH	159	29.67
Juice Apple 4oz	EACH	50	13.0
Juice Orange 4oz	EACH	60	13.0
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
Middle School 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		480	77.19
% of Calories			64.4%
Nutrient Guideline		480-610	

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/15/2019			
Middle School Breakfast	Total		
Bagel Egg Sausage Cheese	1 EACH	385	30.99
Bagel Egg Cheese	1 EACH	205	29.99
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Lucky Charms	1 EACH	111	23.29
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Trix	1 EACH	111	24.3
Muffin Blueberry Sara Lee	1 EACH	199	31.83
Muffin Double Chocolate SaraLe	1 EACH	179	27.85
Muffin Banana Sara Lee	1 EACH	169	27.85
Pop Tarts Brown Sugar Cinn 1ct	1 EACH	180	36.92
Pop Tarts Strawberry 1ct	1 EACH	180	37.92
Pop Tarts Fudge 1ct	1 EACH	180	36.92
Nutrigrain Bar	1 EACH	159	29.67
Juice Apple 4oz	EACH	50	13.0
Juice Orange 4oz	EACH	60	13.0
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
Middle School 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		515	71.93
% of Calories			55.9%
Nutrient Guideline		480-610	

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/16/2019			
Middle School Breakfast	Total		
French Toast Sticks WG: 3ct	3ct EACH	203	25.0
Syrup Breakfast PC 100ct k2362	PC Cup	120	31.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Lucky Charms	1 EACH	111	23.29
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Trix	1 EACH	111	24.3
Muffin Double Chocolate SaraLe	1 EACH	179	27.85
Muffin Blueberry Sara Lee	1 EACH	199	31.83
Muffin Banana Sara Lee	1 EACH	169	27.85
Pop Tarts Brown Sugar Cinn 1ct	1 EACH	180	36.92
Pop Tarts Strawberry 1ct	1 EACH	180	37.92
Pop Tarts Fudge 1ct	1 EACH	180	36.92
Nutrigrain Bar	1 EACH	159	29.67
Juice Apple 4oz	EACH	50	13.0
Juice Orange 4oz	EACH	60	13.0
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
Smoothie It's Almost Summer	8 OZ	158	34.19
Middle School 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		641	106.93
% of Calories			66.7%
Nutrient Guideline		480-610	

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Jackson R-2 Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Combined: Middle School Breakfast/Middle School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/17/2019			
Middle School Breakfast	Total		
Omelet Cheese Sunny Fresh	1 EACH	109	0.99
Cinnamon Sugar Breadsticks	1 EACH	185	36.02
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Lucky Charms	1 EACH	111	23.29
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Trix	1 EACH	111	24.3
Muffin Double Chocolate SaraLe	1 EACH	179	27.85
Muffin Blueberry Sara Lee	1 EACH	199	31.83
Muffin Banana Sara Lee	1 EACH	169	27.85
Pop Tarts Brown Sugar Cinn 1ct	1 EACH	180	36.92
Pop Tarts Strawberry 1ct	1 EACH	180	37.92
Pop Tarts Fudge 1ct	1 EACH	180	36.92
Nutrigrain Bar	1 EACH	159	29.67
Juice Apple 4oz	4 OZ CARTON	50	13.0
Juice Orange 4oz	CARTON	60	13.0
Milk 1% White 8oz Carton	CARTON	100	11.0
Milk Chocolate Skim 8oz carton	CARTON	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	CARTON	80	11.0
Middle School 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
Hot Ham & Cheese	1 EACH	276	32.14
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		533	81.43
% of Calories			61.1%
Nutrient Guideline		480-610	

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Jackson R-2 Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Combined: Middle School Breakfast/Middle School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 01/18/2019			
Middle School Breakfast	Total		
Cinnamon Roll WG BeneFIT	1 EACH	244	40.33
Sausage Patty - Jones	1 PATTY	182	1.01
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Lucky Charms	1 EACH	111	23.29
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Trix	1 EACH	111	24.3
Muffin Double Chocolate SaraLe	1 EACH	179	27.85
Muffin Blueberry Sara Lee	1 EACH	199	31.83
Muffin Banana Sara Lee	1 EACH	169	27.85
Pop Tarts Brown Sugar Cinn 1ct	1 EACH	180	36.92
Pop Tarts Strawberry 1ct	1 EACH	180	37.92
Pop Tarts Fudge 1ct	1 EACH	180	36.92
Nutrigrain Bar	1 EACH	159	29.67
Juice Apple 4oz	EACH	50	13.0
Juice Orange 4oz	EACH	60	13.0
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
Middle School Lunch	Total		
WEEK # 3	1	0	0.0
Pizza Hawaiian: Homemade	SLICE	387	42.06
Carrots Orange Glazed	1/2 CUP	62	8.82
Pizza Pepperoni: Homemade	2" Slice	389	38.82
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		546	77.59
% of Calories			56.9%
Nutrient Guideline		480-610	

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Jackson R-2 Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Combined: Middle School Breakfast/Middle School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/22/2019			
Middle School Breakfast	Total		
Bagel Egg Sausage Cheese	1 EACH	385	30.99
Bagel Egg Cheese	1 EACH	205	29.99
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Lucky Charms	1 EACH	111	23.29
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Trix	1 EACH	111	24.3
Muffin Blueberry Sara Lee	1 EACH	199	31.83
Muffin Double Chocolate SaraLe	1 EACH	179	27.85
Muffin Banana Sara Lee	1 EACH	169	27.85
Pop Tarts Brown Sugar Cinn 1ct	1 EACH	180	36.92
Pop Tarts Strawberry 1ct	1 EACH	180	37.92
Pop Tarts Fudge 1ct	1 EACH	180	36.92
Nutrigrain Bar	1 EACH	159	29.67
Juice Apple 4oz	EACH	50	13.0
Juice Orange 4oz	EACH	60	13.0
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
Middle School 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: Sec	8 OZ SERVINGS	212	20.93
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		585	84.41
% of Calories			57.7%
Nutrient Guideline		480-610	

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Jackson R-2 Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Combined: Middle School Breakfast/Middle School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/23/2019			
Middle School Breakfast	Total		
French Toast Sticks WG: 3ct	3ct EACH	203	25.0
Syrup Breakfast PC 100ct k2362	PC Cup	120	31.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Lucky Charms	1 EACH	111	23.29
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Trix	1 EACH	111	24.3
Muffin Double Chocolate SaraLe	1 EACH	179	27.85
Muffin Blueberry Sara Lee	1 EACH	199	31.83
Muffin Banana Sara Lee	1 EACH	169	27.85
Pop Tarts Brown Sugar Cinn 1ct	1 EACH	180	36.92
Pop Tarts Strawberry 1ct	1 EACH	180	37.92
Pop Tarts Fudge 1ct	1 EACH	180	36.92
Nutrigrain Bar	1 EACH	159	29.67
Juice Apple 4oz	EACH	50	13.0
Juice Orange 4oz	EACH	60	13.0
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
Smoothie It's Almost Summer	8 OZ	158	34.19
Middle School 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		726	92.35
% of Calories			50.9%
Nutrient Guideline		480-610	

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Jackson R-2 Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Combined: Middle School Breakfast/Middle School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/24/2019			
Middle School Breakfast	Total		
Omelet Cheese Sunny Fresh	1 EACH	109	0.99
Cinnamon Sugar Breadsticks	1 EACH	185	36.02
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Lucky Charms	1 EACH	111	23.29
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Trix	1 EACH	111	24.3
Muffin Double Chocolate SaraLe	1 EACH	179	27.85
Muffin Blueberry Sara Lee	1 EACH	199	31.83
Muffin Banana Sara Lee	1 EACH	169	27.85
Pop Tarts Brown Sugar Cinn 1ct	1 EACH	180	36.92
Pop Tarts Strawberry 1ct	1 EACH	180	37.92
Pop Tarts Fudge 1ct	1 EACH	180	36.92
Nutrigrain Bar	1 EACH	159	29.67
Juice Apple 4oz	4 OZ CARTON	50	13.0
Juice Orange 4oz	CARTON	60	13.0
Milk 1% White 8oz Carton	CARTON	100	11.0
Milk Chocolate Skim 8oz carton	CARTON	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	CARTON	80	11.0
Middle School Lunch	Total		
WEEK #4	0	0	0.0
Chicken Oven Roasted 8 Piece	2 OZ	111	0.0
Turkey & Bacon Toasted Ciabatt	Sandwich	363	30.0
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		518	79.73
% of Calories			61.6%
Nutrient Guideline		480-610	

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Jackson R-2 Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Combined: Middle School Breakfast/Middle School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 01/25/2019			
Middle School Breakfast	Total		
Cinnamon Roll WG BeneFIT	1 EACH	244	40.33
Sausage Patty - Jones	1 PATTY	182	1.01
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Lucky Charms	1 EACH	111	23.29
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Trix	1 EACH	111	24.3
Muffin Double Chocolate SaraLe	1 EACH	179	27.85
Muffin Blueberry Sara Lee	1 EACH	199	31.83
Muffin Banana Sara Lee	1 EACH	169	27.85
Pop Tarts Brown Sugar Cinn 1ct	1 EACH	180	36.92
Pop Tarts Strawberry 1ct	1 EACH	180	37.92
Pop Tarts Fudge 1ct	1 EACH	180	36.92
Nutrigrain Bar	1 EACH	159	29.67
Juice Apple 4oz	EACH	50	13.0
Juice Orange 4oz	EACH	60	13.0
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
Middle School Lunch	Total		
WEEK #4	0	0	0.0
Pizza Sausage:Homemade	SLICE	418	39.79
Pizza Chx Alfredo: Homemade	SLICE	429	39.36
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		581	81.67
% of Calories			56.2%
Nutrient Guideline		480-610	

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Jackson R-2 Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Combined: Middle School Breakfast/Middle School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/28/2019			
Middle School Breakfast	Total		
Breakfast Pizza Turkey Sausage	SLICE	210	26.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Lucky Charms	1 EACH	111	23.29
Cereal Honey Nut Cherrios	1 EACH	111	22.27
Cereal Trix	1 EACH	111	24.3
Muffin Banana Sara Lee	1 EACH	169	27.85
Muffin Blueberry Sara Lee	1 EACH	199	31.83
Muffin Double Chocolate SaraLe	1 EACH	179	27.85
Pop Tarts Brown Sugar Cinn 1ct	1 EACH	180	36.92
Pop Tarts Strawberry 1ct	1 EACH	180	37.92
Pop Tarts Fudge 1ct	1 EACH	180	36.92
Nutrigrain Bar	1 EACH	159	29.67
Juice Apple 4oz	EACH	50	13.0
Juice Orange 4oz	EACH	60	13.0
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
Middle School 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		530	73.08
% of Calories			55.1%
Nutrient Guideline		480-610	

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Jackson R-2 Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Combined: Middle School Breakfast/Middle School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/29/2019			
Middle School Breakfast	Total		
Bagel Egg Sausage Cheese	1 EACH	385	30.99
Bagel Egg Cheese	1 EACH	205	29.99
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Lucky Charms	1 EACH	111	23.29
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Trix	1 EACH	111	24.3
Muffin Blueberry Sara Lee	1 EACH	199	31.83
Muffin Double Chocolate SaraLe	1 EACH	179	27.85
Muffin Banana Sara Lee	1 EACH	169	27.85
Pop Tarts Brown Sugar Cinn 1ct	1 EACH	180	36.92
Pop Tarts Strawberry 1ct	1 EACH	180	37.92
Pop Tarts Fudge 1ct	1 EACH	180	36.92
Nutrigrain Bar	1 EACH	159	29.67
Juice Apple 4oz	EACH	50	13.0
Juice Orange 4oz	EACH	60	13.0
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
Middle School 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		534	75.12
% of Calories			56.3%
Nutrient Guideline		480-610	

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Jackson R-2 Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Combined: Middle School Breakfast/Middle School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/30/2019			
Middle School Breakfast	Total		
French Toast Sticks WG: 3ct	3ct EACH	203	25.0
Syrup Breakfast PC 100ct k2362	PC Cup	120	31.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Lucky Charms	1 EACH	111	23.29
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Trix	1 EACH	111	24.3
Muffin Double Chocolate SaraLe	1 EACH	179	27.85
Muffin Blueberry Sara Lee	1 EACH	199	31.83
Muffin Banana Sara Lee	1 EACH	169	27.85
Pop Tarts Brown Sugar Cinn 1ct	1 EACH	180	36.92
Pop Tarts Strawberry 1ct	1 EACH	180	37.92
Pop Tarts Fudge 1ct	1 EACH	180	36.92
Nutrigrain Bar	1 EACH	159	29.67
Juice Apple 4oz	EACH	50	13.0
Juice Orange 4oz	EACH	60	13.0
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
Smoothie It's Almost Summer	8 OZ	158	34.19
Middle School 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
Fish Stick Breaded Pollock:4ct	4 STICKS	213	22.27
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		545	96.25
% of Calories			70.6%
Nutrient Guideline		480-610	

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/31/2019			
Middle School Breakfast	Total		
Omelet Cheese Sunny Fresh	1 EACH	109	0.99
Cinnamon Sugar Breadsticks	1 EACH	185	36.02
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Yogurt Trix: Strawberry Banana	1 EACH	100	20.07
Yogurt Trix: Triple Cherry	1 EACH	100	20.07
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Lucky Charms	1 EACH	111	23.29
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Trix	1 EACH	111	24.3
Muffin Double Chocolate SaraLe	1 EACH	179	27.85
Muffin Blueberry Sara Lee	1 EACH	199	31.83
Muffin Banana Sara Lee	1 EACH	169	27.85
Pop Tarts Brown Sugar Cinn 1ct	1 EACH	180	36.92
Pop Tarts Strawberry 1ct	1 EACH	180	37.92
Pop Tarts Fudge 1ct	1 EACH	180	36.92
Nutrigrain Bar	1 EACH	159	29.67
Juice Apple 4oz	4 OZ CARTON	50	13.0
Juice Orange 4oz	CARTON	60	13.0
Milk 1% White 8oz Carton	CARTON	100	11.0
Milk Chocolate Skim 8oz carton	CARTON	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	CARTON	80	11.0
Middle School 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
BLT Wrap	wrap	401	33.19
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		564	83.76
% of Calories			59.4%
Nutrient Guideline		480-610	

Weighted Average		551	82.65
			60.0%

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size % of Target	Cals (kcal) Miss Data	Carb (g) Shortfall	Overage	Error Messages (if any)
Calories	551		480 - 610	100%				
Carbohydrate (g)	82.65	59.98%						

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