

# Jackson R-2 Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Combined: Jr & Sr HS Breakfast/Jr & Sr HS  
Breakfast Cart

Portion Values - Detailed

Page 1

Generated on: 10/31/2018 2:44:49 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 11/01/2018			
Jr & Sr HS Breakfast	Total		
Scrambled Eggs	3 oz Serving	138	1.4
Biscuits & Gravy	SERVING	190	28.81
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Peach & Raspberry	1 EACH	110	22.08
Yogurt Straw & Straw Banana	1 EACH	100	16.06
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Cereal Trix	1 EACH	111	24.3
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Lucky Charms	1 EACH	111	23.29
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
Pop Tarts Brown Sugar Cinn 2ct	1 EACH	369	74.84
Pop Tarts Strawberry 2ct	1 EACH	359	74.84
Pop Tarts Fudge 2ct	1 EACH	369	75.84
Pop-Tarts Blueberry 2ct	1 EACH	360	76.03
Uncrustable Grape WG 2.6oz	1 EACH	300	32.0
Uncrustable Strawberry WG2.6oz	1 EACH	300	32.0
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
Granola Bar Oats n' Honey 2ct	1 EACH	190	28.97
Cereal Bar Cocoa Puffs	1 EACH	151	30.19
Cereal Bar Cinn Toast Crunch	1 EACH	151	30.19
Jr & Sr HS Breakfast Cart	Total		
WEEK #2	0	0	0.0
Pancake Mini Maple 72ct WG/IW	1 EACH	230	40.99
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Juice Apple 4oz Carton	1 EACH	60	14.96
Juice Grape 4oz Carton	1 EACH	60	14.96
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk Skim White 8oz Carton	1 EACH	80	11.0
Juice Fruit Blend 4oz	1 EACH	60	14.0
Weighted Daily Average		448	75.03
% of Calories			66.9%
Nutrient Guideline		450-600	

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

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# Jackson R-2 Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Combined: Jr & Sr HS Breakfast/Jr & Sr HS Breakfast Cart

Portion Values - Detailed

Page 2

Generated on: 10/31/2018 2:44:49 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 11/02/2018			
Jr & Sr HS Breakfast	Total		
Cinnamon Roll: Homemade	EACH,2 oz.	187	32.16
Sausage Patty - Jones	1 PATTY	182	1.01
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Peach & Raspberry	1 EACH	110	22.08
Yogurt Straw & Straw Banana	1 EACH	100	16.06
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Cereal Trix	1 EACH	111	24.3
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Lucky Charms	1 EACH	111	23.29
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
Pop Tarts Brown Sugar Cinn 2ct	1 EACH	369	74.84
Pop Tarts Strawberry 2ct	1 EACH	359	74.84
Pop Tarts Fudge 2ct	1 EACH	369	75.84
Pop-Tarts Blueberry 2ct	1 EACH	360	76.03
Un crustable Grape WG 2.6oz	1 EACH	300	32.0
Un crustable Strawberry WG2.6oz	EACH	300	32.0
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
Granola Bar Oats n' Honey 2ct	1 EACH	190	28.97
Cereal Bar Cocoa Puffs	1 EACH	151	30.19
Cereal Bar Cinn Toast Crunch	1 EACH	151	30.19
Smoothie Berry Banana	8 OZ	175	38.83
Jr & Sr HS Breakfast Cart	Total		
WEEK #2	0	0	0.0
Yogurt Go Big Strawberry 4oz	1 EACH	100	18.0
Honey Maid Graham Lil Squares	1 EACH	125	22.12
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Juice Apple 4oz Carton	1 EACH	60	14.96
Juice Grape 4oz Carton	1 EACH	60	14.96
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk Skim White 8oz Carton	1 EACH	80	11.0
Juice Fruit Blend 4oz	1 EACH	60	14.0
Weighted Daily Average		450	76.78
% of Calories			68.3%
Nutrient Guideline		450-600	

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Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Combined: Jr & Sr HS Breakfast/Jr & Sr HS Breakfast Cart

Portion Values - Detailed

Page 3

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	Portion Size	Cals (kcal)	Carb (g)
<b>Mon - 11/05/2018</b>			
Jr & Sr HS Breakfast	Total		
Breakfast Pizza Turkey Sausage	SLICE	210	26.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Peach & Raspberry	1 EACH	110	22.08
Yogurt Straw & Straw Banana	1 EACH	100	16.06
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Cereal Trix	1 EACH	111	24.3
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Honey Nut Cherrios	1 EACH	111	22.27
Cereal Lucky Charms	1 EACH	111	23.29
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
Pop Tarts Brown Sugar Cinn 2ct	1 EACH	369	74.84
Pop Tarts Strawberry 2ct	1 EACH	359	74.84
Pop Tarts Fudge 2ct	1 EACH	369	75.84
Pop-Tarts Blueberry 2ct	1 EACH	360	76.03
Uncrustable Grape WG 2.6oz	1 EACH	300	32.0
Uncrustable Strawberry WG2.6oz	EACH	300	32.0
Muffin Blueberry Sara Lee	1 EACH	199	31.83
Muffin Double Chocolate SaraLe	1 EACH	179	27.85
Granola Bar Oats n' Honey 2ct	1 EACH	190	28.97
Cereal Bar Cinn Toast Crunch	1 EACH	151	30.19
Cereal Bar Cocoa Puffs	1 EACH	151	30.19
Jr & Sr HS Breakfast Cart	Total		
WEEK # 3	1	0	0.0
Cereal Cinnamon Toast Crunch P	1 EACH	111	22.27
Cereal Golden Grahams WG Pouch	1 EACH	101	24.3
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Cheese Stick Colby-Jack	1 EACH	110	0.0
Juice Apple 4oz Carton	1 EACH	60	14.96
Juice Grape 4oz Carton	1 EACH	60	14.96
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk Skim White 8oz Carton	1 EACH	80	11.0
Juice Fruit Blend 4oz	1 EACH	60	14.0
Weighted Daily Average		414	67.17
% of Calories			64.8%
Nutrient Guideline		450-600	

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Combined: Jr & Sr HS Breakfast/Jr & Sr HS  
Breakfast Cart

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 11/06/2018			
Jr & Sr HS Breakfast	Total		
Bagel Egg Cheese	1 EACH	205	29.99
Bagel Egg Sausage Cheese	1 EACH	385	30.99
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Peach & Raspberry	1 EACH	110	22.08
Yogurt Straw & Straw Banana	1 EACH	100	16.06
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Cereal Trix	1 EACH	111	24.3
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Honey Nut Cherrios	1 EACH	111	22.27
Cereal Lucky Charms	1 EACH	111	23.29
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
Pop Tarts Brown Sugar Cinn 2ct	1 EACH	369	74.84
Pop Tarts Strawberry 2ct	1 EACH	359	74.84
Pop Tarts Fudge 2ct	EACH	369	75.84
Pop-Tarts Blueberry 2ct	1 EACH	360	76.03
Uncrustable Grape WG 2.6oz	1 EACH	300	32.0
Uncrustable Strawberry WG2.6oz	EACH	300	32.0
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
Granola Bar Oats n' Honey 2ct	1 EACH	190	28.97
Cereal Bar Cocoa Puffs	1 EACH	151	30.19
Cereal Bar Cinn Toast Crunch	1 EACH	151	30.19
Jr & Sr HS Breakfast Cart	Total		
WEEK # 3	1	0	0.0
Waffle Mini Blueberry 72ct	EACH	210	37.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Juice Apple 4oz Carton	1 EACH	60	14.96
Juice Grape 4oz Carton	1 EACH	60	14.96
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk Skim White 8oz Carton	1 EACH	80	11.0
Juice Fruit Blend 4oz	1 EACH	60	14.0
Weighted Daily Average		476	75.95
% of Calories			63.8%
Nutrient Guideline		450-600	

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Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Combined: Jr & Sr HS Breakfast/Jr & Sr HS Breakfast Cart

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
<b>Wed - 11/07/2018</b>			
Jr & Sr HS 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 Peach & Raspberry	1 EACH	110	22.08
Yogurt Straw & Straw Banana	1 EACH	100	16.06
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Cereal Trix	1 EACH	111	24.3
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Lucky Charms	1 EACH	111	23.29
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
Pop Tarts Brown Sugar Cinn 2ct	1 EACH	369	74.84
Pop Tarts Strawberry 2ct	1 EACH	359	74.84
Pop Tarts Fudge 2ct	1 EACH	369	75.84
Pop-Tarts Blueberry 2ct	1 EACH	360	76.03
Uncrustable Grape WG 2.6oz	1 EACH	300	32.0
Uncrustable Strawberry WG2.6oz	EACH	300	32.0
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
Granola Bar Oats n' Honey 2ct	1 EACH	190	28.97
Cereal Bar Cocoa Puffs	1 EACH	151	30.19
Cereal Bar Cinn Toast Crunch	1 EACH	151	30.19
Smoothie Food Court	8 OZ	151	31.88
Jr & Sr HS Breakfast Cart	Total		
WEEK # 3	1	0	0.0
Uncrustable Grape WG 2.6oz	1 EACH	300	32.0
Uncrustable Strawberry WG2.6oz	1 EACH	300	32.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Juice Apple 4oz Carton	1 EACH	60	14.96
Juice Grape 4oz Carton	1 EACH	60	14.96
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk Skim White 8oz Carton	1 EACH	80	11.0
Juice Fruit Blend 4oz	1 EACH	60	14.0
Weighted Daily Average		507	85.85
% of Calories			67.8%
Nutrient Guideline		450-600	

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Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Combined: Jr & Sr HS Breakfast/Jr & Sr HS  
Breakfast Cart

Portion Values - Detailed

Page 6

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 11/08/2018			
Jr & Sr HS Breakfast	Total		
Scrambled Eggs	3 oz Serving	138	1.4
Biscuits & Gravy	SERVING	190	28.81
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Peach & Raspberry	1 EACH	110	22.08
Yogurt Straw & Straw Banana	1 EACH	100	16.06
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Cereal Trix	1 EACH	111	24.3
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Lucky Charms	1 EACH	111	23.29
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
Pop Tarts Brown Sugar Cinn 2ct	1 EACH	369	74.84
Pop Tarts Strawberry 2ct	1 EACH	359	74.84
Pop Tarts Fudge 2ct	1 EACH	369	75.84
Pop-Tarts Blueberry 2ct	1 EACH	360	76.03
Uncrustable Grape WG 2.6oz	1 EACH	300	32.0
Uncrustable Strawberry WG2.6oz	1 EACH	300	32.0
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
Granola Bar Oats n' Honey 2ct	1 EACH	190	28.97
Cereal Bar Cocoa Puffs	1 EACH	151	30.19
Cereal Bar Cinn Toast Crunch	1 EACH	151	30.19
Jr & Sr HS Breakfast Cart	Total		
WEEK # 3	1	0	0.0
Pop Tarts Strawberry 2ct	1 EACH	359	74.84
Pop-Tarts Blueberry 2ct	1 EACH	360	76.03
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Juice Apple 4oz Carton	1 EACH	60	14.96
Juice Grape 4oz Carton	1 EACH	60	14.96
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk Skim White 8oz Carton	1 EACH	80	11.0
Juice Fruit Blend 4oz	1 EACH	60	14.0
Weighted Daily Average		500	88.81
% of Calories			71.0%
Nutrient Guideline		450-600	

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Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Combined: Jr & Sr HS Breakfast/Jr & Sr HS Breakfast Cart

Portion Values - Detailed

Page 7

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 11/09/2018			
Jr & Sr HS Breakfast	Total		
Cinnamon Roll: Homemade	EACH,2 oz.	187	32.16
Sausage Patty - Jones	1 PATTY	182	1.01
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Peach & Raspberry	1 EACH	110	22.08
Yogurt Straw & Straw Banana	1 EACH	100	16.06
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Cereal Trix	1 EACH	111	24.3
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Lucky Charms	1 EACH	111	23.29
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
Pop Tarts Brown Sugar Cinn 2ct	1 EACH	369	74.84
Pop Tarts Strawberry 2ct	1 EACH	359	74.84
Pop Tarts Fudge 2ct	1 EACH	369	75.84
Pop-Tarts Blueberry 2ct	1 EACH	360	76.03
Uncrustable Grape WG 2.6oz	1 EACH	300	32.0
Uncrustable Strawberry WG2.6oz	EACH	300	32.0
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
Granola Bar Oats n' Honey 2ct	1 EACH	190	28.97
Cereal Bar Cocoa Puffs	1 EACH	151	30.19
Cereal Bar Cinn Toast Crunch	1 EACH	151	30.19
Smoothie Berry Banana	8 OZ	175	38.83
Jr & Sr HS Breakfast Cart	Total		
WEEK # 3	1	0	0.0
Muffin Double Chocolate SaraLe	1 EACH	179	27.85
Muffin Banana Sara Lee	1 EACH	169	27.85
Muffin Blueberry Sara Lee	1 EACH	199	31.83
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Cheese Stick Colby-Jack	1 EACH	110	0.0
Juice Apple 4oz Carton	1 EACH	60	14.96
Juice Grape 4oz Carton	1 EACH	60	14.96
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk Skim White 8oz Carton	1 EACH	80	11.0
Juice Fruit Blend 4oz	1 EACH	60	14.0
Weighted Daily Average		477	72.35
% of Calories			60.7%
Nutrient Guideline		450-600	

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Breakfast Cart

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
<b>Mon - 11/12/2018</b>			
Jr & Sr HS Breakfast	Total		
Breakfast Pizza Turkey Sausage	SLICE	210	26.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Peach & Raspberry	1 EACH	110	22.08
Yogurt Straw & Straw Banana	1 EACH	100	16.06
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Cereal Trix	1 EACH	111	24.3
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Honey Nut Cherrios	1 EACH	111	22.27
Cereal Lucky Charms	1 EACH	111	23.29
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
Pop Tarts Brown Sugar Cinn 2ct	1 EACH	369	74.84
Pop Tarts Strawberry 2ct	1 EACH	359	74.84
Pop Tarts Fudge 2ct	1 EACH	369	75.84
Pop-Tarts Blueberry 2ct	1 EACH	360	76.03
Uncrustable Grape WG 2.6oz	1 EACH	300	32.0
Uncrustable Strawberry WG2.6oz	EACH	300	32.0
Muffin Blueberry Sara Lee	1 EACH	199	31.83
Muffin Double Chocolate SaraLe	1 EACH	179	27.85
Granola Bar Oats n' Honey 2ct	1 EACH	190	28.97
Cereal Bar Cinn Toast Crunch	1 EACH	151	30.19
Cereal Bar Cocoa Puffs	1 EACH	151	30.19
Jr & Sr HS Breakfast Cart	Total		
WEEK #1	0	0	0.0
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
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Cheese Stick Colby-Jack	1 EACH	110	0.0
Juice Apple 4oz Carton	1 EACH	60	14.96
Juice Grape 4oz Carton	1 EACH	60	14.96
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk Skim White 8oz Carton	1 EACH	80	11.0
Juice Fruit Blend 4oz	1 EACH	60	14.0
Weighted Daily Average		445	69.48
% of Calories			62.4%
Nutrient Guideline		450-600	

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# Jackson R-2 Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Combined: Jr & Sr HS Breakfast/Jr & Sr HS  
Breakfast Cart

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 11/13/2018			
Jr & Sr HS Breakfast	Total		
Bagel Egg Cheese	1 EACH	205	29.99
Bagel Egg Sausage Cheese	1 EACH	385	30.99
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Peach & Raspberry	1 EACH	110	22.08
Yogurt Straw & Straw Banana	1 EACH	100	16.06
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Cereal Trix	1 EACH	111	24.3
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Honey Nut Cherrios	1 EACH	111	22.27
Cereal Lucky Charms	1 EACH	111	23.29
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
Pop Tarts Brown Sugar Cinn 2ct	1 EACH	369	74.84
Pop Tarts Strawberry 2ct	1 EACH	359	74.84
Pop Tarts Fudge 2ct	EACH	369	75.84
Pop-Tarts Blueberry 2ct	1 EACH	360	76.03
Uncrustable Grape WG 2.6oz	1 EACH	300	32.0
Uncrustable Strawberry WG2.6oz	EACH	300	32.0
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
Granola Bar Oats n' Honey 2ct	1 EACH	190	28.97
Cereal Bar Cocoa Puffs	1 EACH	151	30.19
Cereal Bar Cinn Toast Crunch	1 EACH	151	30.19
Jr & Sr HS Breakfast Cart	Total		
WEEK #1	0	0	0.0
Breakfast Sliders Ssug, Egg, C	1 EACH	160	20.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Juice Apple 4oz Carton	1 EACH	60	14.96
Juice Grape 4oz Carton	1 EACH	60	14.96
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk Skim White 8oz Carton	1 EACH	80	11.0
Juice Fruit Blend 4oz	1 EACH	60	14.0
Weighted Daily Average		456	69.15
% of Calories			60.7%
Nutrient Guideline		450-600	

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# Jackson R-2 Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Combined: Jr & Sr HS Breakfast/Jr & Sr HS  
Breakfast Cart

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 11/14/2018			
Jr & Sr HS 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 Peach & Raspberry	1 EACH	110	22.08
Yogurt Straw & Straw Banana	1 EACH	100	16.06
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Cereal Trix	1 EACH	111	24.3
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Lucky Charms	1 EACH	111	23.29
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
Pop Tarts Brown Sugar Cinn 2ct	1 EACH	369	74.84
Pop Tarts Strawberry 2ct	1 EACH	359	74.84
Pop Tarts Fudge 2ct	1 EACH	369	75.84
Pop-Tarts Blueberry 2ct	1 EACH	360	76.03
Un crustable Grape WG 2.6oz	1 EACH	300	32.0
Un crustable Strawberry WG2.6oz	EACH	300	32.0
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
Granola Bar Oats n' Honey 2ct	1 EACH	190	28.97
Cereal Bar Cocoa Puffs	1 EACH	151	30.19
Cereal Bar Cinn Toast Crunch	1 EACH	151	30.19
Smoothie Food Court	8 OZ	151	31.88
Jr & Sr HS Breakfast Cart	Total		
WEEK #1	0	0	0.0
Pop Tarts Brown Sugar Cinn 2ct	1 EACH	369	74.84
Pop Tarts Fudge 2ct	1 EACH	369	75.84
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Juice Apple 4oz Carton	1 EACH	60	14.96
Juice Grape 4oz Carton	1 EACH	60	14.96
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk Skim White 8oz Carton	1 EACH	80	11.0
Juice Fruit Blend 4oz	1 EACH	60	14.0
Weighted Daily Average		535	103.19
% of Calories			77.2%
Nutrient Guideline		450-600	

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# Jackson R-2 Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Combined: Jr & Sr HS Breakfast/Jr & Sr HS Breakfast Cart

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 11/15/2018			
Jr & Sr HS Breakfast	Total		
Scrambled Eggs	3 oz Serving	138	1.4
Biscuits & Gravy	SERVING	190	28.81
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Peach & Raspberry	1 EACH	110	22.08
Yogurt Straw & Straw Banana	1 EACH	100	16.06
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Cereal Trix	1 EACH	111	24.3
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Lucky Charms	1 EACH	111	23.29
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
Pop Tarts Brown Sugar Cinn 2ct	1 EACH	369	74.84
Pop Tarts Strawberry 2ct	1 EACH	359	74.84
Pop Tarts Fudge 2ct	1 EACH	369	75.84
Pop-Tarts Blueberry 2ct	1 EACH	360	76.03
Uncrustable Grape WG 2.6oz	1 EACH	300	32.0
Uncrustable Strawberry WG2.6oz	1 EACH	300	32.0
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
Granola Bar Oats n' Honey 2ct	1 EACH	190	28.97
Cereal Bar Cocoa Puffs	1 EACH	151	30.19
Cereal Bar Cinn Toast Crunch	1 EACH	151	30.19
Jr & Sr HS Breakfast Cart	Total		
WEEK #1	0	0	0.0
Cereal Froot Loops 96/1oz P	1 EACH	110	24.0
Cereal Frosted Flakes 96/1oz	EACH	101	24.3
Cheese Stick Colby-Jack	1 EACH	110	0.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Juice Apple 4oz Carton	1 EACH	60	14.96
Juice Grape 4oz Carton	1 EACH	60	14.96
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk Skim White 8oz Carton	1 EACH	80	11.0
Juice Fruit Blend 4oz	1 EACH	60	14.0
Weighted Daily Average		443	68.30
% of Calories			61.7%
Nutrient Guideline		450-600	

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# Jackson R-2 Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Combined: Jr & Sr HS Breakfast/Jr & Sr HS Breakfast Cart

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
<b>Fri - 11/16/2018</b>			
Jr & Sr HS Breakfast	Total		
Cinnamon Roll: Homemade	EACH,2 oz.	187	32.16
Sausage Patty - Jones	1 PATTY	182	1.01
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Peach & Raspberry	1 EACH	110	22.08
Yogurt Straw & Straw Banana	1 EACH	100	16.06
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Cereal Trix	1 EACH	111	24.3
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Lucky Charms	1 EACH	111	23.29
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
Pop Tarts Brown Sugar Cinn 2ct	1 EACH	369	74.84
Pop Tarts Strawberry 2ct	1 EACH	359	74.84
Pop Tarts Fudge 2ct	1 EACH	369	75.84
Pop-Tarts Blueberry 2ct	1 EACH	360	76.03
Uncrustable Grape WG 2.6oz	1 EACH	300	32.0
Uncrustable Strawberry WG2.6oz	EACH	300	32.0
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
Granola Bar Oats n' Honey 2ct	1 EACH	190	28.97
Cereal Bar Cocoa Puffs	1 EACH	151	30.19
Cereal Bar Cinn Toast Crunch	1 EACH	151	30.19
Smoothie Berry Banana	8 OZ	175	38.83
Jr & Sr HS Breakfast Cart	Total		
WEEK #1	0	0	0.0
Uncrustable Grape WG 2.6oz	1 EACH	300	32.0
Uncrustable Strawberry WG2.6oz	1 EACH	300	32.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Juice Apple 4oz Carton	1 EACH	60	14.96
Juice Grape 4oz Carton	1 EACH	60	14.96
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk Skim White 8oz Carton	1 EACH	80	11.0
Juice Fruit Blend 4oz	1 EACH	60	14.0
Weighted Daily Average		480	73.54
% of Calories			61.3%
Nutrient Guideline		450-600	

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# Jackson R-2 Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Combined: Jr & Sr HS Breakfast/Jr & Sr HS  
Breakfast Cart

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
<b>Mon - 11/19/2018</b>			
Jr & Sr HS Breakfast	Total		
Breakfast Pizza Turkey Sausage	SLICE	210	26.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Peach & Raspberry	1 EACH	110	22.08
Yogurt Straw & Straw Banana	1 EACH	100	16.06
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Cereal Trix	1 EACH	111	24.3
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Honey Nut Cherrios	1 EACH	111	22.27
Cereal Lucky Charms	1 EACH	111	23.29
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
Pop Tarts Brown Sugar Cinn 2ct	1 EACH	369	74.84
Pop Tarts Strawberry 2ct	1 EACH	359	74.84
Pop Tarts Fudge 2ct	1 EACH	369	75.84
Pop-Tarts Blueberry 2ct	1 EACH	360	76.03
Uncrustable Grape WG 2.6oz	1 EACH	300	32.0
Uncrustable Strawberry WG2.6oz	EACH	300	32.0
Muffin Blueberry Sara Lee	1 EACH	199	31.83
Muffin Double Chocolate SaraLe	1 EACH	179	27.85
Granola Bar Oats n' Honey 2ct	1 EACH	190	28.97
Cereal Bar Cinn Toast Crunch	1 EACH	151	30.19
Cereal Bar Cocoa Puffs	1 EACH	151	30.19
Jr & Sr HS Breakfast Cart	Total		
WEEK #2	0	0	0.0
Cereal Bar Cocoa Puffs	1 EACH	151	30.19
Cereal Bar Cinn Toast Crunch	1 EACH	151	30.19
Cheese Stick Colby-Jack	1 EACH	110	0.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Juice Apple 4oz Carton	1 EACH	60	14.96
Juice Grape 4oz Carton	1 EACH	60	14.96
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk Skim White 8oz Carton	1 EACH	80	11.0
Juice Fruit Blend 4oz	1 EACH	60	14.0
Weighted Daily Average		432	69.94
% of Calories			64.7%
Nutrient Guideline		450-600	

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# Jackson R-2 Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Combined: Jr & Sr HS Breakfast/Jr & Sr HS  
Breakfast Cart

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 11/20/2018			
Jr & Sr HS Breakfast	Total		
Bagel Egg Cheese	1 EACH	205	29.99
Bagel Egg Sausage Cheese	1 EACH	385	30.99
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Peach & Raspberry	1 EACH	110	22.08
Yogurt Straw & Straw Banana	1 EACH	100	16.06
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Cereal Trix	1 EACH	111	24.3
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Honey Nut Cherrios	1 EACH	111	22.27
Cereal Lucky Charms	1 EACH	111	23.29
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
Pop Tarts Brown Sugar Cinn 2ct	1 EACH	369	74.84
Pop Tarts Strawberry 2ct	1 EACH	359	74.84
Pop Tarts Fudge 2ct	EACH	369	75.84
Pop-Tarts Blueberry 2ct	1 EACH	360	76.03
Uncrustable Grape WG 2.6oz	1 EACH	300	32.0
Uncrustable Strawberry WG2.6oz	EACH	300	32.0
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
Granola Bar Oats n' Honey 2ct	1 EACH	190	28.97
Cereal Bar Cocoa Puffs	1 EACH	151	30.19
Cereal Bar Cinn Toast Crunch	1 EACH	151	30.19
Jr & Sr HS Breakfast Cart	Total		
WEEK #2	0	0	0.0
Uncrustable Grape WG 2.6oz	1 EACH	300	32.0
Uncrustable Strawberry WG2.6oz	1 EACH	300	32.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Juice Apple 4oz Carton	1 EACH	60	14.96
Juice Grape 4oz Carton	1 EACH	60	14.96
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk Skim White 8oz Carton	1 EACH	80	11.0
Juice Fruit Blend 4oz	1 EACH	60	14.0
Weighted Daily Average		512	73.95
% of Calories			57.8%
Nutrient Guideline		450-600	

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# Jackson R-2 Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Combined: Jr & Sr HS Breakfast/Jr & Sr HS  
Breakfast Cart

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
<b>Mon - 11/26/2018</b>			
Jr & Sr HS Breakfast	Total		
Breakfast Pizza Turkey Sausage	SLICE	210	26.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Peach & Raspberry	1 EACH	110	22.08
Yogurt Straw & Straw Banana	1 EACH	100	16.06
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Cereal Trix	1 EACH	111	24.3
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Honey Nut Cherrios	1 EACH	111	22.27
Cereal Lucky Charms	1 EACH	111	23.29
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
Pop Tarts Brown Sugar Cinn 2ct	1 EACH	369	74.84
Pop Tarts Strawberry 2ct	1 EACH	359	74.84
Pop Tarts Fudge 2ct	1 EACH	369	75.84
Pop-Tarts Blueberry 2ct	1 EACH	360	76.03
Uncrustable Grape WG 2.6oz	1 EACH	300	32.0
Uncrustable Strawberry WG2.6oz	EACH	300	32.0
Muffin Blueberry Sara Lee	1 EACH	199	31.83
Muffin Double Chocolate SaraLe	1 EACH	179	27.85
Granola Bar Oats n' Honey 2ct	1 EACH	190	28.97
Cereal Bar Cinn Toast Crunch	1 EACH	151	30.19
Cereal Bar Cocoa Puffs	1 EACH	151	30.19
Jr & Sr HS Breakfast Cart	Total		
WEEK # 3	1	0	0.0
Cereal Cinnamon Toast Crunch P	1 EACH	111	22.27
Cereal Golden Grahams WG Pouch	1 EACH	101	24.3
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Cheese Stick Colby-Jack	1 EACH	110	0.0
Juice Apple 4oz Carton	1 EACH	60	14.96
Juice Grape 4oz Carton	1 EACH	60	14.96
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk Skim White 8oz Carton	1 EACH	80	11.0
Juice Fruit Blend 4oz	1 EACH	60	14.0
Weighted Daily Average		414	67.17
% of Calories			64.8%
Nutrient Guideline		450-600	

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# Jackson R-2 Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Combined: Jr & Sr HS Breakfast/Jr & Sr HS Breakfast Cart

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 11/27/2018			
Jr & Sr HS Breakfast	Total		
Bagel Egg Cheese	1 EACH	205	29.99
Bagel Egg Sausage Cheese	1 EACH	385	30.99
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Peach & Raspberry	1 EACH	110	22.08
Yogurt Straw & Straw Banana	1 EACH	100	16.06
Yogurt Trix: Raspberry Rainbow	1 EACH	100	20.07
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Cereal Trix	1 EACH	111	24.3
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Honey Nut Cherrios	1 EACH	111	22.27
Cereal Lucky Charms	1 EACH	111	23.29
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
Pop Tarts Brown Sugar Cinn 2ct	1 EACH	369	74.84
Pop Tarts Strawberry 2ct	1 EACH	359	74.84
Pop Tarts Fudge 2ct	EACH	369	75.84
Pop-Tarts Blueberry 2ct	1 EACH	360	76.03
Uncrustable Grape WG 2.6oz	1 EACH	300	32.0
Uncrustable Strawberry WG2.6oz	EACH	300	32.0
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
Granola Bar Oats n' Honey 2ct	1 EACH	190	28.97
Cereal Bar Cocoa Puffs	1 EACH	151	30.19
Cereal Bar Cinn Toast Crunch	1 EACH	151	30.19
Jr & Sr HS Breakfast Cart	Total		
WEEK # 3	1	0	0.0
Waffle Mini Blueberry 72ct	EACH	210	37.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Juice Apple 4oz Carton	1 EACH	60	14.96
Juice Grape 4oz Carton	1 EACH	60	14.96
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk Skim White 8oz Carton	1 EACH	80	11.0
Juice Fruit Blend 4oz	1 EACH	60	14.0
Weighted Daily Average		476	75.95
% of Calories			63.8%
Nutrient Guideline		450-600	

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# Jackson R-2 Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Combined: Jr & Sr HS Breakfast/Jr & Sr HS Breakfast Cart

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
<b>Wed - 11/28/2018</b>			
Jr & Sr HS 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 Peach & Raspberry	1 EACH	110	22.08
Yogurt Straw & Straw Banana	1 EACH	100	16.06
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Cereal Trix	1 EACH	111	24.3
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Lucky Charms	1 EACH	111	23.29
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
Pop Tarts Brown Sugar Cinn 2ct	1 EACH	369	74.84
Pop Tarts Strawberry 2ct	1 EACH	359	74.84
Pop Tarts Fudge 2ct	1 EACH	369	75.84
Pop-Tarts Blueberry 2ct	1 EACH	360	76.03
Uncrustable Grape WG 2.6oz	1 EACH	300	32.0
Uncrustable Strawberry WG2.6oz	EACH	300	32.0
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
Granola Bar Oats n' Honey 2ct	1 EACH	190	28.97
Cereal Bar Cocoa Puffs	1 EACH	151	30.19
Cereal Bar Cinn Toast Crunch	1 EACH	151	30.19
Smoothie Food Court	8 OZ	151	31.88
Jr & Sr HS Breakfast Cart	Total		
WEEK # 3	1	0	0.0
Uncrustable Grape WG 2.6oz	1 EACH	300	32.0
Uncrustable Strawberry WG2.6oz	1 EACH	300	32.0
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Juice Apple 4oz Carton	1 EACH	60	14.96
Juice Grape 4oz Carton	1 EACH	60	14.96
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk Skim White 8oz Carton	1 EACH	80	11.0
Juice Fruit Blend 4oz	1 EACH	60	14.0
Weighted Daily Average		507	85.85
% of Calories			67.8%
Nutrient Guideline		450-600	

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# Jackson R-2 Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Combined: Jr & Sr HS Breakfast/Jr & Sr HS  
Breakfast Cart

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 11/29/2018			
Jr & Sr HS Breakfast	Total		
Scrambled Eggs	3 oz Serving	138	1.4
Biscuits & Gravy	SERVING	190	28.81
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Peach & Raspberry	1 EACH	110	22.08
Yogurt Straw & Straw Banana	1 EACH	100	16.06
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Cereal Trix	1 EACH	111	24.3
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Honey Nut Cheerios	1 EACH	111	22.27
Cereal Lucky Charms	1 EACH	111	23.29
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
Pop Tarts Brown Sugar Cinn 2ct	1 EACH	369	74.84
Pop Tarts Strawberry 2ct	1 EACH	359	74.84
Pop Tarts Fudge 2ct	1 EACH	369	75.84
Pop-Tarts Blueberry 2ct	1 EACH	360	76.03
Uncrustable Grape WG 2.6oz	1 EACH	300	32.0
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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
Granola Bar Oats n' Honey 2ct	1 EACH	190	28.97
Cereal Bar Cocoa Puffs	1 EACH	151	30.19
Cereal Bar Cinn Toast Crunch	1 EACH	151	30.19
Jr & Sr HS Breakfast Cart	Total		
WEEK # 3	1	0	0.0
Pop Tarts Strawberry 2ct	1 EACH	359	74.84
Pop-Tarts Blueberry 2ct	1 EACH	360	76.03
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Juice Apple 4oz Carton	1 EACH	60	14.96
Juice Grape 4oz Carton	1 EACH	60	14.96
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk Skim White 8oz Carton	1 EACH	80	11.0
Juice Fruit Blend 4oz	1 EACH	60	14.0
Weighted Daily Average		500	88.81
% of Calories			71.0%
Nutrient Guideline		450-600	

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# Jackson R-2 Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Combined: Jr & Sr HS Breakfast/Jr & Sr HS Breakfast Cart

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 11/30/2018			
Jr & Sr HS Breakfast	Total		
Cinnamon Roll: Homemade	EACH,2 oz.	187	32.16
Sausage Patty - Jones	1 PATTY	182	1.01
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Yogurt Peach & Raspberry	1 EACH	110	22.08
Yogurt Straw & Straw Banana	1 EACH	100	16.06
Cheese Stick Colby-Jack	1 EACH	110	0.0
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Cereal Trix	1 EACH	111	24.3
Cereal Cinnamon Toast Crunch	1 EACH	111	22.27
Cereal Cocoa Puffs	1 EACH	88	20.0
Cereal Honey Nut Cherrios	1 EACH	111	22.27
Cereal Lucky Charms	1 EACH	111	23.29
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
Pop Tarts Brown Sugar Cinn 2ct	1 EACH	369	74.84
Pop Tarts Strawberry 2ct	1 EACH	359	74.84
Pop Tarts Fudge 2ct	1 EACH	369	75.84
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Un crustable Grape WG 2.6oz	1 EACH	300	32.0
Un crustable Strawberry WG2.6oz	EACH	300	32.0
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
Granola Bar Oats n' Honey 2ct	1 EACH	190	28.97
Cereal Bar Cocoa Puffs	1 EACH	151	30.19
Cereal Bar Cinn Toast Crunch	1 EACH	151	30.19
Smoothie Berry Banana	8 OZ	175	38.83
Jr & Sr HS Breakfast Cart	Total		
WEEK # 3	1	0	0.0
Muffin Double Chocolate SaraLe	1 EACH	179	27.85
Muffin Banana Sara Lee	1 EACH	169	27.85
Muffin Blueberry Sara Lee	1 EACH	199	31.83
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Cheese Stick Colby-Jack	1 EACH	110	0.0
Juice Apple 4oz Carton	1 EACH	60	14.96
Juice Grape 4oz Carton	1 EACH	60	14.96
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk Skim White 8oz Carton	1 EACH	80	11.0
Juice Fruit Blend 4oz	1 EACH	60	14.0
Weighted Daily Average		477	72.35
% of Calories			60.7%
Nutrient Guideline		450-600	

Weighted Average		471	76.82
			65.2%

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Base Menu Spreadsheet

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Breakfast Cart

Portion Values - Detailed

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				Portion Size	Cals (kcal)	Carb (g)		
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	471		450 - 600	100%				
Carbohydrate (g)	76.82	65.25%						

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