

SMBSD

Base Menu Spreadsheet

Portion Values - Detailed

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Nov 1, 2022 thru Nov 30, 2022

Elem K-6 Breakfast

Generated on: 10/31/2022 1:09:00 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/02/2022															
Elem K-6 Breakfast	Total														
Breakfast Saug. Pizza, Tony's	1 each	210	15	530	1.00	2.00	139.0	281	0.42	0	9.0	20.0	10.0	3.50	0.00
Cereal, Asst. & Grahams	1 each	214	0	261	2.32	6.53	199.3	610	7.59	*5	3.79	40.66	4.38	0.69	*0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02	0.00
Milk, Fat Free	1 cup	90	5	135	0.00	0.00	350.0	500	2.4	12	9.0	13.0	0.0	0.00	0.00
Milk,1% Lowfat	1 cup	130	15	160	0.00	0.05	400.0	500	2.4	15	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average		387	18	544	3.60	4.50	551.8	1153	30.59	*29	17.02	61.14	8.58	2.87	*0.00
% of Calories										*29.9%	17.6%	63.2%	20.0%	6.7%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

Thu - 11/03/2022															
Elem K-6 Breakfast	Total														
Pan Dulce - Whole Wheat 51%	1 each	242	10	165	2.96	2.00	8.9	250	1.0	7	4.85	35.0	9.0	2.00	0.00
Cereal, Asst. & String Cheese	1 each	225	25	429	1.68	7.15	374.6	501	9.11	*3	6.03	28.44	8.69	3.91	*0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Assorted 4 oz	1 each	62	0	13	0.00	0.07	4.0	0	10.2	*3	0.4	14.8	0.0	0.00	0.00
Persimmon, fresh	1 each	69	0	1	3.57	0.15	7.9	0	7.44	*N/A*	0.58	18.45	0.19	0.02	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02	0.00
Milk, Fat Free	1 cup	90	5	135	0.00	0.00	350.0	500	2.4	12	9.0	13.0	0.0	0.00	0.00
Milk,1% Lowfat	1 cup	130	15	160	0.00	0.05	400.0	500	2.4	15	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average		447	24	406	5.02	3.97	507.9	972	31.51	*29	15.78	73.70	9.89	3.16	*0.00
% of Calories										*26.1%	14.1%	65.9%	19.9%	6.4%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

Fri - 11/04/2022															
Elem K-6 Breakfast	Total														
Yogurt, Greek Vanilla	4 oz	83	4	45	0.00	0.00	75.5	0	0.0	9	9.06	11.32	0.0	0.00	0.00
Graham Crackers, breakfast	1 each	120	0	110	0.98	0.72	100.3	126	0.0	*1	2.01	20.31	3.76	0.75	0.00
Cereal, Asst. & Grahams	1 each	214	0	261	2.32	6.53	199.3	610	7.59	*5	3.79	40.66	4.38	0.69	*0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fruit, Assorted Fresh-1	1 each	57	0	2	2.17	0.18	12.8	96	23.74	*8	0.53	14.55	0.16	0.02	0.00
Fruit, Assorted Canned	1/2 cup	53	0	4	1.35	0.23	3.5	484	1.5	12	0.45	13.85	0.03	0.00	0.00
Granola SFI	1/4 cup	158	0	38	3.03	1.35	26.3	5	0.12	*0	5.2	17.52	8.09	0.79	*0.00
Milk, Fat Free	1 cup	90	5	135	0.00	0.00	350.0	500	2.4	12	9.0	13.0	0.0	0.00	0.00
Milk,1% Lowfat	1 cup	130	15	160	0.00	0.05	400.0	500	2.4	15	11.0	16.0	2.5	1.50	0.00

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

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Nov 1, 2022 thru Nov 30, 2022

Elem K-6 Breakfast

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		531	12	397	6.44	5.20	597.0	1163	18.93	*31	23.12	82.37	13.51	2.28	*0.00
% of Calories										*23.5%	17.4%	62.0%	22.9%	3.9%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

Mon - 11/07/2022															
Elem K-6 Breakfast	Total														
Bagel, Wheat	1 each	217	0	230	4.36	2.47	18.0	0	0.0	4	7.8	44.6	0.82	0.09	0.00
Cream Cheese, Light, Cup	1 each	50	15	140	0.00	0.00	20.0	500	0.0	1	2.0	2.0	4.5	3.00	0.00
Cereal, Asst. & Grahams	1 each	214	0	261	2.32	6.53	199.3	610	7.59	*5	3.79	40.66	4.38	0.69	*0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fruit, Brk & Lunch	2 each	130	0	2	3.89	0.41	15.3	414	48.38	26	1.25	32.62	0.28	0.04	0.00
Milk, Fat Free	1 cup	90	5	135	0.00	0.00	350.0	500	2.4	12	9.0	13.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 cup	130	15	160	0.00	0.05	400.0	500	2.4	15	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average		480	18	465	7.23	4.93	508.9	1469	54.58	*44	18.05	90.75	6.38	2.69	*0.00
% of Calories										*37.0%	15.0%	75.6%	12.0%	5.0%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

Tue - 11/08/2022															
Elem K-6 Breakfast	Total														
French Toast Sticks	2 each	240	10	260	2.00	0.72	20.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
Cereal, Asst. & String Cheese	1 each	225	25	429	1.68	7.15	374.6	501	9.11	*3	6.03	28.44	8.69	3.91	*0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Assorted 4 oz	1 each	62	0	13	0.00	0.07	4.0	0	10.2	*3	0.4	14.8	0.0	0.00	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02	0.00
Milk, Fat Free	1 cup	90	5	135	0.00	0.00	350.0	500	2.4	12	9.0	13.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 cup	130	15	160	0.00	0.05	400.0	500	2.4	15	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average		469	28	506	3.78	4.24	583.9	957	41.34	*37	17.04	78.83	9.23	3.23	*0.00
% of Calories										*31.4%	14.5%	67.2%	17.7%	6.2%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

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Nov 1, 2022 thru Nov 30, 2022

Elem K-6 Breakfast

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/09/2022															
Elem K-6 Breakfast	Total														
Breakfast Saug. Pizza, Tony's	1 each	210	15	530	1.00	2.00	139.0	281	0.42	0	9.0	20.0	10.0	3.50	0.00
Cereal, Asst. & Grahams	1 each	214	0	261	2.32	6.53	199.3	610	7.59	*5	3.79	40.66	4.38	0.69	*0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02	0.00
Milk, Fat Free	1 cup	90	5	135	0.00	0.00	350.0	500	2.4	12	9.0	13.0	0.0	0.00	0.00
Milk,1% Lowfat	1 cup	130	15	160	0.00	0.05	400.0	500	2.4	15	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average		387	18	544	3.60	4.50	551.8	1153	30.59	*29	17.02	61.14	8.58	2.87	*0.00
% of Calories										*29.9%	17.6%	63.2%	20.0%	6.7%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

Thu - 11/10/2022															
Elem K-6 Breakfast	Total														
Muffin, Pumpkin Whole Wheat	1 each	350	60	290	5.00	1.08	60.0	750	1.2	16	5.0	40.0	19.0	5.00	0.00
Cereal, Asst. & String Cheese	1 each	225	25	429	1.68	7.15	374.6	501	9.11	*3	6.03	28.44	8.69	3.91	*0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Assorted 4 oz	1 each	62	0	13	0.00	0.07	4.0	0	10.2	*3	0.4	14.8	0.0	0.00	0.00
Persimmon, fresh	1 each	69	0	1	3.57	0.15	7.9	0	7.44	*N/A*	0.58	18.45	0.19	0.02	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02	0.00
Milk, Fat Free	1 cup	90	5	135	0.00	0.00	350.0	500	2.4	12	9.0	13.0	0.0	0.00	0.00
Milk,1% Lowfat	1 cup	130	15	160	0.00	0.05	400.0	500	2.4	15	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average		542	57	490	7.57	3.40	544.6	1305	34.12	*35	16.08	83.18	16.62	5.16	*0.00
% of Calories										*26.0%	11.9%	61.3%	27.6%	8.6%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

Mon - 11/14/2022															
Elem K-6 Breakfast	Total														
Bagel, Wheat	1 each	217	0	230	4.36	2.47	18.0	0	0.0	4	7.8	44.6	0.82	0.09	0.00
Cream Cheese, Light, Cup	1 each	50	15	140	0.00	0.00	20.0	500	0.0	1	2.0	2.0	4.5	3.00	0.00
Cereal, Asst. & Grahams	1 each	214	0	261	2.32	6.53	199.3	610	7.59	*5	3.79	40.66	4.38	0.69	*0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fruit, Brk & Lunch	2 each	130	0	2	3.89	0.41	15.3	414	48.38	26	1.25	32.62	0.28	0.04	0.00
Milk, Fat Free	1 cup	90	5	135	0.00	0.00	350.0	500	2.4	12	9.0	13.0	0.0	0.00	0.00
Milk,1% Lowfat	1 cup	130	15	160	0.00	0.05	400.0	500	2.4	15	11.0	16.0	2.5	1.50	0.00

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Elem K-6 Breakfast

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		480	18	465	7.23	4.93	508.9	1469	54.58	*44	18.05	90.75	6.38	2.69	*0.00
% of Calories										*37.0%	15.0%	75.6%	12.0%	5.0%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

Tue - 11/15/2022															
Elem K-6 Breakfast	Total														
Waffle, Snack'n	1 each	250	44	290	2.00	1.44	30.0	0	0.0	15	6.0	37.0	9.0	4.00	0.00
Cereal, Asst. & String Cheese	1 each	225	25	429	1.68	7.15	374.6	501	9.11	*3	6.03	28.44	8.69	3.91	*0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02	0.00
Juice, Assorted 4 oz	1 each	62	0	13	0.00	0.07	4.0	0	10.2	*3	0.4	14.8	0.0	0.00	0.00
Milk, Fat Free	1 cup	90	5	135	0.00	0.00	350.0	500	2.4	12	9.0	13.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 cup	130	15	160	0.00	0.05	400.0	500	2.4	15	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average		411	45	514	2.81	4.46	583.1	854	24.15	*30	16.53	62.78	10.16	4.72	*0.00
% of Calories										*29.7%	16.1%	61.1%	22.3%	10.3%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

Wed - 11/16/2022															
Elem K-6 Breakfast	Total														
Breakfast Saug. Pizza, Tony's	1 each	210	15	530	1.00	2.00	139.0	281	0.42	0	9.0	20.0	10.0	3.50	0.00
Cereal, Asst. & Grahams	1 each	214	0	261	2.32	6.53	199.3	610	7.59	*5	3.79	40.66	4.38	0.69	*0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02	0.00
Milk, Fat Free	1 cup	90	5	135	0.00	0.00	350.0	500	2.4	12	9.0	13.0	0.0	0.00	0.00
Milk, 1% Lowfat	1 cup	130	15	160	0.00	0.05	400.0	500	2.4	15	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average		387	18	544	3.60	4.50	551.8	1153	30.59	*29	17.02	61.14	8.58	2.87	*0.00
% of Calories										*29.9%	17.6%	63.2%	20.0%	6.7%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

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Thu - 11/17/2022															
Elem K-6 Breakfast	Total														
Pancake & Sau on Stick	1 each	176	27	463	1.60	1.10	17.0	6	0.0	8	8.7	21.8	5.9	1.60	0.00
Cereal, Asst. & String Cheese	1 each	225	25	429	1.68	7.15	374.6	501	9.11	*3	6.03	28.44	8.69	3.91	*0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Assorted 4 oz	1 each	62	0	13	0.00	0.07	4.0	0	10.2	*3	0.4	14.8	0.0	0.00	0.00
Persimmon, fresh	1 each	69	0	1	3.57	0.15	7.9	0	7.44	*N/A*	0.58	18.45	0.19	0.02	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02	0.00
Milk, Fat Free	1 cup	90	5	135	0.00	0.00	350.0	500	2.4	12	9.0	13.0	0.0	0.00	0.00
Milk,1% Lowfat	1 cup	130	15	160	0.00	0.05	400.0	500	2.4	15	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average		384	35	600	4.66	3.33	512.0	740	21.86	*24	18.20	60.68	7.83	2.89	*0.00
% of Calories										*25.5%	19.0%	63.2%	18.4%	6.8%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

Fri - 11/18/2022															
Elem K-6 Breakfast	Total														
Cereal Breakfast Bars & Cheese	1 each	245	20	330	2.50	1.44	376.0	300	0.0	*4	7.0	31.0	10.25	3.75	0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02	0.00
Juice, Assorted 4 oz	1 each	62	0	13	0.00	0.07	4.0	0	10.2	*3	0.4	14.8	0.0	0.00	0.00
Milk, Fat Free	1 cup	90	5	135	0.00	0.00	350.0	500	2.4	12	9.0	13.0	0.0	0.00	0.00
Milk,1% Lowfat	1 cup	130	15	160	0.00	0.05	400.0	500	2.4	15	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average		418	30	485	3.47	1.60	756.8	904	19.60	*25	17.51	61.05	11.57	4.51	0.00
% of Calories										*24.2%	16.7%	58.4%	24.9%	9.7%	0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

Mon - 11/28/2022															
Elem K-6 Breakfast	Total														
Bagel, Wheat	1 each	217	0	230	4.36	2.47	18.0	0	0.0	4	7.8	44.6	0.82	0.09	0.00
Cream Cheese, Light, Cup	1 each	50	15	140	0.00	0.00	20.0	500	0.0	1	2.0	2.0	4.5	3.00	0.00
Cereal, Asst. & Grahams	1 each	214	0	261	2.32	6.53	199.3	610	7.59	*5	3.79	40.66	4.38	0.69	*0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fruit, Brk & Lunch	2 each	130	0	2	3.89	0.41	15.3	414	48.38	26	1.25	32.62	0.28	0.04	0.00
Milk, Fat Free	1 cup	90	5	135	0.00	0.00	350.0	500	2.4	12	9.0	13.0	0.0	0.00	0.00
Milk,1% Lowfat	1 cup	130	15	160	0.00	0.05	400.0	500	2.4	15	11.0	16.0	2.5	1.50	0.00

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SMBSD

Base Menu Spreadsheet

Portion Values - Detailed

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Nov 1, 2022 thru Nov 30, 2022

Elem K-6 Breakfast

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		480	18	465	7.23	4.93	508.9	1469	54.58	*44	18.05	90.75	6.38	2.69	*0.00
% of Calories										*37.0%	15.0%	75.6%	12.0%	5.0%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

Tue - 11/29/2022															
Elem K-6 Breakfast	Total														
Pancake & Maple Sausage Sand	1 each	143	18	327	1.79	1.39	44.9	0	0.1	4	9.07	15.7	4.69	1.57	0.00
Cereal, Asst. & String Cheese	1 each	225	25	429	1.68	7.15	374.6	501	9.11	*3	6.03	28.44	8.69	3.91	*0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Assorted 4 oz	1 each	62	0	13	0.00	0.07	4.0	0	10.2	*3	0.4	14.8	0.0	0.00	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02	0.00
Milk, Fat Free	1 cup	90	5	135	0.00	0.00	350.0	500	2.4	12	9.0	13.0	0.0	0.00	0.00
Milk,1% Lowfat	1 cup	130	15	160	0.00	0.05	400.0	500	2.4	15	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average		357	32	533	2.71	4.44	590.5	854	24.20	*25	18.06	52.13	8.01	3.50	*0.00
% of Calories										*27.9%	20.2%	58.4%	20.2%	8.8%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

Wed - 11/30/2022															
Elem K-6 Breakfast	Total														
Breakfast Saug. Pizza, Tony's	1 each	210	15	530	1.00	2.00	139.0	281	0.42	0	9.0	20.0	10.0	3.50	0.00
Cereal, Asst. & Grahams	1 each	214	0	261	2.32	6.53	199.3	610	7.59	*5	3.79	40.66	4.38	0.69	*0.00
1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fruit, Brk & Lunch	1 each	65	0	1	1.94	0.20	7.6	207	24.19	13	0.63	16.31	0.14	0.02	0.00
Milk, Fat Free	1 cup	90	5	135	0.00	0.00	350.0	500	2.4	12	9.0	13.0	0.0	0.00	0.00
Milk,1% Lowfat	1 cup	130	15	160	0.00	0.05	400.0	500	2.4	15	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average		387	18	544	3.60	4.50	551.8	1153	30.59	*29	17.02	61.14	8.58	2.87	*0.00
% of Calories										*29.9%	17.6%	63.2%	20.0%	6.7%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

Weighted Average		436	26	500	4.84	4.23	560.7	1118	33.45	*32	17.64	71.43	9.35	3.27	*0.00
										*66.9%	16.2%	65.5%	19.3%	6.7%	*0.0%

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SMBSD

Base Menu Spreadsheet

Portion Values - Detailed

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Nov 1, 2022 thru Nov 30, 2022

Elem K-6 Breakfast

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Nutrient	Menu AVG	Portion Size % of Cals	Cals (kcal) Weekly Target	Cholst (mg) % of Target	Sodm (mg)	Fiber (g) Miss Data	Iron (mg) Shortfall	Calc (mg) Overage	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	436		400 - 500	100%													
Cholesterol (mg)	26																
Sodium 1 (mg)	500		540														
Sodium 2 (mg)	500		485							15							Correction Required - Sodium too High
Fiber (g)	4.84																
Iron (mg)	4.23																
Calcium (mg)	560.7																
Vitamin A (IU)	1118																
Sugars (g)	32	29.73%				Missing											
Vitamin C (mg)	33.45																
Protein (g)	17.64	16.16%															
Carbohydrate (g)	71.43	65.47%															
Total Fat (g)	9.35	19.29%	<=30.00%														
Saturated Fat (g)	3.27	6.73%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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