

# Jones County Schools

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

K-12 Breakfast

Portion Values - Detailed

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Generated on: 9/26/2018 9:22:01 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/01/2018										
K-12 Breakfast	Total	2500								
Sausage Pancake/Stick, MS1690	1 stick	1500	210	25	310	6.0	22.0	10.0	3.00	0.00
Cereal, Frosted Flakes, MS1613	1 bowl pack	700	100	0	190	1.0	24.0	0.5	0.00	0.00
Breakfast Pizza,Sausage,MS1684	1 slice	700	220	15	460	10.0	27.0	8.0	2.00	0.00
Fresh Fruit Cup MS1250	1/2 cup	2400	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	2300	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	450	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	1000	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	500	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, FF White1/2 pt.Lu MS1706	1/2 pint	500	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			468	24	508	15.11	82.18	8.54	2.40	0.00
% of Calories						12.9%	70.3%	16.4%	4.6%	0.0%
Nutrient Guideline			450-500		540				<10.00	

Tue - 10/02/2018										
K-12 Breakfast	Total	2500								
Chicken Pat & Biscuit, MS1685	1 serving	1000	244	0	533	11.11	34.33	11.11	2.31	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1500	360	0	360	4.0	76.0	5.0	2.00	0.00
Fresh Fruit Cup MS1250	1/2 cup	1500	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	2300	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	200	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	600	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	300	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, FF White1/2 pt.Lu MS1706	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			483	2	502	11.38	97.00	7.54	2.15	0.00
% of Calories						9.4%	80.3%	14.1%	4.0%	0.0%
Nutrient Guideline			450-500		540				<10.00	

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

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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Base Menu Spreadsheet

K-12 Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/03/2018										
K-12 Breakfast	Total	2300								
French ToastStix,2WGR,B MS1626	2 sticks	1200	240	10	260	6.0	38.0	7.0	1.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	1100	220	0	30	4.0	47.0	0.0	0.00	0.00
Fresh Fruit Cup MS1250	1/2 cup	2000	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	2000	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	1500	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	500	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	100	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, FF White1/2 pt.Lu MS1706	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			485	9	333	13.58	97.25	3.80	0.56	0.00
% of Calories						11.2%	80.3%	7.0%	1.0%	0.0%
Nutrient Guideline			450-500		540				<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/04/2018										
K-12 Breakfast	Total	2500								
Sausage & Biscuit 2WGR, MS1687	1 Each	1250	299	35	716	13.89	27.0	14.91	4.97	0.00
Jelly, Assorted, PC MS1526	1 packet	1000	33	0	0	0.0	8.67	0.0	0.00	0.00
Cinnamon Roll, 2WGR, MS1623	1 roll	1250	170	0	160	4.0	27.0	6.0	1.00	0.00
Fresh Fruit Cup MS1250	1/2 cup	1500	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	2000	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	1700	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	200	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	300	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, FF White1/2 pt.Lu MS1706	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			477	21	617	17.00	79.36	10.55	3.01	0.00
% of Calories						14.3%	66.6%	19.9%	5.7%	0.0%
Nutrient Guideline			450-500		540				<10.00	

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Base Menu Spreadsheet

K-12 Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/05/2018										
K-12 Breakfast	Total	2300								
Sausage & Biscuit 2WGR, MS1687	1 Each	1600	299	35	716	13.89	27.0	14.91	4.97	0.00
Jelly, Assorted, PC MS1526	1 packet	1000	33	0	0	0.0	8.67	0.0	0.00	0.00
Cinnamon Roll, 2WGR, MS1623	1 roll	700	170	0	160	4.0	27.0	6.0	1.00	0.00
Fresh Fruit Cup MS1250	1/2 cup	600	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	1000	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	1600	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	200	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	300	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, FF White1/2 pt.Lu MS1706	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			463	28	731	19.05	69.46	12.24	3.77	0.00
% of Calories						16.4%	60.0%	23.8%	7.3%	0.0%
Nutrient Guideline			450-500		540				<10.00	

Tue - 10/09/2018										
K-12 Breakfast	Total	2500								
Chicken Pat & Biscuit, MS1685	1 serving	1000	244	0	533	11.11	34.33	11.11	2.31	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1500	360	0	360	4.0	76.0	5.0	2.00	0.00
Fresh Fruit Cup MS1250	1/2 cup	1500	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	2300	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	200	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	600	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	300	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, FF White1/2 pt.Lu MS1706	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			483	2	502	11.38	97.00	7.54	2.15	0.00
% of Calories						9.4%	80.3%	14.1%	4.0%	0.0%
Nutrient Guideline			450-500		540				<10.00	

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Base Menu Spreadsheet

K-12 Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/10/2018										
K-12 Breakfast	Total	2300								
Muffin Loaf ChocChip1GR MS1633	1 muffin	1200	180	5	170	3.0	29.0	7.0	1.50	0.00
Cheese 1 oz. String MS938	1 ounce	200	80	15	190	7.0	1.0	5.0	3.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	1100	220	0	30	4.0	47.0	0.0	0.00	0.00
Fresh Fruit Cup MS1250	1/2 cup	2000	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	2000	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	1500	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	500	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	100	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, FF White1/2 pt.Lu MS1706	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			460	8	302	12.62	92.64	4.23	1.08	0.00
% of Calories						11.0%	80.5%	8.3%	2.1%	0.0%
Nutrient Guideline			450-500		540				<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/11/2018										
K-12 Breakfast	Total	2500								
Sausage & Biscuit 2WGR, MS1687	1 Each	1250	299	35	716	13.89	27.0	14.91	4.97	0.00
Jelly, Assorted, PC MS1526	1 packet	1000	33	0	0	0.0	8.67	0.0	0.00	0.00
Cinnamon Roll, 2WGR, MS1623	1 roll	1250	170	0	160	4.0	27.0	6.0	1.00	0.00
Fresh Fruit Cup MS1250	1/2 cup	1500	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	2000	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	1700	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	200	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	300	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, FF White1/2 pt.Lu MS1706	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			477	21	617	17.00	79.36	10.55	3.01	0.00
% of Calories						14.3%	66.6%	19.9%	5.7%	0.0%
Nutrient Guideline			450-500		540				<10.00	

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Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

K-12 Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/12/2018										
K-12 Breakfast	Total	2300								
Sausage & Biscuit 2WGR, MS1687	1 Each	1500	299	35	716	13.89	27.0	14.91	4.97	0.00
Jelly, Assorted, PC MS1526	1 packet	1000	33	0	0	0.0	8.67	0.0	0.00	0.00
Cinnamon Roll, 2WGR, MS1623	1 roll	800	170	0	160	4.0	27.0	6.0	1.00	0.00
Fresh Fruit Cup MS1250	1/2 cup	600	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	1000	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	1600	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	200	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	300	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, FF White1/2 pt.Lu MS1706	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			458	26	707	18.62	69.46	11.86	3.60	0.00
% of Calories						16.3%	60.7%	23.3%	7.1%	0.0%
Nutrient Guideline			450-500		540				<10.00	

Mon - 10/15/2018										
K-12 Breakfast	Total	2500								
Cereal, Fruit Loop, 2 G,MS16	1 bowl pack	400	200	0	100	5.0	46.0	1.0	0.00	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	500	360	0	360	4.0	76.0	5.0	2.00	0.00
Breakfast Pizza,Sausage,MS1684	1 slice	1500	220	15	460	10.0	27.0	8.0	2.00	0.00
Fresh Fruit Cup MS1250	1/2 cup	2400	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	2300	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	450	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	1000	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	500	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, FF White1/2 pt.Lu MS1706	1/2 pint	500	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			488	14	504	16.03	93.46	6.12	1.64	0.00
% of Calories						13.1%	76.6%	11.3%	3.0%	0.0%
Nutrient Guideline			450-500		540				<10.00	

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K-12 Breakfast

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Tue - 10/16/2018										
K-12 Breakfast	Total	2500								
Chicken Pat & Biscuit, MS1685	1 serving	1000	244	0	533	11.11	34.33	11.11	2.31	0.00
Toaster Past, Strbr, 2WGR, MS1644	2 pastries	1500	360	0	360	4.0	76.0	5.0	2.00	0.00
Fresh Fruit Cup MS1250	1/2 cup	1500	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	2300	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt. Lu MS1700	1/2 pint	200	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FF Strwbr, 1/2 pt. Lu MS1702	1/2 pint	600	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van, 1/2 pt. Bo MS1704	1/2 pint	300	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, FF White 1/2 pt. Lu MS1706	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			483	2	502	11.38	97.00	7.54	2.15	0.00
% of Calories						9.4%	80.3%	14.1%	4.0%	0.0%
Nutrient Guideline			450-500		540				<10.00	

Wed - 10/17/2018										
K-12 Breakfast	Total	2300								
French Toast Stix, 2WGR, B MS1626	2 sticks	1400	240	10	260	6.0	38.0	7.0	1.00	0.00
Cereal, Mini Spoon, 2 G, MS1617	1 bowl pack	1400	200	0	100	5.0	46.0	1.0	0.00	0.00
Fresh Fruit Cup MS1250	1/2 cup	2000	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	2000	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt. Lu MS1700	1/2 pint	1500	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FF Strwbr, 1/2 pt. Lu MS1702	1/2 pint	500	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van, 1/2 pt. Bo MS1704	1/2 pint	100	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, FF White 1/2 pt. Lu MS1706	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			522	10	402	15.23	106.07	5.01	0.64	0.00
% of Calories						11.7%	81.3%	8.6%	1.1%	0.0%
Nutrient Guideline			450-500		540				<10.00	

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K-12 Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/18/2018										
K-12 Breakfast	Total	2500								
Sausage & Biscuit 2WGR, MS1687	1 Each	1250	299	35	716	13.89	27.0	14.91	4.97	0.00
Jelly, Assorted, PC MS1526	1 packet	1000	33	0	0	0.0	8.67	0.0	0.00	0.00
Cinnamon Roll, 2WGR, MS1623	1 roll	1250	170	0	160	4.0	27.0	6.0	1.00	0.00
Fresh Fruit Cup MS1250	1/2 cup	1500	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	2000	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	1700	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	200	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	300	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, FF White1/2 pt.Lu MS1706	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			477	21	617	17.00	79.36	10.55	3.01	0.00
% of Calories						14.3%	66.6%	19.9%	5.7%	0.0%
Nutrient Guideline			450-500		540				<10.00	

Fri - 10/19/2018										
K-12 Breakfast	Total	2300								
Sausage & Biscuit 2WGR, MS1687	1 Each	1500	299	35	716	13.89	27.0	14.91	4.97	0.00
Jelly, Assorted, PC MS1526	1 packet	1000	33	0	0	0.0	8.67	0.0	0.00	0.00
Cinnamon Roll, 2WGR, MS1623	1 roll	800	170	0	160	4.0	27.0	6.0	1.00	0.00
Fresh Fruit Cup MS1250	1/2 cup	500	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	1000	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	1600	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	200	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	300	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, FF White1/2 pt.Lu MS1706	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			455	26	707	18.59	68.74	11.85	3.60	0.00
% of Calories						16.3%	60.4%	23.4%	7.1%	0.0%
Nutrient Guideline			450-500		540				<10.00	

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# Jones County Schools

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

K-12 Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/22/2018										
K-12 Breakfast	Total	2500								
Cereal, Frosted Flakes, MS1613	1 bowl pack	1000	100	0	190	1.0	24.0	0.5	0.00	0.00
Breakfast Pizza,Sausage,MS1684	1 slice	1000	220	15	460	10.0	27.0	8.0	2.00	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1	360	0	360	4.0	76.0	5.0	2.00	0.00
Fresh Fruit Cup MS1250	1/2 cup	2400	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	2300	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	450	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	1000	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	500	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, FF White1/2 pt.Lu MS1706	1/2 pint	500	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			380	11	400	12.83	75.13	3.56	0.84	0.00
% of Calories						13.5%	79.1%	8.4%	2.0%	0.0%
Nutrient Guideline			450-500		540				<10.00	

Tue - 10/23/2018										
K-12 Breakfast	Total	2500								
Chicken Pat & Biscuit, MS1685	1 serving	1000	244	0	533	11.11	34.33	11.11	2.31	0.00
Toaster Past,Strbr,2WGR,MS1644	2 pastries	1500	360	0	360	4.0	76.0	5.0	2.00	0.00
Fresh Fruit Cup MS1250	1/2 cup	1500	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	2300	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	200	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	600	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	300	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, FF White1/2 pt.Lu MS1706	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			483	2	502	11.38	97.00	7.54	2.15	0.00
% of Calories						9.4%	80.3%	14.1%	4.0%	0.0%
Nutrient Guideline			450-500		540				<10.00	

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# Jones County Schools

Oct 1, 2018 thru Oct 31, 2018

## Base Menu Spreadsheet

K-12 Breakfast

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/24/2018										
K-12 Breakfast	Total	2300								
Muffin Loaf ChocChip1GR MS1633	1 muffin	1200	180	5	170	3.0	29.0	7.0	1.50	0.00
Cheese 1 oz. String MS938	1 ounce	200	80	15	190	7.0	1.0	5.0	3.00	0.00
Cereal, MM Mateys, 2 G,MS1618	1 bowl pack	1100	220	0	30	4.0	47.0	0.0	0.00	0.00
Fresh Fruit Cup MS1250	1/2 cup	2000	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	2000	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	1500	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	500	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	100	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, FF White1/2 pt.Lu MS1706	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			460	8	302	12.62	92.64	4.23	1.08	0.00
% of Calories						11.0%	80.5%	8.3%	2.1%	0.0%
Nutrient Guideline			450-500		540				<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/25/2018										
K-12 Breakfast	Total	2500								
Sausage & Biscuit 2WGR, MS1687	1 Each	1250	299	35	716	13.89	27.0	14.91	4.97	0.00
Jelly, Assorted, PC MS1526	1 packet	1000	33	0	0	0.0	8.67	0.0	0.00	0.00
Cinnamon Roll, 2WGR, MS1623	1 roll	1250	170	0	160	4.0	27.0	6.0	1.00	0.00
Fresh Fruit Cup MS1250	1/2 cup	1500	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	2000	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	1700	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	200	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	300	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, FF White1/2 pt.Lu MS1706	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			477	21	617	17.00	79.36	10.55	3.01	0.00
% of Calories						14.3%	66.6%	19.9%	5.7%	0.0%
Nutrient Guideline			450-500		540				<10.00	

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

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# Jones County Schools

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

K-12 Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/26/2018										
K-12 Breakfast	Total	2300								
Sausage & Biscuit 2WGR, MS1687	1 Each	1500	299	35	716	13.89	27.0	14.91	4.97	0.00
Jelly, Assorted, PC MS1526	1 packet	1000	33	0	0	0.0	8.67	0.0	0.00	0.00
Cinnamon Roll, 2WGR, MS1623	1 roll	800	170	0	160	4.0	27.0	6.0	1.00	0.00
Fresh Fruit Cup MS1250	1/2 cup	600	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	1000	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	1600	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	200	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	300	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, FF White1/2 pt.Lu MS1706	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			458	26	707	18.62	69.46	11.86	3.60	0.00
% of Calories						16.3%	60.7%	23.3%	7.1%	0.0%
Nutrient Guideline			450-500		540				<10.00	

Mon - 10/29/2018										
K-12 Breakfast	Total	2500								
Cereal, Cinnamon Toast, MS1612	1 bowl pack	600	110	0	160	1.0	22.0	3.0	0.50	0.00
Breakfast Pizza,Sausage,MS1684	1 slice	1500	220	15	460	10.0	27.0	8.0	2.00	0.00
Fresh Fruit Cup MS1250	1/2 cup	2400	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	2300	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt.Lu MS1700	1/2 pint	450	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FFStrwbr,1/2 pt.LuMS1702	1/2 pint	1000	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van,1/2 pt.Bo MS1704	1/2 pint	500	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, FF White1/2 pt.Lu MS1706	1/2 pint	500	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			410	14	454	14.67	76.18	5.68	1.36	0.00
% of Calories						14.3%	74.2%	12.5%	3.0%	0.0%
Nutrient Guideline			450-500		540				<10.00	

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# Jones County Schools

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

K-12 Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/30/2018										
K-12 Breakfast	Total	2500								
Chicken Pat & Biscuit, MS1685	1 serving	1000	244	0	533	11.11	34.33	11.11	2.31	0.00
Toaster Past, Strbr, 2WGR, MS1644	2 pastries	1500	360	0	360	4.0	76.0	5.0	2.00	0.00
Fresh Fruit Cup MS1250	1/2 cup	1500	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	2300	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt. Lu MS1700	1/2 pint	200	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FF Strwbr, 1/2 pt. Lu MS1702	1/2 pint	600	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van, 1/2 pt. Bo MS1704	1/2 pint	300	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, FF White 1/2 pt. Lu MS1706	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			483	2	502	11.38	97.00	7.54	2.15	0.00
% of Calories						9.4%	80.3%	14.1%	4.0%	0.0%
Nutrient Guideline			450-500		540				<10.00	

Wed - 10/31/2018										
K-12 Breakfast	Total	2300								
French Toast Stix, 2WGR, B MS1626	2 sticks	1200	240	10	260	6.0	38.0	7.0	1.00	0.00
Cereal, MM Mateys, 2 G, MS1618	1 bowl pack	1100	220	0	30	4.0	47.0	0.0	0.00	0.00
Fresh Fruit Cup MS1250	1/2 cup	2000	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assorted, MS1246	1 4-oz. cup	2000	65	0	0	0.03	15.5	0.0	0.00	0.00
Milk, FF Choc 1/2 pt. Lu MS1700	1/2 pint	1500	150	3	210	8.0	29.0	0.0	0.00	0.00
Milk, FF Strwbr, 1/2 pt. Lu MS1702	1/2 pint	500	140	5	125	8.0	27.0	0.0	0.00	0.00
Milk, FF, Van, 1/2 pt. Bo MS1704	1/2 pint	100	160	5	125	8.0	32.0	0.0	0.00	0.00
Milk, FF White 1/2 pt. Lu MS1706	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			485	9	333	13.58	97.25	3.80	0.56	0.00
% of Calories						11.2%	80.3%	7.0%	1.0%	0.0%
Nutrient Guideline			450-500		540				<10.00	

Weighted Average			469	14	517	14.82	86.02	7.85	2.16	0.00
						12.6%	73.4%	15.1%	4.1%	0.0%

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# Jones County Schools

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

K-12 Breakfast

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Cholst (mg) Shortfall	Sodm (mg) Shortfall	Protn (g) Overage	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
Calories	469		450 - 500	100%									
Cholesterol (mg)	14												
Sodium 1 (mg)	517		540										
Sodium 2 (mg)	517		485						32				Correction Required - Sodium too High
Protein (g)	14.82	12.65%											
Carbohydrate (g)	86.02	73.40%											
Total Fat (g)	7.85	15.07%											
Saturated Fat (g)	2.16	4.14%	<10.00%										
Trans Fat <sup>1</sup> (g)	0.00	0.00%											

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