

Patrick County Public Schools

Apr 9, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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)
Tue - 04/09/2024																
Breakfast	Total	1300														
Strawberry, Guava Flip WG Iced	1 Each	900	260	0	260	3.00	1.44	40.0	0	0.0	19	4.0	45.0	7.0	1.50	0.00
Biscuit/ Chicken Sausage/Egg	1 Each	200	360	135	800	1.00	1.80	100.0	0	0.0	3	13.0	30.0	19.0	7.00	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	150	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	25	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
POPARTS, STRAWBERRY, 1 oz. WH	1 each	25	180	0	190	2.99	1.80	99.8	499	0.0	15	2.0	37.92	2.49	1.00	0.00
Toast K-12	1.1 oz.	50	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	25	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
Juice 100% 4.23 oz. shelf stab	4.23	1000	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	250	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	950	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	1100	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average			498	26	495	4.99	3.06	440.3	661	88.42	*33	12.97	92.64	8.92	2.43	*0.00
% of Calories											*26.2%	10.4%	74.4%	16.1%	4.4%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

Wed - 04/10/2024																
Breakfast	Total	1300														
Strawberry Mini Bagel	2.43 oz.	400	240	10	180	2.00	1.08	20.0	0	1.2	13	6.0	41.0	6.0	2.50	0.00
French Toast Sticks WG	3 piece	600	250	0	300	4.00	2.78	218.0	410	7.44	8	7.0	36.0	9.0	1.50	0.00
SYRUP,PANCAKE	1 TBSP	600	46	0	16	0.00	0.01	0.6	0	0.0	4	0.0	12.06	0.0	0.00	*N/A*
CEREAL,VARIETY, 2 oz.	2 oz. bowl	200	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	50	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
Juice 100% 4.23 oz. shelf stab	4.23	700	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	500	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	500	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
POPARTS, STRAWBERRY, 1 oz. WH	1 each	50	180	0	190	2.99	1.80	99.8	499	0.0	15	2.0	37.92	2.49	1.00	0.00
Toast K-12	1.1 oz.	100	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	50	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
MILK - Variety	HALF PINT	1000	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average			452	8	404	4.54	3.95	459.3	808	70.37	*27	12.79	85.84	7.33	1.78	*0.00
% of Calories											*24.0%	11.3%	76.0%	14.6%	3.5%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

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

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Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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)
Thu - 04/11/2024																
Breakfast	Total	1300														
CRACKERS- CHEEZ-IT WG	1 EACH	650	100	5	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
CHEESE,MOZZARELLA,STRING	1 each	650	80	15	150	0.00	0.00	200.0	200	2.4	0	7.0	1.0	6.0	3.50	0.00
BREAKFAST BURRITO W/ SALSA	1 EACH	150	248	169	804	2.76	2.82	137.5	446	5.78	*4	12.11	29.84	8.81	3.14	*0.04
CEREAL,VARIETY, 2 oz.	2 oz. bowl	400	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	75	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
POPARTS, STRAWBERRY, 1 oz. WH	1 each	25	180	0	190	2.99	1.80	99.8	499	0.0	15	2.0	37.92	2.49	1.00	0.00
Toast K-12	1.1 oz.	100	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	100	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
Juice 100% 4.23 oz. shelf stab	4.23	750	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	500	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	1100	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	1200	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average			451	35	522	4.80	4.82	609.7	1289	81.46	*27	15.83	82.00	7.90	3.03	*0.00
% of Calories											*24.2%	14.0%	72.7%	15.8%	6.0%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

Fri - 04/12/2024																
Breakfast	Total	5														
MANAGER'S CHOICE	SERVING	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Biscuit & Gravy	serving	1	265	0	680	1.00	1.80	83.0	0	0.0	3	4.0	35.0	11.0	5.50	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	1	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	1	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
POPARTS, STRAWBERRY, 1 oz. WH	1 each	1	180	0	190	2.99	1.80	99.8	499	0.0	15	2.0	37.92	2.49	1.00	0.00
Toast K-12	1.1 oz.	2	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	2	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
Juice 100% 4.23 oz. shelf stab	4.23	1	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	4	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	4	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	5	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average			461	6	487	4.99	5.30	443.1	997	54.75	*38	12.82	93.90	4.91	1.69	*0.00
% of Calories											*33.0%	11.1%	81.5%	9.6%	3.3%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

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	Portion Size	Reimb Qty	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)
Mon - 04/15/2024																
Breakfast	Total	1300														
Breakfast Bun WG RF IW	1 each	300	270	0	220	3.00	1.80	20.0	0	0.0	13	6.0	40.0	10.0	4.50	0.00
Dutch Waffle, Powdered Sugar	1 each	300	308	20	350	3.00	1.80	40.0	0	0.0	*2	4.0	45.08	13.0	3.00	*0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	400	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	200	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
POPARTS, STRAWBERRY, 1 oz. WH	1 each	100	180	0	190	2.99	1.80	99.8	499	0.0	15	2.0	37.92	2.49	1.00	0.00
Toast K-12	1.1 oz.	300	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	300	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
Juice 100% 4.23 oz. shelf stab	4.23	1000	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	300	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	800	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	1100	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average			490	10	446	5.21	5.88	465.6	859	89.38	*28	12.18	95.85	7.73	2.17	*0.00
% of Calories											*23.0%	9.9%	78.2%	14.2%	4.0%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

Tue - 04/16/2024																
Breakfast	Total	1300														
Cinnamon Roll IW/ Icing Hadley	1 each	800	240	0	240	3.00	1.80	40.0	0	0.0	12	5.0	38.0	7.0	1.50	0.00
Biscuit with WG Chicken GC	1 Each	300	340	45	660	2.00	2.80	80.0	0	0.0	3	13.0	39.0	15.0	5.50	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	100	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	75	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
POPARTS, STRAWBERRY, 1 oz. WH	1 each	25	180	0	190	2.99	1.80	99.8	499	0.0	15	2.0	37.92	2.49	1.00	0.00
Toast K-12	1.1 oz.	100	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	50	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
Juice 100% 4.23 oz. shelf stab	4.23	800	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	350	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	750	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	1100	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average			471	16	488	4.63	3.49	412.8	622	73.58	*26	14.25	84.60	8.82	2.49	*0.00
% of Calories											*21.9%	12.1%	71.9%	16.9%	4.8%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

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Wed - 04/17/2024																
Breakfast	Total	1300														
Muffin, Orange Dream	4 oz.	550	330	40	270	2.00	1.80	40.0	100	0.0	28	5.0	55.0	10.0	1.50	0.00
Pancakes - Mini Confetti WG, 1	Bag	600	220	10	300	4.00	3.60	40.0	1000	0.0	11	4.0	36.0	7.0	1.00	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	100	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	25	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
POPARTS, STRAWBERRY, 1 oz. WH	1 each	25	180	0	190	2.99	1.80	99.8	499	0.0	15	2.0	37.92	2.49	1.00	0.00
Toast K-12	1.1 oz.	50	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	25	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
Juice 100% 4.23 oz. shelf stab	4.23	600	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	550	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	800	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	1100	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average			477	27	429	5.04	3.86	385.3	1130	64.03	*37	12.03	90.29	8.46	1.40	*0.00
% of Calories											*30.7%	10.1%	75.7%	16.0%	2.6%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

Thu - 04/18/2024																
Breakfast	Total	1300														
BeneFIT Bar, Chocolate Chip	2.5 oz.	800	290	20	240	3.00	1.80	20.0	0	0.0	22	5.0	47.0	9.0	3.00	0.00
Granola,Fruit & Yogurt Cup	1 each	300	244	3	141	2.15	0.99	139.8	571	3.81	*13	5.55	48.99	3.99	0.43	*0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	100	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	75	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
POPARTS, STRAWBERRY, 1 oz. WH	1 each	25	180	0	190	2.99	1.80	99.8	499	0.0	15	2.0	37.92	2.49	1.00	0.00
Toast K-12	1.1 oz.	100	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	50	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
Juice 100% 4.23 oz. shelf stab	4.23	850	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	350	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	700	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	1100	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average			480	18	369	4.55	3.07	418.7	747	77.24	*34	12.50	92.49	7.49	2.24	*0.00
% of Calories											*28.1%	10.4%	77.1%	14.1%	4.2%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

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Fri - 04/19/2024																
Breakfast	Total	1300														
Muffin, Chocolate Chip	4 oz.	800	340	40	260	3.00	1.80	40.0	0	0.0	29	5.0	56.0	11.0	2.00	0.00
Biscuit & Gravy	serving	350	265	0	680	1.00	1.80	83.0	0	0.0	3	4.0	35.0	11.0	5.50	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	100	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	25	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
POPARTS, STRAWBERRY, 1 oz. WH	1 each	25	180	0	190	2.99	1.80	99.8	499	0.0	15	2.0	37.92	2.49	1.00	0.00
Toast K-12	1.1 oz.	50	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	25	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
Juice 100% 4.23 oz. shelf stab	4.23	800	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	300	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	700	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	1100	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average			511	30	520	4.18	2.96	413.1	601	71.81	*35	12.06	92.92	10.68	3.01	*0.00
% of Calories											*27.3%	9.4%	72.7%	18.8%	5.3%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

Mon - 04/22/2024																
Breakfast	Total	5														
Donut, Powdered Sugar, RF	2.2 oz.	1	160	*N/A*	110	0.00	4.32	120.0	1000	*N/A*	*N/A*	3.0	24.0	7.0	2.00	2.00
Donut, Glazed	2.3	1	316	0	300	2.82	0.71	14.1	10	0.0	16	5.0	39.06	15.0	7.00	*0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	1	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	1	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
POPARTS, STRAWBERRY, 1 oz. WH	1 each	1	180	0	190	2.99	1.80	99.8	499	0.0	15	2.0	37.92	2.49	1.00	0.00
Toast K-12	1.1 oz.	2	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	2	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
Juice 100% 4.23 oz. shelf stab	4.23	2	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	3	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	3	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	4	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average			468	*5	402	4.71	5.81	413.2	1053	*64.19	*35	11.74	92.52	6.95	2.32	*0.40
% of Calories											*29.6%	10.0%	79.0%	13.4%	4.5%	*0.8%
Nutrient Guideline			450-500		540										<10.00	

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Patrick County Public Schools

Apr 9, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/23/2024																
Breakfast	Total	1300														
Sweet Potato Swirl, Iced IW WG	1 each	500	140	0	140	2.00	1.08	20.0	0	0.0	7	2.0	22.0	4.5	1.00	0.00
CHEESE,MOZZARELLA,STRING	1 each	500	80	15	150	0.00	0.00	200.0	200	2.4	0	7.0	1.0	6.0	3.50	0.00
Cinnamon Roll: WG Pillsbury 111	1 Each	500	270	0	360	3.00	1.44	0.0	0	0.0	11	6.0	36.0	12.0	5.00	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	250	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	25	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
POPARTS, STRAWBERRY, 1 oz. WH	1 each	25	180	0	190	2.99	1.80	99.8	499	0.0	15	2.0	37.92	2.49	1.00	0.00
Toast K-12	1.1 oz.	50	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	25	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
Juice 100% 4.23 oz. shelf stab	4.23	600	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	700	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	900	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	1200	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average			473	11	478	4.95	3.61	485.5	848	70.11	*31	15.00	83.16	10.20	4.02	*0.00
% of Calories											*26.3%	12.7%	70.4%	19.4%	7.7%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

Wed - 04/24/2024																
Breakfast	Total	1300														
Wow/Jammer WG	2.4 oz	800	290	0	310	5.00	1.80	100.0	0	0.0	12	12.0	29.0	16.0	2.50	0.00
Pancakes, Mini, Maple	3.17 oz	400	230	*N/A*	150	3.00	0.72	40.0	*N/A*	*N/A*	14	4.0	41.0	7.0	0.50	*N/A*
SYRUP,PANCAKE	1 TBSP	400	46	0	16	0.00	0.01	0.6	0	0.0	4	0.0	12.06	0.0	0.00	*N/A*
CEREAL,VARIETY, 2 oz.	2 oz. bowl	50	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	25	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
POPARTS, STRAWBERRY, 1 oz. WH	1 each	25	180	0	190	2.99	1.80	99.8	499	0.0	15	2.0	37.92	2.49	1.00	0.00
Toast K-12	1.1 oz.	50	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	25	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
Juice 100% 4.23 oz. shelf stab	4.23	800	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	400	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	650	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	1100	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average			487	*5	406	5.83	2.33	432.2	*570	*72.70	*29	16.38	81.94	12.79	1.98	*0.00
% of Calories											*23.9%	13.5%	67.3%	23.6%	3.7%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

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Patrick County Public Schools

Apr 9, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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)
Thu - 04/25/2024																
Breakfast	Total	1300														
Muffins, Blueberry	4 oz.	700	310	35	250	2.00	1.80	40.0	100	1.2	25	5.0	51.0	10.0	1.00	0.00
BISCUITS W/SAUSAGE, Large	1 EACH	350	290	20	660	1.00	1.80	120.0	0	0.0	3	11.0	30.0	15.0	7.00	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	150	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	50	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
POPARTS, STRAWBERRY, 1 oz. WH	1 each	50	180	0	190	2.99	1.80	99.8	499	0.0	15	2.0	37.92	2.49	1.00	0.00
Toast K-12	1.1 oz.	100	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	75	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
Juice 100% 4.23 oz. shelf stab	4.23	850	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	400	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	250	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	1100	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average			478	29	514	2.70	3.36	431.7	644	72.06	*28	13.64	84.25	10.56	2.73	*0.00
% of Calories											*23.6%	11.4%	70.5%	19.9%	5.1%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

Fri - 04/26/2024																
Breakfast	Total	1300														
Muffins, Blueberry	4 oz.	200	310	35	250	2.00	1.80	40.0	100	1.2	25	5.0	51.0	10.0	1.00	0.00
Wow/Jammer WG	2.4 oz	150	290	0	310	5.00	1.80	100.0	0	0.0	12	12.0	29.0	16.0	2.50	0.00
Muffin, Orange Dream	4 oz.	100	330	40	270	2.00	1.80	40.0	100	0.0	28	5.0	55.0	10.0	1.50	0.00
Breakfast Bun WG RF IW	1 each	100	270	0	220	3.00	1.80	20.0	0	0.0	13	6.0	40.0	10.0	4.50	0.00
Donut, Powdered Sugar, RF	2.2 oz.	100	160	*N/A*	110	0.00	4.32	120.0	1000	*N/A*	*N/A*	3.0	24.0	7.0	2.00	2.00
Frudel- Apple WG	2.29	100	210	0	260	2.00	*N/A*	*N/A*	0	0.0	11	5.0	36.0	6.0	1.00	0.00
Frudel-Cherry WG	1 Each	100	210	0	260	2.00	1.44	0.0	0	0.0	11	4.0	36.0	6.0	1.00	0.00
Strawberry, Guava Flip WG Iced	1 Each	100	260	0	260	3.00	1.44	40.0	0	0.0	19	4.0	45.0	7.0	1.50	0.00
CEREAL,VARIETY, 2 oz.	2 oz. bowl	300	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	25	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
POPARTS, STRAWBERRY, 1 oz. WH	1 each	25	180	0	190	2.99	1.80	99.8	499	0.0	15	2.0	37.92	2.49	1.00	0.00
Toast K-12	1.1 oz.	50	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	25	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
Juice 100% 4.23 oz. shelf stab	4.23	800	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	400	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	900	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	1100	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00

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Patrick County Public Schools

Apr 9, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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			473	*14	410	4.91	*4.26	*437.7	848	*77.83	*33	12.87	89.45	8.56	1.69	*0.15
% of Calories											*27.9%	10.9%	75.6%	16.3%	3.2%	*0.3%
Nutrient Guideline			450-500		540											<10.00

Mon - 04/29/2024																
	Total															
Breakfast	1300															
CRACKERS- CHEEZ-IT WG	1 EACH	500	100	5	150	1.00	0.72	100.0	500	0.0	0	2.0	14.0	3.5	1.00	0.00
CHEESE,MOZZARELLA,STRING	1 each	500	80	15	150	0.00	0.00	200.0	200	2.4	0	7.0	1.0	6.0	3.50	0.00
Pancake & Sausage on Stick	2.85 oz.	500	200	25	310	3.00	1.80	20.0	0	0.0	4	7.0	17.0	10.0	2.50	0.00
SYRUP,PANCAKE	1 TBSP	500	46	0	16	0.00	0.01	0.6	0	0.0	4	0.0	12.06	0.0	0.00	*N/A*
CEREAL,VARIETY, 2 oz.	2 oz. bowl	250	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	25	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
POPARTS, STRAWBERRY, 1 oz. WH	1 each	25	180	0	190	2.99	1.80	99.8	499	0.0	15	2.0	37.92	2.49	1.00	0.00
Toast K-12	1.1 oz.	50	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	25	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
Juice 100% 4.23 oz. shelf stab	4.23	600	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	700	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	900	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	1225	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average			450	23	472	4.56	3.62	530.0	1049	70.12	*27	15.54	77.81	9.06	3.07	*0.00
% of Calories											*24.3%	13.8%	69.1%	18.1%	6.1%	*0.0%
Nutrient Guideline			450-500		540											<10.00

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Patrick County Public Schools

Apr 9, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Breakfast

Portion Values - Detailed

	Portion Size	Reimb Qty	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)
Tue - 04/30/2024																
Breakfast	Total	5														
Frudel- Apple WG	2.29	1	210	0	260	2.00	*N/A*	*N/A*	0	0.0	11	5.0	36.0	6.0	1.00	0.00
French Toast Sticks WG	3 piece	1	250	0	300	4.00	2.78	218.0	410	7.44	8	7.0	36.0	9.0	1.50	0.00
SYRUP,PANCAKE	1 TBSP	1	46	0	16	0.00	0.01	0.6	0	0.0	4	0.0	12.06	0.0	0.00	*N/A*
CEREAL,VARIETY, 2 oz.	2 oz. bowl	1	227	0	343	3.67	9.90	216.7	750	8.0	14	3.67	45.33	4.17	0.33	0.00
CEREAL,VARIETY, 1 oz.	1 oz. bowl	1	114	0	172	2.44	8.33	63.8	319	3.83	5	2.63	24.19	1.19	0.00	0.00
POPTARTS, STRAWBERRY, 1 oz. WH	1 each	1	180	0	190	2.99	1.80	99.8	499	0.0	15	2.0	37.92	2.49	1.00	0.00
Toast K-12	1.1 oz.	2	80	0	121	1.01	0.80	0.0	0	0.0	2	3.02	15.09	1.01	0.00	0.00
Jelly Grape Cup	28 grams	2	71	0	0	0.00	0.00	0.0	0	0.0	10	0.0	18.22	0.0	0.00	0.00
Juice 100% 4.23 oz. shelf stab	4.23	1	80	0	10	0.00	0.00	130.0	0	90.0	1	0.0	20.0	0.0	0.00	0.00
FRUIT JUICE,ASSORTED	4 fl.oz.	4	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
FRUIT,FRESH ASSORTED	1 EACH	4	73	0	1	2.92	0.25	16.7	174	17.68	14	0.88	18.8	0.27	0.06	0.00
MILK - Variety	HALF PINT	5	117	6	155	0.00	0.23	300.6	497	0.67	*4	8.08	20.54	0.39	0.26	*0.00
Weighted Daily Average			509	6	466	5.99	*5.50	*470.2	1079	56.24	*42	14.43	103.71	5.71	1.09	*0.00
% of Calories											*33.0%	11.3%	81.5%	10.1%	1.9%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

Weighted Average			477	*17	457	4.79	*4.05	*453.0	*863	*72.14	*32	13.56	88.96	8.50	2.32	*0.03
											*60.1%	11.4%	74.6%	16.0%	4.4%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	477		450 - 500	100%				
Cholesterol (mg)	17				Missing			
Sodium 1 (mg)	457		540	85%				
Fiber (g)	4.79							
Iron (mg)	4.05				Missing			
Calcium (mg)	453.0				Missing			
Vitamin A (IU)	863				Missing			
Sugars (g)	32	26.71%			Missing			
Vitamin C (mg)	72.14				Missing			
Protein (g)	13.56	11.38%						
Carbohydrate (g)	88.96	74.62%						
Total Fat (g)	8.50	16.05%						
Saturated Fat (g)	2.32	4.38%	<10.00%					
Trans Fat ¹ (g)	0.03	0.07%			Missing			

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

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

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

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