

# Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Breakfast K-5/Breakfast 6

Portion Values - Detailed

Page 1

Generated on: 2/26/2020 6:35:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 03/02/2020															
Breakfast K-5	Total														
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Breakfast 6	Total														
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		370	6	158	5.49	1.06	288.5	382	1.28	49	36.51	78.76	1.18	0.50	*0.00
% of Calories										52.8%	39.5%	85.1%	2.9%	1.2%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

Tue - 03/03/2020															
Breakfast K-5	Total														
Sunrise Quinoa	1/2 Cup	320	0	0	8.00	2.88	40.0	10	0.0	2	14.0	62.0	3.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00

\*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.

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# Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Breakfast K-5/Breakfast 6

Portion Values - Detailed

Page 2

Generated on: 2/26/2020 6:35:55 AM

	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 <sup>1</sup> (g)
Breakfast 6	Total														
Sunrise Quinoa	1 Cup	640	0	0	16.00	5.76	80.0	20	0.0	4	28.0	124.0	6.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		518	5	104	9.72	3.22	231.0	210	0.88	42	25.78	105.67	3.43	0.50	*0.00
% of Calories										32.3%	19.9%	81.7%	6.0%	0.9%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

Wed - 03/04/2020															
Breakfast K-5	Total														
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Breakfast 6	Total														
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		330	4	98	5.49	1.06	188.5	215	0.88	43	33.85	72.10	1.18	0.50	*0.00
% of Calories										51.9%	41.0%	87.4%	3.2%	1.4%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

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# Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Breakfast K-5/Breakfast 6

Portion Values - Detailed

Page 3

Generated on: 2/26/2020 6:35:55 AM

	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 <sup>1</sup> (g)
Thu - 03/05/2020															
Breakfast K-5	Total														
Scrambled Eggs	1/2 Cup	140	420	140	0.00	1.80	60.0	500	0.0	0	12.0	0.0	18.0	1.06	0.00
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Breakfast 6	Total														
Scrambled Eggs	1 Cup	280	840	280	0.00	3.60	120.0	1000	0.0	0	24.0	0.0	36.0	2.12	0.00
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		403	424	238	3.47	2.86	248.5	695	0.88	39	24.25	55.90	19.18	1.56	*0.00
% of Calories										38.5%	24.1%	55.5%	42.9%	3.5%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

Fri - 03/06/2020															
Breakfast K-5	Total														
Donut, LongJohn Maple Elem	1 Donut	340	0	460	2.00	1.44	20.0	0	0.0	30	5.0	56.0	11.0	4.50	0.00
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00

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Base Menu Spreadsheet

Combined: Breakfast K-5/Breakfast 6

Portion Values - Detailed

	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 <sup>1</sup> (g)
Breakfast 6	Total														
Donut, LongJohn Maple Elem	1 Donut	340	0	460	2.00	1.44	20.0	0	0.0	30	5.0	56.0	11.0	4.50	0.00
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		571	5	536	4.88	2.26	292.7	354	1.28	68	16.05	105.96	10.35	4.25	*0.00
% of Calories										47.8%	11.2%	74.3%	16.3%	6.7%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

Mon - 03/09/2020															
Breakfast K-5	Total														
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Breakfast 6	Total														
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		370	6	158	5.49	1.06	288.5	382	1.28	49	36.51	78.76	1.18	0.50	*0.00
% of Calories										52.8%	39.5%	85.1%	2.9%	1.2%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

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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 <sup>1</sup> (g)
Tue - 03/10/2020															
Breakfast K-5	Total														
Sunrise Quinoa	1/2 Cup	320	0	0	8.00	2.88	40.0	10	0.0	2	14.0	62.0	3.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Breakfast 6	Total														
Sunrise Quinoa	1 Cup	640	0	0	16.00	5.76	80.0	20	0.0	4	28.0	124.0	6.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		518	5	104	9.72	3.22	231.0	210	0.88	42	25.78	105.67	3.43	0.50	*0.00
% of Calories										32.3%	19.9%	81.7%	6.0%	0.9%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

Wed - 03/11/2020															
Breakfast K-5	Total														
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00

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# Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Breakfast K-5/Breakfast 6

Portion Values - Detailed

	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 <sup>1</sup> (g)
Breakfast 6	Total														
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		330	4	98	5.49	1.06	188.5	215	0.88	43	33.85	72.10	1.18	0.50	*0.00
% of Calories										51.9%	41.0%	87.4%	3.2%	1.4%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

Thu - 03/12/2020															
Breakfast K-5	Total														
Scrambled Eggs	1/2 Cup		420	140	0.00	1.80	60.0	500	0.0	0	12.0	0.0	18.0	1.06	0.00
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Breakfast 6	Total														
Scrambled Eggs	1 Cup	280	840	280	0.00	3.60	120.0	1000	0.0	0	24.0	0.0	36.0	2.12	0.00
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		403	424	238	3.47	2.86	248.5	695	0.88	39	24.25	55.90	19.18	1.56	*0.00
% of Calories										38.5%	24.1%	55.5%	42.9%	3.5%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

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# Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Breakfast K-5/Breakfast 6

Portion Values - Detailed

	Portion Size	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 <sup>1</sup> (g)
Fri - 03/13/2020															
Breakfast K-5	Total														
Donut, LongJohn Maple Elem	1 Donut	340	0	460	2.00	1.44	20.0	0	0.0	30	5.0	56.0	11.0	4.50	0.00
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Breakfast 6	Total														
Donut, LongJohn Maple Elem	1 Donut	340	0	460	2.00	1.44	20.0	0	0.0	30	5.0	56.0	11.0	4.50	0.00
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		571	5	536	4.88	2.26	292.7	354	1.28	68	16.05	105.96	10.35	4.25	*0.00
% of Calories										47.8%	11.2%	74.3%	16.3%	6.7%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

Mon - 03/23/2020															
Breakfast K-5	Total														
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00

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# Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Breakfast K-5/Breakfast 6

Portion Values - Detailed

	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 <sup>1</sup> (g)
Breakfast 6	Total														
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		370	6	158	5.49	1.06	288.5	382	1.28	49	36.51	78.76	1.18	0.50	*0.00
% of Calories										52.8%	39.5%	85.1%	2.9%	1.2%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

Tue - 03/24/2020															
Breakfast K-5	Total														
Sunrise Quinoa	1/2 Cup	320	0	0	8.00	2.88	40.0	10	0.0	2	14.0	62.0	3.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Breakfast 6	Total														
Sunrise Quinoa	1 Cup	640	0	0	16.00	5.76	80.0	20	0.0	4	28.0	124.0	6.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		518	5	104	9.72	3.22	231.0	210	0.88	42	25.78	105.67	3.43	0.50	*0.00
% of Calories										32.3%	19.9%	81.7%	6.0%	0.9%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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# Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Breakfast K-5/Breakfast 6

Portion Values - Detailed

	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 <sup>1</sup> (g)
Wed - 03/25/2020															
Breakfast K-5	Total														
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Breakfast 6	Total														
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		330	4	98	5.49	1.06	188.5	215	0.88	43	33.85	72.10	1.18	0.50	*0.00
% of Calories										51.9%	41.0%	87.4%	3.2%	1.4%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

Thu - 03/26/2020															
Breakfast K-5	Total														
Scrambled Eggs	1/2 Cup	140	420	140	0.00	1.80	60.0	500	0.0	0	12.0	0.0	18.0	1.06	0.00
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00

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# Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Breakfast K-5/Breakfast 6

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Breakfast 6	Total														
Scrambled Eggs	1 Cup	280	840	280	0.00	3.60	120.0	1000	0.0	0	24.0	0.0	36.0	2.12	0.00
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		403	424	238	3.47	2.86	248.5	695	0.88	39	24.25	55.90	19.18	1.56	*0.00
% of Calories										38.5%	24.1%	55.5%	42.9%	3.5%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

Fri - 03/27/2020															
	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Breakfast K-5	Total														
Donut, LongJohn Maple Elem	1 Donut	340	0	460	2.00	1.44	20.0	0	0.0	30	5.0	56.0	11.0	4.50	0.00
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Breakfast 6	Total														
Donut, LongJohn Maple Elem	1 Donut	340	0	460	2.00	1.44	20.0	0	0.0	30	5.0	56.0	11.0	4.50	0.00
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		571	5	536	4.88	2.26	292.7	354	1.28	68	16.05	105.96	10.35	4.25	*0.00
% of Calories										47.8%	11.2%	74.3%	16.3%	6.7%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

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# Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Breakfast K-5/Breakfast 6

Portion Values - Detailed

Page 11

Generated on: 2/26/2020 6:35:56 AM

	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 <sup>1</sup> (g)
<b>Mon - 03/30/2020</b>															
Breakfast K-5	Total														
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Breakfast 6	Total														
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		370	6	158	5.49	1.06	288.5	382	1.28	49	36.51	78.76	1.18	0.50	*0.00
% of Calories										52.8%	39.5%	85.1%	2.9%	1.2%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

<b>Tue - 03/31/2020</b>															
Breakfast K-5	Total														
Sunrise Quinoa	1/2 Cup	320	0	0	8.00	2.88	40.0	10	0.0	2	14.0	62.0	3.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00

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# Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Breakfast K-5/Breakfast 6

Portion Values - Detailed

	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 <sup>1</sup> (g)
Breakfast 6	Total														
Sunrise Quinoa	1 Cup	640	0	0	16.00	5.76	80.0	20	0.0	4	28.0	124.0	6.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		518	5	104	9.72	3.22	231.0	210	0.88	42	25.78	105.67	3.43	0.50	*0.00
% of Calories										32.3%	19.9%	81.7%	6.0%	0.9%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

Weighted Average		439	79	216	6.02	2.10	251.0	363	1.05	48	27.74	84.68	6.50	1.35	*0.00
										97.9%	25.3%	77.2%	13.3%	2.8%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	439		375 - 525	100%				
Cholesterol (mg)	79							
Sodium (mg)	216		570					
Fiber (g)	6.02							
Iron (mg)	2.10							
Calcium (mg)	251.0							
Vitamin A (IU)	363							
Sugars (g)	48	43.51%						
Vitamin C (mg)	1.05							
Protein (g)	27.74	25.28%						
Carbohydrate (g)	84.68	77.18%						
Total Fat (g)	6.50	13.34%						
Saturated Fat (g)	1.35	2.77%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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