

All Saints Catholic School

Cycle No. 1 thru Cycle No. 5

Base Menu Spreadsheet

All Saints K-6 Breakfast

Weighted 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)
Cold Cereal or Oatmeal Bar																
All Saints K-6 Breakfast	Total	1														
Lucky Charms	1 EA	1	110	0	170	2.00	2.70	60.0	300	3.6	9	2.0	23.0	1.0	0.00	0.00
Cocoa Puffs	1 EA	1	120	0	125	2.00	2.70	80.0	400	4.8	6	2.0	25.0	1.5	0.00	0.00
Oatmeal Bar	1 EA	1	140	0	70	1.00	1.00	9.0	*N/A*	*N/A*	10	2.0	22.99	4.5	0.50	0.00
APPLESAUCE	.5 Cup	1	60	0	10	2.00	0.00	0.0	0	2.4	12	0.0	15.0	0.0	0.00	0.00
Raisels	1 EA	1	160	0	5	2.00	0.40	30.0	0	0.0	31	1.0	37.0	0.0	0.00	0.00
Lil Yami Yogurt	4 oz	1	140	15	45	0.00	0.36	100.0	500	18.0	15	4.0	18.0	5.0	3.00	0.00
MILK, 1% WHITE	HALF PINT	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5	180	0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			950	30	730	9.00	7.16	879.0	*2200	*32.40	213	27.00	173.98	14.50	5.00	0.00
% of Calories											89.7%	11.4%	73.3%	13.7%	4.7%	0.0%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

	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)
Cereal or Apple Cinnamon Toast																
All Saints K-6 Breakfast	Total	1														
Lucky Charms	1 EA	1	110	0	170	2.00	2.70	60.0	300	3.6	9	2.0	23.0	1.0	0.00	0.00
Cocoa Puffs	1 EA	1	120	0	125	2.00	2.70	80.0	400	4.8	6	2.0	25.0	1.5	0.00	0.00
Lil Yami Yogurt	4 oz	1	140	15	45	0.00	0.36	100.0	500	18.0	15	4.0	18.0	5.0	3.00	0.00
Apple Cinnamon Toast	1 EA	1	310	0	450	4.00	2.00	70.0	*N/A*	*N/A*	16	5.0	44.0	13.0	2.00	0.00
PEACHES,CANNED,LIGHT SYRUP	1/2 Cup	1	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
Raisels	1 EA	1	160	0	5	2.00	0.40	30.0	0	0.0	31	1.0	37.0	0.0	0.00	0.00
MILK, 1% WHITE	HALF PINT	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5	180	0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			1128	30	1106	11.63	8.61	943.8	*2644	*33.01	224	30.56	198.26	23.04	6.50	0.00
% of Calories											79.3%	10.8%	70.3%	18.4%	5.2%	0.0%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

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

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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)
Cereal or Choc Chip Muffin																
All Saints K-6 Breakfast	Total	1														
Lucky Charms	1 EA	1	110	0	170	2.00	2.70	60.0	300	3.6	9	2.0	23.0	1.0	0.00	0.00
Cocoa Puffs	1 EA	1	120	0	125	2.00	2.70	80.0	400	4.8	6	2.0	25.0	1.5	0.00	0.00
Choc Choc Chip Muffin	1 EA	1	180	25	105	1.00	2.00	29.0	*N/A*	*N/A*	14	3.0	27.0	7.0	1.50	0.00
Pears: Diced	1/2 Cup	1	75	0	5	2.00	0.36	0.0	80	1.2	16	0.0	20.0	0.0	0.00	0.00
Raisels	1 EA	1	160	0	5	2.00	0.40	30.0	0	0.0	31	1.0	37.0	0.0	0.00	0.00
Lil Yami Yogurt	4 oz	1	140	15	45	0.00	0.36	100.0	500	18.0	15	4.0	18.0	5.0	3.00	0.00
MILK, 1% WHITE	HALF PINT	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5	180	0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			1005	55	760	9.00	8.52	899.0	*2280	*31.20	221	28.00	183.00	17.00	6.00	0.00
% of Calories											88.0%	11.1%	72.8%	15.2%	5.4%	0.0%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

	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)
Cereal or Waffle																
All Saints K-6 Breakfast	Total	1														
Lucky Charms	1 EA	1	110	0	170	2.00	2.70	60.0	300	3.6	9	2.0	23.0	1.0	0.00	0.00
Cocoa Puffs	1 EA	1	120	0	125	2.00	2.70	80.0	400	4.8	6	2.0	25.0	1.5	0.00	0.00
Waffle	1 ea	1	80	*N/A*	115	1.00	0.74	63.5	*N/A*	*N/A*	2	2.0	12.0	3.0	0.00	0.00
Pineapple Tidbits	.5 Cup	1	70	0	30	1.00	0.36	20.0	0	4.8	14	0.0	18.0	0.0	0.00	0.00
Raisels	1 EA	1	160	0	5	2.00	0.40	30.0	0	0.0	31	1.0	37.0	0.0	0.00	0.00
Lil Yami Yogurt	4 oz	1	140	15	45	0.00	0.36	100.0	500	18.0	15	4.0	18.0	5.0	3.00	0.00
MILK, 1% WHITE	HALF PINT	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5	180	0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			900	*30	795	8.00	7.26	953.5	*2200	*34.80	207	27.00	166.00	13.00	4.50	0.00
% of Calories											92.0%	12.0%	73.8%	13.0%	4.5%	0.0%
Nutrient Guideline			400-500		540									<=30.0	<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)
Cereal or Mini Cinni																
All Saints K-6 Breakfast	Total	1														
Lucky Charms	1 EA	1	110	0	170	2.00	2.70	60.0	300	3.6	9	2.0	23.0	1.0	0.00	0.00
Cocoa Puffs	1 EA	1	120	0	125	2.00	2.70	80.0	400	4.8	6	2.0	25.0	1.5	0.00	0.00
Lil Yami Yogurt	4 oz	1	140	15	45	0.00	0.36	100.0	500	18.0	15	4.0	18.0	5.0	3.00	0.00
Mini Cinni	1 EA	1	240	0	270	3.00	1.70	30.0	0	0.0	14	4.0	40.0	8.0	1.50	0.00
PEACHES,CANNED,LIGHT SY RUP	1/2 Cup	1	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
Raisels	1 EA	1	160	0	5	2.00	0.40	30.0	0	0.0	31	1.0	37.0	0.0	0.00	0.00
MILK, 1% WHITE	HALF PINT	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, CHOCOLATE NONFAT	HALF PINT	1	120	5	180	0.00	0.00	300.0	500	1.2	118	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			1058	30	926	10.63	8.31	903.8	2644	33.01	222	29.56	194.26	18.04	6.00	0.00
% of Calories											83.8%	11.2%	73.5%	15.3%	5.1%	0.0%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Weighted Average			1008	*35	864	9.65	7.97	915.8	*2394	*32.88	217	28.42	183.10	17.11	5.60	0.00
											194.0%	11.3%	72.7%	15.3%	5.0%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1008		400 - 500	202%			508	Correction Required - Calories too High
Cholesterol (mg)	35				Missing			
Sodium 1 (mg)	864		540	160%			324	Correction Required - Sodium too High
Fiber (g)	9.65							
Iron (mg)	7.97							
Calcium (mg)	915.8							
Vitamin A (IU)	2394				Missing			
Sugars (g)	217	86.20%						
Vitamin C (mg)	32.88				Missing			
Protein (g)	28.42	11.28%						
Carbohydrate (g)	183.10	72.65%						
Total Fat (g)	17.11	15.28%	<=30.00%					
Saturated Fat (g)	5.60	5.00%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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