

Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS BREAKFAST

Generated on: 5/28/2024 1:46:09 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 06/03/2024								
SUMMER SEAMLESS BRE	Total							
CEREAL, ASSORTED, 2 OZ EQ	1 EACH	216	345	*12	44.94	3.19	0.32	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		398	471	*28	79.29	5.16	1.38	0.00
% of Calories				*28.5%	79.7%	11.7%	3.1%	0.0%
Nutrient Guideline		450-500	540				<10.00	

Tue - 06/04/2024								
SUMMER SEAMLESS BRE	Total							
MUFFIN, BLUEBERRY OAT, 2 GRAIN	1 EACH	385	529	*3	61.4	12.36	2.20	*0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
DRIED FRUIT	1 EACH	100	3	*16	23.51	0.63	0.05	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		575	654	*21	97.29	14.42	3.25	*0.00
% of Calories				*14.3%	67.7%	22.6%	5.1%	*0.0%
Nutrient Guideline		450-500	540				<10.00	

Wed - 06/05/2024								
SUMMER SEAMLESS BRE	Total							
CEREAL, ASSORTED, 2 OZ EQ	1 EACH	216	345	*12	44.94	3.19	0.32	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
FRUIT JUICE, ASSORTED	1 EACH	65	5	*4	16.56	0.02	0.00	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		397	471	*26	79.08	5.10	1.36	0.00
% of Calories				*26.2%	79.7%	11.6%	3.1%	0.0%
Nutrient Guideline		450-500	540				<10.00	

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

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Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS BREAKFAST

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 06/06/2024								
SUMMER SEAMLESS BRE	Total							
MUFFIN, BANANA/CHOC CHIP, 2 GR	1 EACH	462	332	*9	69.77	19.02	4.38	*0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
DRIED FRUIT	1 EACH	100	3	*16	23.51	0.63	0.05	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		652	458	*27	105.66	21.08	5.43	*0.00
% of Calories				*16.4%	64.8%	29.1%	7.5%	*0.0%
Nutrient Guideline		450-500	540				<10.00	

Fri - 06/07/2024								
SUMMER SEAMLESS BRE	Total							
CEREAL, ASSORTED, 2 OZ EQ	1 EACH	216	345	*12	44.94	3.19	0.32	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
DRIED FRUIT	1 EACH	100	3	*16	23.51	0.63	0.05	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		406	471	*29	80.82	5.25	1.37	0.00
% of Calories				*28.6%	79.7%	11.6%	3.0%	0.0%
Nutrient Guideline		450-500	540				<10.00	

Mon - 06/10/2024								
SUMMER SEAMLESS BRE	Total							
NUTRIGRAIN BAR W/ GRAHAM	1 EACH	270	247	*16	48.78	7.22	1.13	0.04
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		441	372	*30	80.53	9.16	2.17	0.04
% of Calories				*27.6%	73.0%	18.7%	4.4%	0.1%
Nutrient Guideline		450-500	540				<10.00	

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Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS BREAKFAST

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 06/11/2024								
SUMMER SEAMLESS BRE	Total							
CEREAL, ASSORTED, 2 OZ EQ	1 EACH	216	345	*12	44.94	3.19	0.32	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
DRIED FRUIT	1 EACH	100	3	*16	23.51	0.63	0.05	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		391	470	*27	77.29	5.16	1.37	0.00
% of Calories				*27.2%	79.1%	11.9%	3.1%	0.0%
Nutrient Guideline		450-500	540				<10.00	

Wed - 06/12/2024								
SUMMER SEAMLESS BRE	Total							
MUFFIN, SNICKERDOODLE	1 EACH	529	322	*14	63.8	28.44	8.28	*0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		701	448	*29	95.54	30.37	9.32	*0.00
% of Calories				*16.5%	54.5%	39.0%	12.0%	*0.0%
Nutrient Guideline		450-500	540				<10.00	

Thu - 06/13/2024								
SUMMER SEAMLESS BRE	Total							
CEREAL, ASSORTED, 2 OZ EQ	1 EACH	216	345	*12	44.94	3.19	0.32	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
DRIED FRUIT	1 EACH	100	3	*16	23.51	0.63	0.05	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02

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Portion Values - Detailed

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS BREAKFAST

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		391	470	*27	77.29	5.16	1.37	0.00
% of Calories				*27.2%	79.1%	11.9%	3.1%	0.0%
Nutrient Guideline		450-500	540				<10.00	

Fri - 06/14/2024								
SUMMER SEAMLESS BRE	Total							
MUFFIN, DBL.CH.CHIP 2 G	1 EACH	321	398	*7	49.95	12.54	3.66	*0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
DRIED FRUIT	1 EACH	100	3	*16	23.51	0.63	0.05	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		496	524	*22	82.30	14.51	4.71	*0.00
% of Calories				*17.8%	66.4%	26.3%	8.5%	*0.0%
Nutrient Guideline		450-500	540				<10.00	

Mon - 06/17/2024								
SUMMER SEAMLESS BRE	Total							
CEREAL, ASSORTED, 2 OZ EQ	1 EACH	216	345	*12	44.94	3.19	0.32	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		398	471	*28	79.29	5.16	1.38	0.00
% of Calories				*28.5%	79.7%	11.7%	3.1%	0.0%
Nutrient Guideline		450-500	540				<10.00	

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Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS BREAKFAST

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 06/18/2024								
SUMMER SEAMLESS BRE	Total							
MUFFIN, BLUEBERRY OAT, 2 GRAIN	1 EACH	385	529	*3	61.4	12.36	2.20	*0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
DRIED FRUIT	1 EACH	100	3	*16	23.51	0.63	0.05	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		575	654	*21	97.29	14.42	3.25	*0.00
% of Calories				*14.3%	67.7%	22.6%	5.1%	*0.0%
Nutrient Guideline		450-500	540				<10.00	

Wed - 06/19/2024								
SUMMER SEAMLESS BRE	Total							
CEREAL, ASSORTED, 2 OZ EQ	1 EACH	216	345	*12	44.94	3.19	0.32	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
FRUIT JUICE, ASSORTED	1 EACH	65	5	*4	16.56	0.02	0.00	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		397	471	*26	79.08	5.10	1.36	0.00
% of Calories				*26.2%	79.7%	11.6%	3.1%	0.0%
Nutrient Guideline		450-500	540				<10.00	

Thu - 06/20/2024								
SUMMER SEAMLESS BRE	Total							
MUFFIN, BANANA/CHOC CHIP, 2 GR	1 EACH	462	332	*9	69.77	19.02	4.38	*0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
DRIED FRUIT	1 EACH	100	3	*16	23.51	0.63	0.05	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		652	458	*27	105.66	21.08	5.43	*0.00
% of Calories				*16.4%	64.8%	29.1%	7.5%	*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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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS BREAKFAST

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 06/21/2024								
SUMMER SEAMLESS BRE	Total							
CEREAL, ASSORTED, 2 OZ EQ	1 EACH	216	345	*12	44.94	3.19	0.32	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
DRIED FRUIT	1 EACH	100	3	*16	23.51	0.63	0.05	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		406	471	*29	80.82	5.25	1.37	0.00
% of Calories				*28.6%	79.7%	11.6%	3.0%	0.0%
Nutrient Guideline		450-500	540				<10.00	

Mon - 06/24/2024								
SUMMER SEAMLESS BRE	Total							
NUTRIGRAIN BAR W/ GRAHAM	1 EACH	270	247	*16	48.78	7.22	1.13	0.04
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		441	372	*30	80.53	9.16	2.17	0.04
% of Calories				*27.6%	73.0%	18.7%	4.4%	0.1%
Nutrient Guideline		450-500	540				<10.00	

Tue - 06/25/2024								
SUMMER SEAMLESS BRE	Total							
CEREAL, ASSORTED, 2 OZ EQ	1 EACH	216	345	*12	44.94	3.19	0.32	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
DRIED FRUIT	1 EACH	100	3	*16	23.51	0.63	0.05	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		391	470	*27	77.29	5.16	1.37	0.00
% of Calories				*27.2%	79.1%	11.9%	3.1%	0.0%
Nutrient Guideline		450-500	540				<10.00	

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 06/26/2024								
SUMMER SEAMLESS BRE	Total							
MUFFIN, SNICKERDOODLE	1 EACH	529	322	*14	63.8	28.44	8.28	*0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		701	448	*29	95.54	30.37	9.32	*0.00
% of Calories				*16.5%	54.5%	39.0%	12.0%	*0.0%
Nutrient Guideline		450-500	540				<10.00	

Thu - 06/27/2024								
SUMMER SEAMLESS BRE	Total							
CEREAL, ASSORTED, 2 OZ EQ	1 EACH	216	345	*12	44.94	3.19	0.32	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
DRIED FRUIT	1 EACH	100	3	*16	23.51	0.63	0.05	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		391	470	*27	77.29	5.16	1.37	0.00
% of Calories				*27.2%	79.1%	11.9%	3.1%	0.0%
Nutrient Guideline		450-500	540				<10.00	

Fri - 06/28/2024								
SUMMER SEAMLESS BRE	Total							
MUFFIN, DBL.CH.CHIP 2 G	1 EACH	321	398	*7	49.95	12.54	3.66	*0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
DRIED FRUIT	1 EACH	100	3	*16	23.51	0.63	0.05	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02

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Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS BREAKFAST

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		496	524	*22	82.30	14.51	4.71	*0.00
% of Calories				*17.8%	66.4%	26.3%	8.5%	*0.0%
Nutrient Guideline		450-500	540				<10.00	

Mon - 07/01/2024								
SUMMER SEAMLESS BRE	Total							
CEREAL, ASSORTED, 2 OZ EQ	1 EACH	216	345	*12	44.94	3.19	0.32	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		398	471	*28	79.29	5.16	1.38	0.00
% of Calories				*28.5%	79.7%	11.7%	3.1%	0.0%
Nutrient Guideline		450-500	540				<10.00	

Tue - 07/02/2024								
SUMMER SEAMLESS BRE	Total							
MUFFIN, BLUEBERRY OAT, 2 GRAIN	1 EACH	385	529	*3	61.4	12.36	2.20	*0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
DRIED FRUIT	1 EACH	100	3	*16	23.51	0.63	0.05	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		575	654	*21	97.29	14.42	3.25	*0.00
% of Calories				*14.3%	67.7%	22.6%	5.1%	*0.0%
Nutrient Guideline		450-500	540				<10.00	

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Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS BREAKFAST

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 07/03/2024								
SUMMER SEAMLESS BRE	Total							
CEREAL, ASSORTED, 2 OZ EQ	1 EACH	216	345	*12	44.94	3.19	0.32	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
FRUIT JUICE, ASSORTED	1 EACH	65	5	*4	16.56	0.02	0.00	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		397	471	*26	79.08	5.10	1.36	0.00
% of Calories				*26.2%	79.7%	11.6%	3.1%	0.0%
Nutrient Guideline		450-500	540				<10.00	

Thu - 07/04/2024								
SUMMER SEAMLESS BRE	Total							
MUFFIN, BANANA/CHOC CHIP, 2 GR	1 EACH	462	332	*9	69.77	19.02	4.38	*0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
DRIED FRUIT	1 EACH	100	3	*16	23.51	0.63	0.05	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		652	458	*27	105.66	21.08	5.43	*0.00
% of Calories				*16.4%	64.8%	29.1%	7.5%	*0.0%
Nutrient Guideline		450-500	540				<10.00	

Fri - 07/05/2024								
SUMMER SEAMLESS BRE	Total							
CEREAL, ASSORTED, 2 OZ EQ	1 EACH	216	345	*12	44.94	3.19	0.32	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
DRIED FRUIT	1 EACH	100	3	*16	23.51	0.63	0.05	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		406	471	*29	80.82	5.25	1.37	0.00
% of Calories				*28.6%	79.7%	11.6%	3.0%	0.0%
Nutrient Guideline		450-500	540				<10.00	

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Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS BREAKFAST

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 07/08/2024								
SUMMER SEAMLESS BRE	Total							
NUTRIGRAIN BAR W/ GRAHAM	1 EACH	270	247	*16	48.78	7.22	1.13	0.04
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		441	372	*30	80.53	9.16	2.17	0.04
% of Calories				*27.6%	73.0%	18.7%	4.4%	0.1%
Nutrient Guideline		450-500	540				<10.00	

Tue - 07/09/2024								
SUMMER SEAMLESS BRE	Total							
CEREAL, ASSORTED, 2 OZ EQ	1 EACH	216	345	*12	44.94	3.19	0.32	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
DRIED FRUIT	1 EACH	100	3	*16	23.51	0.63	0.05	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		391	470	*27	77.29	5.16	1.37	0.00
% of Calories				*27.2%	79.1%	11.9%	3.1%	0.0%
Nutrient Guideline		450-500	540				<10.00	

Wed - 07/10/2024								
SUMMER SEAMLESS BRE	Total							
MUFFIN, SNICKERDOODLE	1 EACH	529	322	*14	63.8	28.44	8.28	*0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		701	448	*29	95.54	30.37	9.32	*0.00
% of Calories				*16.5%	54.5%	39.0%	12.0%	*0.0%
Nutrient Guideline		450-500	540				<10.00	

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Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS BREAKFAST

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 07/11/2024								
SUMMER SEAMLESS BRE	Total							
CEREAL, ASSORTED, 2 OZ EQ	1 EACH	216	345	*12	44.94	3.19	0.32	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
DRIED FRUIT	1 EACH	100	3	*16	23.51	0.63	0.05	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		391	470	*27	77.29	5.16	1.37	0.00
% of Calories				*27.2%	79.1%	11.9%	3.1%	0.0%
Nutrient Guideline		450-500	540				<10.00	

Fri - 07/12/2024								
SUMMER SEAMLESS BRE	Total							
MUFFIN, DBL.CH.CHIP 2 G	1 EACH	321	398	*7	49.95	12.54	3.66	*0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
DRIED FRUIT	1 EACH	100	3	*16	23.51	0.63	0.05	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		496	524	*22	82.30	14.51	4.71	*0.00
% of Calories				*17.8%	66.4%	26.3%	8.5%	*0.0%
Nutrient Guideline		450-500	540				<10.00	

Mon - 07/15/2024								
SUMMER SEAMLESS BRE	Total							
CEREAL, ASSORTED, 2 OZ EQ	1 EACH	216	345	*12	44.94	3.19	0.32	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02

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Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS BREAKFAST

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		398	471	*28	79.29	5.16	1.38	0.00
% of Calories				*28.5%	79.7%	11.7%	3.1%	0.0%
Nutrient Guideline		450-500	540				<10.00	

Tue - 07/16/2024								
SUMMER SEAMLESS BRE	Total							
MUFFIN, BLUEBERRY OAT, 2 GRAIN	1 EACH	385	529	*3	61.4	12.36	2.20	*0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
DRIED FRUIT	1 EACH	100	3	*16	23.51	0.63	0.05	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		575	654	*21	97.29	14.42	3.25	*0.00
% of Calories				*14.3%	67.7%	22.6%	5.1%	*0.0%
Nutrient Guideline		450-500	540				<10.00	

Wed - 07/17/2024								
SUMMER SEAMLESS BRE	Total							
CEREAL, ASSORTED, 2 OZ EQ	1 EACH	216	345	*12	44.94	3.19	0.32	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
FRUIT JUICE, ASSORTED	1 EACH	65	5	*4	16.56	0.02	0.00	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		397	471	*26	79.08	5.10	1.36	0.00
% of Calories				*26.2%	79.7%	11.6%	3.1%	0.0%
Nutrient Guideline		450-500	540				<10.00	

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Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS BREAKFAST

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 07/18/2024								
SUMMER SEAMLESS BRE	Total							
MUFFIN, BANANA/CHOC CHIP, 2 GR	1 EACH	462	332	*9	69.77	19.02	4.38	*0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
DRIED FRUIT	1 EACH	100	3	*16	23.51	0.63	0.05	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		652	458	*27	105.66	21.08	5.43	*0.00
% of Calories				*16.4%	64.8%	29.1%	7.5%	*0.0%
Nutrient Guideline		450-500	540				<10.00	

Fri - 07/19/2024								
SUMMER SEAMLESS BRE	Total							
CEREAL, ASSORTED, 2 OZ EQ	1 EACH	216	345	*12	44.94	3.19	0.32	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
DRIED FRUIT	1 EACH	100	3	*16	23.51	0.63	0.05	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		406	471	*29	80.82	5.25	1.37	0.00
% of Calories				*28.6%	79.7%	11.6%	3.0%	0.0%
Nutrient Guideline		450-500	540				<10.00	

Mon - 07/22/2024								
SUMMER SEAMLESS BRE	Total							
NUTRIGRAIN BAR W/ GRAHAM	1 EACH	270	247	*16	48.78	7.22	1.13	0.04
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		441	372	*30	80.53	9.16	2.17	0.04
% of Calories				*27.6%	73.0%	18.7%	4.4%	0.1%
Nutrient Guideline		450-500	540				<10.00	

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Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS BREAKFAST

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 07/23/2024								
SUMMER SEAMLESS BRE	Total							
CEREAL, ASSORTED, 2 OZ EQ	1 EACH	216	345	*12	44.94	3.19	0.32	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
DRIED FRUIT	1 EACH	100	3	*16	23.51	0.63	0.05	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		391	470	*27	77.29	5.16	1.37	0.00
% of Calories				*27.2%	79.1%	11.9%	3.1%	0.0%
Nutrient Guideline		450-500	540				<10.00	

Wed - 07/24/2024								
SUMMER SEAMLESS BRE	Total							
MUFFIN, SNICKERDOODLE	1 EACH	529	322	*14	63.8	28.44	8.28	*0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		701	448	*29	95.54	30.37	9.32	*0.00
% of Calories				*16.5%	54.5%	39.0%	12.0%	*0.0%
Nutrient Guideline		450-500	540				<10.00	

Thu - 07/25/2024								
SUMMER SEAMLESS BRE	Total							
CEREAL, ASSORTED, 2 OZ EQ	1 EACH	216	345	*12	44.94	3.19	0.32	0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
DRIED FRUIT	1 EACH	100	3	*16	23.51	0.63	0.05	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		391	470	*27	77.29	5.16	1.37	0.00
% of Calories				*27.2%	79.1%	11.9%	3.1%	0.0%
Nutrient Guideline		450-500	540				<10.00	

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Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS BREAKFAST

Generated on: 5/28/2024 1:46:10 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 07/26/2024								
SUMMER SEAMLESS BRE	Total							
MUFFIN, DBL.CH.CHIP 2 G	1 EACH	321	398	*7	49.95	12.54	3.66	*0.00
FRUIT, FRESH-SUMMER 1/2 cup	1/2 CUP	68	6	13	17.4	0.28	0.06	0.00
DRIED FRUIT	1 EACH	100	3	*16	23.51	0.63	0.05	0.00
MILK, LOWFAT 1% WHITE	1 CUP	130	160	*N/A*	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE, 8 OZ.	1 CUP	120	150	*N/A*	22.0	0.0	0.00	0.00
MEALS, SS EMERGENCY BFAST K-12	1 EACH	521	445	*40	108.02	5.53	0.96	0.02
Weighted Daily Average		496	524	*22	82.30	14.51	4.71	*0.00
% of Calories				*17.8%	66.4%	26.3%	8.5%	*0.0%
Nutrient Guideline		450-500	540				<10.00	

Weighted Average		485	481	*27 *49.2%	85.51 70.6%	11.54 21.4%	3.17 5.9%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	485		450 - 500	100%				
Sodium 1 (mg)	481		540					
Sodium 2 (mg)	481		485					
Sugars (g)	27	21.89%			Missing			
Carbohydrate (g)	85.51	70.56%						
Total Fat (g)	11.54	21.42%						
Saturated Fat (g)	3.17	5.89%	<10.00%					
Trans Fat ¹ (g)	0.00	0.01%			Missing			

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