

National School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

May 5, 2025 thru Jun 6, 2025

NSD Breakfast

Generated on: 4/29/2025 12:04:27 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 05/05/2025				
NSD Breakfast	Total	3000		
Pancakes, Mini, Confetti Eggo	1 each	1000	210	36.0
Pan Dulce, Chocolate	1 each	575	200	34.0
Pan Dulce, White	1 each	575	200	34.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	500	180	24.0
Cereal, GoldenGra& String Chee	1 each	250	180	26.0
Cereal, Cheerios, Honey&ChStr	1 each	100	190	24.0
Apple, Red Fresh	1 each	1500	95	25.13
Raisins, box	1 each	1500	120	29.0
Juice, Appleberry, 4 oz	1 each	1000	55	14.0
Juice, Orange 4 oz	1 each	1000	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	2500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Weighted Daily Average			454	87.73
% of Calories				77.4%
Nutrient Guideline			400-500	

Tue - 05/06/2025				
NSD Breakfast	Total	3000		
Bagel & Cream Cheese	1 EACH	1000	241	34.5
Muffin Top, Sweet Potato CC	1 each	1500	260	43.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	300	180	24.0
Cereal, GoldenGra& String Chee	1 each	100	180	26.0
Cereal, Cheerios, Honey&ChStr	1 each	100	190	24.0
Bananas, Fresh	1 each	1500	105	26.95
Craisins, Strawberry	1 each	1500	110	27.0
Juice, Appleberry, 4 oz	1 each	1000	55	14.0
Juice, Orange 4 oz	1 each	1000	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	2500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Weighted Daily Average			497	92.71
% of Calories				74.7%
Nutrient Guideline			400-500	

Wed - 05/07/2025				
NSD Breakfast	Total	3000		
Burrito, Egg/Cheese/BeefChoriz	1 each	1000	210	22.0
Lemon Square	1 Each	1000	260	36.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	500	180	24.0
Cereal, GoldenGra& String Chee	1 each	250	180	26.0
Cereal, Cheerios, Honey&ChStr	1 each	250	190	24.0
Apple Slices, Bulk Fresh	1/2 CUP	1500	50	14.0
Raisins, box	1 each	1500	120	29.0
Juice, Appleberry, 4 oz	1 each	1000	55	14.0
Juice, Orange 4 oz	1 each	1000	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	2500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0

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)	Carb (g)
Weighted Daily Average % of Calories			451	77.66 68.9%
Nutrient Guideline			400-500	

Thu - 05/08/2025				
NSD Breakfast	Total	3000		
Waffle, Snack'n Waffles Maple	1 Each	1000	250	37.0
Muffin Top, Sweet Potato CC	1 each	1000	260	43.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	500	180	24.0
Cereal, GoldenGra& String Chee	1 each	250	180	26.0
Cereal, Cheerios, Honey&ChStr	1 each	250	190	24.0
Bananas, Fresh	1 each	1500	105	26.95
Craisins, Strawberry	1 each	1500	110	27.0
Juice, Appleberry, 4 oz	1 each	1000	55	14.0
Juice, Orange 4 oz	1 each	1000	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	2500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Weighted Daily Average % of Calories			487	90.47 74.4%
Nutrient Guideline			400-500	

Fri - 05/09/2025				
NSD Breakfast	Total	3000		
Beef Sausage&Cheese Mini Bagel	1 each	1000	189	18.58
Pan Dulce, Chocolate	1 each	500	200	34.0
Pan Dulce, White	1 each	500	200	34.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	500	180	24.0
Cereal, GoldenGra& String Chee	1 each	250	180	26.0
Cereal, Cheerios, Honey&ChStr	1 each	250	190	24.0
Apple, Red Fresh	1 each	750	95	25.13
Apple, Green Fresh	1 each	750	95	25.13
Raisins, box	1 each	1500	120	29.0
Juice, Appleberry, 4 oz	1 each	1000	55	14.0
Juice, Orange 4 oz	1 each	1000	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	2500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Weighted Daily Average % of Calories			446	81.42 73.0%
Nutrient Guideline			400-500	

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May 5, 2025 thru Jun 6, 2025

NSD Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 05/12/2025				
NSD Breakfast	Total	3000		
Pancakes, Mini, Confetti Eggo	1 each	1000	210	36.0
Pan Dulce, Chocolate	1 each	575	200	34.0
Pan Dulce, White	1 each	575	200	34.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	500	180	24.0
Cereal, GoldenGra& String Chee	1 each	250	180	26.0
Cereal, Cheerios, Honey&ChStr	1 each	100	190	24.0
Apple, Red Fresh	1 each	1500	95	25.13
Raisins, box	1 each	1500	120	29.0
Juice, Appleberry, 4 oz	1 each	1000	55	14.0
Juice, Orange 4 oz	1 each	1000	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	2500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Weighted Daily Average			454	87.73
% of Calories				77.4%
Nutrient Guideline			400-500	

Tue - 05/13/2025				
NSD Breakfast	Total	3000		
Bagel & Cream Cheese	1 EACH	1000	241	34.5
Muffin Top, Sweet Potato CC	1 each	1500	260	43.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	300	180	24.0
Cereal, GoldenGra& String Chee	1 each	100	180	26.0
Cereal, Cheerios, Honey&ChStr	1 each	100	190	24.0
Bananas, Fresh	1 each	1500	105	26.95
Craisins, Strawberry	1 each	1500	110	27.0
Juice, Appleberry, 4 oz	1 each	1000	55	14.0
Juice, Orange 4 oz	1 each	1000	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	2500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Weighted Daily Average			497	92.71
% of Calories				74.7%
Nutrient Guideline			400-500	

Wed - 05/14/2025				
NSD Breakfast	Total	3000		
Burrito, Egg/Cheese/BeefChoriz	1 each	1000	210	22.0
Lemon Square	1 Each	1000	260	36.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	500	180	24.0
Cereal, GoldenGra& String Chee	1 each	250	180	26.0
Cereal, Cheerios, Honey&ChStr	1 each	250	190	24.0
Apple Slices, Bulk Fresh	1/2 CUP	1500	50	14.0
Raisins, box	1 each	1500	120	29.0
Juice, Appleberry, 4 oz	1 each	1000	55	14.0
Juice, Orange 4 oz	1 each	1000	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	2500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories			451	77.66 68.9%
Nutrient Guideline			400-500	

Thu - 05/15/2025				
NSD Breakfast	Total	3000		
Waffle, Snack'n Waffles Maple	1 Each	1000	250	37.0
Muffin Top, Sweet Potato CC	1 each	1000	260	43.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	500	180	24.0
Cereal, GoldenGra& String Chee	1 each	250	180	26.0
Cereal, Cheerios, Honey&ChStr	1 each	250	190	24.0
Bananas, Fresh	1 each	1500	105	26.95
Craisins, Strawberry	1 each	1500	110	27.0
Juice, Appleberry, 4 oz	1 each	1000	55	14.0
Juice, Orange 4 oz	1 each	1000	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	2500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Weighted Daily Average % of Calories			487	90.47 74.4%
Nutrient Guideline			400-500	

Fri - 05/16/2025				
NSD Breakfast	Total	3000		
Beef Sausage&Cheese Mini Bagel	1 each	1000	189	18.58
Pan Dulce, Chocolate	1 each	500	200	34.0
Pan Dulce, White	1 each	500	200	34.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	500	180	24.0
Cereal, GoldenGra& String Chee	1 each	250	180	26.0
Cereal, Cheerios, Honey&ChStr	1 each	250	190	24.0
Apple, Red Fresh	1 each	750	95	25.13
Apple, Green Fresh	1 each	750	95	25.13
Raisins, box	1 each	1500	120	29.0
Juice, Appleberry, 4 oz	1 each	1000	55	14.0
Juice, Orange 4 oz	1 each	1000	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	2500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Weighted Daily Average % of Calories			446	81.42 73.0%
Nutrient Guideline			400-500	

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May 5, 2025 thru Jun 6, 2025

NSD Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 05/19/2025				
NSD Breakfast	Total	3000		
Pancakes, Mini, Confetti Eggo	1 each	1000	210	36.0
Pan Dulce, Chocolate	1 each	575	200	34.0
Pan Dulce, White	1 each	575	200	34.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	500	180	24.0
Cereal, GoldenGra& String Chee	1 each	250	180	26.0
Cereal, Cheerios, Honey&ChStr	1 each	100	190	24.0
Apple, Red Fresh	1 each	1500	95	25.13
Raisins, box	1 each	1500	120	29.0
Juice, Appleberry, 4 oz	1 each	1000	55	14.0
Juice, Orange 4 oz	1 each	1000	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	2500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Weighted Daily Average			454	87.73
% of Calories				77.4%
Nutrient Guideline			400-500	

Tue - 05/20/2025				
NSD Breakfast	Total	3000		
Bagel & Cream Cheese	1 EACH	1000	241	34.5
Muffin Top, Sweet Potato CC	1 each	1500	260	43.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	300	180	24.0
Cereal, GoldenGra& String Chee	1 each	100	180	26.0
Cereal, Cheerios, Honey&ChStr	1 each	100	190	24.0
Bananas, Fresh	1 each	1500	105	26.95
Craisins, Strawberry	1 each	1500	110	27.0
Juice, Appleberry, 4 oz	1 each	1000	55	14.0
Juice, Orange 4 oz	1 each	1000	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	2500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Weighted Daily Average			497	92.71
% of Calories				74.7%
Nutrient Guideline			400-500	

Wed - 05/21/2025				
NSD Breakfast	Total	3000		
Burrito, Egg/Cheese/BeefChoriz	1 each	1000	210	22.0
Lemon Square	1 Each	1000	260	36.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	500	180	24.0
Cereal, GoldenGra& String Chee	1 each	250	180	26.0
Cereal, Cheerios, Honey&ChStr	1 each	250	190	24.0
Apple Slices, Bulk Fresh	1/2 CUP	1500	50	14.0
Raisins, box	1 each	1500	120	29.0
Juice, Appleberry, 4 oz	1 each	1000	55	14.0
Juice, Orange 4 oz	1 each	1000	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	2500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0

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NSD Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories			451	77.66 68.9%
Nutrient Guideline			400-500	

Thu - 05/22/2025				
NSD Breakfast	Total	3000		
Waffle, Snack'n Waffles Maple	1 Each	1000	250	37.0
Muffin Top, Sweet Potato CC	1 each	1000	260	43.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	500	180	24.0
Cereal, GoldenGra& String Chee	1 each	250	180	26.0
Cereal, Cheerios, Honey&ChStr	1 each	250	190	24.0
Bananas, Fresh	1 each	1500	105	26.95
Craisins, Strawberry	1 each	1500	110	27.0
Juice, Appleberry, 4 oz	1 each	1000	55	14.0
Juice, Orange 4 oz	1 each	1000	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	2500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Weighted Daily Average % of Calories			487	90.47 74.4%
Nutrient Guideline			400-500	

Fri - 05/23/2025				
NSD Breakfast	Total	3000		
Beef Sausage&Cheese Mini Bagel	1 each	1000	189	18.58
Pan Dulce, Chocolate	1 each	500	200	34.0
Pan Dulce, White	1 each	500	200	34.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	500	180	24.0
Cereal, GoldenGra& String Chee	1 each	250	180	26.0
Cereal, Cheerios, Honey&ChStr	1 each	250	190	24.0
Apple, Red Fresh	1 each	750	95	25.13
Apple, Green Fresh	1 each	750	95	25.13
Raisins, box	1 each	1500	120	29.0
Juice, Appleberry, 4 oz	1 each	1000	55	14.0
Juice, Orange 4 oz	1 each	1000	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	2500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Weighted Daily Average % of Calories			446	81.42 73.0%
Nutrient Guideline			400-500	

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May 5, 2025 thru Jun 6, 2025

NSD Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 05/27/2025				
NSD Breakfast	Total	3000		
Bagel & Cream Cheese	1 EACH	1000	241	34.5
Muffin Top, Sweet Potato CC	1 each	1500	260	43.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	300	180	24.0
Cereal, GoldenGra& String Chee	1 each	100	180	26.0
Cereal, Cheerios, Honey&ChStr	1 each	100	190	24.0
Bananas, Fresh	1 each	1500	105	26.95
Craisins, Strawberry	1 each	1500	110	27.0
Juice, Appleberry, 4 oz	1 each	1000	55	14.0
Juice, Orange 4 oz	1 each	1000	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	2500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Weighted Daily Average			497	92.71
% of Calories				74.7%
Nutrient Guideline			400-500	

Wed - 05/28/2025				
NSD Breakfast	Total	3000		
Burrito, Egg/Cheese/BeefChoriz	1 each	1000	210	22.0
Lemon Square	1 Each	1000	260	36.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	500	180	24.0
Cereal, GoldenGra& String Chee	1 each	250	180	26.0
Cereal, Cheerios, Honey&ChStr	1 each	250	190	24.0
Apple Slices, Bulk Fresh	1/2 CUP	1500	50	14.0
Raisins, box	1 each	1500	120	29.0
Juice, Appleberry, 4 oz	1 each	1000	55	14.0
Juice, Orange 4 oz	1 each	1000	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	2500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Weighted Daily Average			451	77.66
% of Calories				68.9%
Nutrient Guideline			400-500	

Thu - 05/29/2025				
NSD Breakfast	Total	3000		
Waffle, Snack'n Waffles Maple	1 Each	1000	250	37.0
Muffin Top, Sweet Potato CC	1 each	1000	260	43.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	500	180	24.0
Cereal, GoldenGra& String Chee	1 each	250	180	26.0
Cereal, Cheerios, Honey&ChStr	1 each	250	190	24.0
Bananas, Fresh	1 each	1500	105	26.95
Craisins, Strawberry	1 each	1500	110	27.0
Juice, Appleberry, 4 oz	1 each	1000	55	14.0
Juice, Orange 4 oz	1 each	1000	55	14.0
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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories			487	90.47 74.4%
Nutrient Guideline			400-500	

Fri - 05/30/2025				
NSD Breakfast	Total	3000		
Beef Sausage&Cheese Mini Bagel	1 each	1000	189	18.58
Pan Dulce, Chocolate	1 each	500	200	34.0
Pan Dulce, White	1 each	500	200	34.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	500	180	24.0
Cereal, GoldenGra& String Chee	1 each	250	180	26.0
Cereal, Cheerios, Honey&ChStr	1 each	250	190	24.0
Apple, Red Fresh	1 each	750	95	25.13
Apple, Green Fresh	1 each	750	95	25.13
Raisins, box	1 each	1500	120	29.0
Juice, Appleberry, 4 oz	1 each	1000	55	14.0
Juice, Orange 4 oz	1 each	1000	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	2500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Weighted Daily Average % of Calories			446	81.42 73.0%
Nutrient Guideline			400-500	

Mon - 06/02/2025				
NSD Breakfast	Total	3000		
Pancakes, Mini, Confetti Eggo	1 each	1000	210	36.0
Pan Dulce, Chocolate	1 each	575	200	34.0
Pan Dulce, White	1 each	575	200	34.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	500	180	24.0
Cereal, GoldenGra& String Chee	1 each	250	180	26.0
Cereal, Cheerios, Honey&ChStr	1 each	100	190	24.0
Apple, Red Fresh	1 each	1500	95	25.13
Raisins, box	1 each	1500	120	29.0
Juice, Appleberry, 4 oz	1 each	1000	55	14.0
Juice, Orange 4 oz	1 each	1000	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	2500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
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NSD Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 06/03/2025				
NSD Breakfast	Total	3000		
Bagel & Cream Cheese	1 EACH	1000	241	34.5
Muffin Top, Sweet Potato CC	1 each	1500	260	43.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	300	180	24.0
Cereal, GoldenGra& String Chee	1 each	100	180	26.0
Cereal, Cheerios, Honey&ChStr	1 each	100	190	24.0
Bananas, Fresh	1 each	1500	105	26.95
Craisins, Strawberry	1 each	1500	110	27.0
Juice, Appleberry, 4 oz	1 each	1000	55	14.0
Juice, Orange 4 oz	1 each	1000	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	2500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Weighted Daily Average			497	92.71
% of Calories				74.7%
Nutrient Guideline			400-500	

Wed - 06/04/2025				
NSD Breakfast	Total	3000		
Burrito, Egg/Cheese/BeefChoriz	1 each	1000	210	22.0
Lemon Square	1 Each	1000	260	36.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	500	180	24.0
Cereal, GoldenGra& String Chee	1 each	250	180	26.0
Cereal, Cheerios, Honey&ChStr	1 each	250	190	24.0
Apple Slices, Bulk Fresh	1/2 CUP	1500	50	14.0
Raisins, box	1 each	1500	120	29.0
Juice, Appleberry, 4 oz	1 each	1000	55	14.0
Juice, Orange 4 oz	1 each	1000	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	2500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Weighted Daily Average			451	77.66
% of Calories				68.9%
Nutrient Guideline			400-500	

Thu - 06/05/2025				
NSD Breakfast	Total	3000		
Waffle, Snack'n Waffles Maple	1 Each	1000	250	37.0
Muffin Top, Sweet Potato CC	1 each	1000	260	43.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	500	180	24.0
Cereal, GoldenGra& String Chee	1 each	250	180	26.0
Cereal, Cheerios, Honey&ChStr	1 each	250	190	24.0
Bananas, Fresh	1 each	1500	105	26.95
Craisins, Strawberry	1 each	1500	110	27.0
Juice, Appleberry, 4 oz	1 each	1000	55	14.0
Juice, Orange 4 oz	1 each	1000	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	2500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0

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.

National School District

May 5, 2025 thru Jun 6, 2025

Base Menu Spreadsheet

NSD Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories			487	90.47 74.4%
Nutrient Guideline			400-500	

Fri - 06/06/2025				
NSD Breakfast	Total	3000		
Beef Sausage&Cheese Mini Bagel	1 each	1000	189	18.58
Pan Dulce, Chocolate	1 each	500	200	34.0
Pan Dulce, White	1 each	500	200	34.0
Cereal, Cinn.Toast Crunch&ChSt	1 each	500	180	24.0
Cereal, GoldenGra& String Chee	1 each	250	180	26.0
Cereal, Cheerios, Honey&ChStr	1 each	250	190	24.0
Apple, Red Fresh	1 each	750	95	25.13
Apple, Green Fresh	1 each	750	95	25.13
Raisins, box	1 each	1500	120	29.0
Juice, Appleberry, 4 oz	1 each	1000	55	14.0
Juice, Orange 4 oz	1 each	1000	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	2500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Weighted Daily Average % of Calories			446	81.42 73.0%
Nutrient Guideline			400-500	

Weighted Average			467	85.93 73.6%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	467		400 - 500	100%				
Carbohydrate (g)	85.93	73.55%						

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