

ARAMARK - 1 - CPS

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Aug 30, 2021 thru Oct 1, 2021

9-12 GNG Breakfast

Generated on: 8/30/2021 10:02:05 AM

	Portion Size	Carb (g)
Mon - 08/30/2021		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	Each	0.0
SDW MUFF, VegPatty WG/WG 2.0	Sandwich	28.0
HD: COLD ENTREE	1 Each	0.0
CEREAL BWL, Chex Cinnamon WG	Bowl	23.0
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		53.13
% of Calories		68.2%
Nutrient Guideline		

Tue - 08/31/2021		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: FR TST AP, Berry WG IW	Pouch	37.0
HD: COLD ENTREE	1 Each	0.0
BRD: MUF AP, Ban WG (1BG)	Muffin	27.79
EGG: Hard Boiled FC AP 1.5	1 Each	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: BLUEBERRIES, Fz 1/2c	1/2 Cup	8.5
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		54.19
% of Calories		62.7%
Nutrient Guideline		

Wed - 09/01/2021		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
MELT BISCUIT, AM CHam	Sandwich	28.99
HD: COLD ENTREE	1 Each	0.0
BRD: Bar, OrangeVanillaOat2.25	1 Each	37.0
HD: FRUITS	1 EACH	0.0
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	15.28
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		59.82
% of Calories		57.0%
Nutrient Guideline		

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9-12 GNG Breakfast

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	Portion Size	Carb (g)
Thu - 09/02/2021		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: WAFFLE, AP WG Maple Md IW	Pouch	38.0
HD: COLD ENTREE	1 Each	0.0
CEREAL BWL, Cheerios WG	Bowl	20.0
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: BLUEBERRIES, Fz 1/2c	1/2 Cup	8.5
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		53.86
% of Calories		70.1%
Nutrient Guideline		

Fri - 09/03/2021		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
CEREAL HOT, Oatmeal (2BG) Cinn	Cup	28.95
HD: COLD ENTREE	1 Each	0.0
BRD: BAR, Benefit FrTst WGIW	1 Each	47.0
HD: FRUITS	1 EACH	0.0
FRUIT: STRAWBERRIES, Fz 1/2c	1/2 Cup	20.57
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		66.55
% of Calories		73.1%
Nutrient Guideline		

Tue - 09/07/2021		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
SDW MUFF, CSaus 1.0 WG	Sandwich	25.0
HD: COLD ENTREE	1 Each	0.0
CEREAL BWL, Rice Krispies WG	Bowl	23.0
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
HD: FRUITS	1 EACH	0.0
JUICE SS, Orange 100% 4oz Cart	1 Each	15.0
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0

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9-12 GNG Breakfast

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	Portion Size	Carb (g)
Weighted Daily Average		49.97
% of Calories		61.7%
Nutrient Guideline		

Wed - 09/08/2021		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: FRUDEL, Cherry AP WG IW	Pouch	37.0
HD: COLD ENTREE	1 Each	0.0
BRD: BAR, Benefit OatRsn WGIW	Each	48.0
HD: FRUITS	1 EACH	0.0
FRUIT: BLUEBERRIES, Fz 1/2c	1/2 Cup	8.5
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		62.93
% of Calories		70.9%
Nutrient Guideline		

Thu - 09/09/2021		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
QUES 6" EggPty AM Salsa	1 Each	18.5
HD: COLD ENTREE	1 Each	0.0
CEREAL BWL, Chex Corn 1.0	Bowlpack	24.0
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		40.57
% of Calories		54.6%
Nutrient Guideline		

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9-12 GNG Breakfast

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	Portion Size	Carb (g)
Fri - 09/10/2021		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: FR TST AP, Berry WG IW	Pouch	37.0
HD: COLD ENTREE	1 Each	0.0
BRD: BREAD Sl, Banana1.45oz	Slice (1.45oz)	19.56
EGG: Hard Boiled FC AP 1.5	1 Each	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: STRAWBERRIES, Fz 1/2c	1/2 Cup	20.57
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		62.81
% of Calories		68.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 09/13/2021		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
MELT MUFF, EggPty AM 1.25 WG	Sandwich	25.5
HD: COLD ENTREE	1 Each	0.0
CEREAL BWL, HoneyBunchesOatsWG	Bowl	20.25
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		54.21
% of Calories		62.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 09/14/2021		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: WAFFLE, AP WG Maple Md IW	Pouch	38.0
HD: COLD ENTREE	1 Each	0.0
BRD: MUF AP, ApCin WG (1BG)	Muffin	27.85
EGG: Hard Boiled FC AP 1.5	1 Each	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0

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9-12 GNG Breakfast

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	Portion Size	Carb (g)
Weighted Daily Average		57.81
% of Calories		66.1%
Nutrient Guideline		

Wed - 09/15/2021		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
MELT BISCUIT, AM CHam	Sandwich	28.99
HD: COLD ENTREE	1 Each	0.0
BRD: Bar, OrangeVanillaOat2.25	1 Each	37.0
HD: FRUITS	1 EACH	0.0
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	15.28
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		59.82
% of Calories		57.0%
Nutrient Guideline		

Thu - 09/16/2021		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: CRESCENT AP, Grape 2.0	Each	35.0
HD: COLD ENTREE	1 Each	0.0
CEREAL BWL, Chex Cinnamon WG	Bowl	23.0
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: BLUEBERRIES, Fz 1/2c	1/2 Cup	8.5
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		51.07
% of Calories		67.3%
Nutrient Guideline		

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Aug 30, 2021 thru Oct 1, 2021

9-12 GNG Breakfast

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	Portion Size	Carb (g)
Fri - 09/17/2021		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
EGG: BITE 3 Cheese AP 1.75	Each	2.98
BRD: BREAD WG, Tst 1sl	Slice	12.86
HD: COLD ENTREE	1 Each	0.0
BRD: BAR, Benefit FrTst WGIW	1 Each	47.0
HD: FRUITS	1 EACH	0.0
FRUIT: APPLE, Slcd IW 2oz	1 Each	7.0
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		50.15
% of Calories		60.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 09/20/2021		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: BAGEL IW, Slcd CnnRsn 2.0	Each	27.0
COND PC Cream Cheese Light.75o	1 Each	2.0
HD: COLD ENTREE	1 Each	0.0
CEREAL BWL, Rice Krispies WG	Bowl	23.0
EGG: Hard Boiled FC AP 1.5	1 Each	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		57.41
% of Calories		71.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 09/21/2021		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
SDW MUFF, CSaus 1.0 WG	Sandwich	25.0
HD: COLD ENTREE	1 Each	0.0
BRD: BAR, Benefit Mini MplBrwn	Each	24.0
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
HD: FRUITS	1 EACH	0.0
JUICE SS, Orange 100% 4oz Cart	1 Each	15.0
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0

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9-12 GNG Breakfast

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	Portion Size	Carb (g)
Weighted Daily Average		50.36
% of Calories		59.3%
Nutrient Guideline		

Wed - 09/22/2021		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: MUF DGH, Blueberry 2.1oz	1 Each	26.19
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
HD: COLD ENTREE	1 Each	0.0
CEREAL BWL, Chex Corn 1.0	Bowlpack	24.0
EGG: Hard Boiled FC AP 1.5	1 Each	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		52.41
% of Calories		58.3%
Nutrient Guideline		

Thu - 09/23/2021		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
MELT BISC, EggPtyAMWG1.25(2BG)	Sandwich	28.98
HD: COLD ENTREE	1 Each	0.0
BRD: BREAD SI, Banana1.45oz	Slice (1.45oz)	19.56
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: APPLE, Slcd IW 2oz	1 Each	7.0
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		43.78
% of Calories		47.7%
Nutrient Guideline		

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9-12 GNG Breakfast

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	Portion Size	Carb (g)
Fri - 09/24/2021		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: FRUDEL, Cherry AP WG IW	Pouch	37.0
HD: COLD ENTREE	1 Each	0.0
BRD: Bar, AppleCherry 2.0WG	1 Each	39.27
HD: FRUITS	1 EACH	0.0
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: BLUEBERRIES, Fz 1/2c	1/2 Cup	8.5
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		60.57
% of Calories		72.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 09/27/2021		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	Each	0.0
SDW MUFF, VegPatty WG/WG 2.0	Sandwich	28.0
HD: COLD ENTREE	1 Each	0.0
CEREAL BWL, HoneyBunchesOatsWG	Bowl	20.25
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		58.51
% of Calories		68.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 09/28/2021		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: FR TST AP, Berry WG IW	Pouch	37.0
HD: COLD ENTREE	1 Each	0.0
BRD: MUF AP, Ban WG (1BG)	Muffin	27.79
EGG: Hard Boiled FC AP 1.5	1 Each	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: BLUEBERRIES, Fz 1/2c	1/2 Cup	8.5
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		54.19
% of Calories		62.7%
Nutrient Guideline		

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9-12 GNG Breakfast

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	Portion Size	Carb (g)
Wed - 09/29/2021		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
MELT BISCUIT, AM CHam	Sandwich	28.99
HD: COLD ENTREE	1 Each	0.0
BRD: Bar, OrangeVanillaOat2.25	1 Each	37.0
HD: FRUITS	1 EACH	0.0
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	15.28
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		59.82
% of Calories		57.0%
Nutrient Guideline		

Thu - 09/30/2021		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: WAFFLE, AP WG Maple Md IW	Pouch	38.0
HD: COLD ENTREE	1 Each	0.0
CEREAL BWL, Cheerios WG	Bowl	20.0
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
HD: FRUITS	1 EACH	0.0
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		53.62
% of Calories		70.1%
Nutrient Guideline		

Fri - 10/01/2021		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
CEREAL HOT, Oatmeal (2BG) Cinn	Cup	28.95
HD: COLD ENTREE	1 Each	0.0
BRD: BAR, Benefit FrTst WGIW	1 Each	47.0
HD: FRUITS	1 EACH	0.0
FRUIT: APPLE, Slcd IW 2oz	1 Each	7.0
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0

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.

ARAMARK - 1 - CPS

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 30, 2021 thru Oct 1, 2021

9-12 GNG Breakfast

Generated on: 8/30/2021 10:02:06 AM

	Portion Size	Carb (g)
Weighted Daily Average		58.02
% of Calories		69.7%
Nutrient Guideline		

Weighted Average		55.23 63.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	55.23	63.77%						

**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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