

ARAMARK - 1 - CPS

Jan 2, 2022 thru Feb 5, 2022

Base Menu Spreadsheet

9-12 GNG Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 01/03/2022		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: WAFFLE, IW Maple (2BG)	Each	34.0
HD: COLD ENTREE	1 Each	0.0
BRD: BAR, Benefit AplCinn WGIW	1 Each	47.91
HD: FRUITS	1 EACH	0.0
FRUIT: APPLE, Drd Crsps IW	Bag (0.34 OZ)	10.0
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		61.39
% of Calories		65.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 01/04/2022		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
SDW BN, CSaus AM 1.25 WG	Sandwich	27.56
HD: COLD ENTREE	1 Each	0.0
CEREAL BWL, Rice Chex WG	Bowl	24.0
EGG: Hard Boiled FC AP 1.5	1 Each	1.0
HD: FRUITS	1 EACH	0.0
JUICE SS, Orange 100% 4oz Cart	1 Each	15.0
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		53.91
% of Calories		56.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 01/05/2022		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
CEREAL COLD, Oats Fruit Cup	1 Each	23.48
HD: COLD ENTREE	1 Each	0.0
CEREAL BWL, Cheerios WG	Bowl	20.0
CHEESE, CH Stick 1ea 1.0	Stick	0.0
HD: FRUITS	1 EACH	0.0
FRUIT: BLUEBERRIES, Fz 1/2c	1/2 Cup	8.5
FRUIT: PEARS 135 ct	1 Each	22.54
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		44.94
% of Calories		70.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 01/06/2022		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
SDW MUFF, EggCHSS 1.0 WG	Sandwich	24.72
HD: COLD ENTREE	1 Each	0.0
BRD: BAR, Benefit OatRsn WGIW	1 Each	48.0
HD: FRUITS	1 EACH	0.0
FRUIT: CRAN, Dried SS 1.16	Box (1.16oz)	28.0
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		73.11
% of Calories		73.5%
Nutrient Guideline		

Fri - 01/07/2022		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: FR TST AP, Cinn WG IW	Pouch	37.0
HD: COLD ENTREE	1 Each	0.0
BRD: BREAD SI, Date&Orng1.45oz	Slice (1.45oz)	22.54
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: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		56.93
% of Calories		65.6%
Nutrient Guideline		

Mon - 01/10/2022		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: BAR, Benefit FrTst WGIW	1 Each	47.0
HD: COLD ENTREE	1 Each	0.0
CEREAL BWL, Chex Cinnamon WG	Bowl	23.0
CHEESE, CH Stick 1ea 1.0	Stick	0.0
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, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0

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	Portion Size	Carb (g)
Weighted Daily Average		65.03
% of Calories		66.0%
Nutrient Guideline		

Tue - 01/11/2022		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
SDW BISC, C Sausage Pty AM	Sandwich	28.98
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: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: PEARS 135 ct	1 Each	22.54
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		54.66
% of Calories		49.6%
Nutrient Guideline		

Wed - 01/12/2022		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: WAFFLE, IW Blbry (2BG)	Each	33.0
HD: COLD ENTREE	1 Each	0.0
BRD: Bar, HoneyOats 2.0WG	1 Each	37.03
HD: FRUITS	1 EACH	0.0
FRUIT: CRAN, Dried SS 1.16	Box (1.16oz)	28.0
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		75.36
% of Calories		70.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 01/13/2022		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
EGG: Cass CH TtrTot 2.0	1/24 Cut	6.78
BRD: BREAD WG, Tst 1sl	Slice	12.86
HD: COLD ENTREE	1 Each	0.0
CEREAL BWL, Rice Krispies WG	Bowl	23.0
CHEESE, CH Stick 1ea 1.0	Stick	0.0
HD: FRUITS	1 EACH	0.0
FRUIT: PEARS 135 ct	1 Each	22.54
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		54.09
% of Calories		58.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 01/14/2022		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
MELT BGL, CSaus AM 1.25 WG	Sandwich	30.5
HD: COLD ENTREE	1 Each	0.0
BRD: BAGEL IW, Slcd Blubry 2.0	1 Each	25.0
COND PC Cream Cheese Light.75o	1 Each	2.0
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, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		50.94
% of Calories		57.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 01/18/2022		
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: BAR, Benefit AplCinn WGIW	1 Each	47.91
HD: FRUITS	1 EACH	0.0
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: PEARS 135 ct	1 Each	22.54
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0

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	Portion Size	Carb (g)
Weighted Daily Average		67.12
% of Calories		71.4%
Nutrient Guideline		

Wed - 01/19/2022		
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
YOGURT SS, Dannon Strwb/Van4oz	1 Each	14.0
BRD: CRACK SS, Graham 3pk	Serving	16.0
HD: FRUITS	1 EACH	0.0
FRUIT: BLUEBERRIES, Fz 1/2c	1/2 Cup	8.5
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		52.59
% of Calories		56.5%
Nutrient Guideline		

Thu - 01/20/2022		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: WAFFLE, IW Maple (2BG)	Each	34.0
HD: COLD ENTREE	1 Each	0.0
BRD: BREAD SI, Date&Orng1.45oz	Slice (1.45oz)	22.54
CHEESE, CH Stick 1ea 1.0	Stick	0.0
HD: FRUITS	1 EACH	0.0
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: PEARS 135 ct	1 Each	22.54
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		55.17
% of Calories		60.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 01/21/2022		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
CEREAL HOT, Oatmeal (2BG) Strw	1 Cup	49.0
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: PEARS 135 ct	1 Each	22.54
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		69.70
% of Calories		73.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 01/24/2022		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: MUF DGH, Blueberry 2.1oz	1 Each	26.19
CHEESE, CH Stick 1ea 1.0	Stick	0.0
HD: COLD ENTREE	1 Each	0.0
CEREAL BWL, HonyBunchesOatsVAN	Bowl	23.0
EGG: Hard Boiled FC AP 1.5	1 Each	1.0
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, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		52.95
% of Calories		54.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 01/25/2022		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
MELT MUFF, CHam AM 0.5 WG	Sandwich	25.01
HD: COLD ENTREE	1 Each	0.0
BRD: MUF AP, Ban WG (1BG)	Muffin	27.79
CHEESE, CH Stick 1ea 1.0	Stick	0.0
HD: FRUITS	1 EACH	0.0
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: PEARS 135 ct	1 Each	22.54
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0

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	Portion Size	Carb (g)
Weighted Daily Average		51.87
% of Calories		59.8%
Nutrient Guideline		

Wed - 01/26/2022		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
CEREAL BWL, Rice Chex WG	Bowl	24.0
EGG: Hard Boiled FC AP 1.5	1 Each	1.0
HD: COLD ENTREE	1 Each	0.0
BRD: Bar, HoneyOats 2.0WG	1 Each	37.03
HD: FRUITS	1 EACH	0.0
FRUIT: CRAN, Dried SS 1.16	Box (1.16oz)	28.0
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		70.56
% of Calories		72.4%
Nutrient Guideline		

Thu - 01/27/2022		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
SDW BISC, VegPatty WG/WG 2.0	Sandwich	31.48
COND PC Jelly, Grape Smucker	1 Each	9.0
HD: COLD ENTREE	1 Each	0.0
CEREAL BWL, Cheerios WG	Bowl	20.0
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, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		65.08
% of Calories		63.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 01/31/2022		
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: BAR, Benefit Mini MplBrwn	1 Each	24.0
CHEESE, CH Stick 1ea 1.0	Stick	0.0
HD: FRUITS	1 EACH	0.0
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: CRAN, Dried SS 1.16	Box (1.16oz)	28.0
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		59.35
% of Calories		67.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 02/01/2022		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
SDW BN, CSaus AM 1.25 WG	Sandwich	27.56
HD: COLD ENTREE	1 Each	0.0
CEREAL BWL, Rice Chex WG	Bowl	24.0
EGG: Hard Boiled FC AP 1.5	1 Each	1.0
HD: FRUITS	1 EACH	0.0
JUICE SS, Orange 100% 4oz Cart	1 Each	15.0
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		53.91
% of Calories		56.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 02/02/2022		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: WAFFLE, IW Strwbry (2BG)	1 Each	33.0
HD: COLD ENTREE	1 Each	0.0
YOGURT SS, Dannon Strwb/Van4oz	Each	14.0
BRD: Granola IW, Strwb 1BG	Package	21.0
HD: FRUITS	1 EACH	0.0
FRUIT: BLUEBERRIES, Fz 1/2c	1/2 Cup	8.5
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0

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	Portion Size	Carb (g)
Weighted Daily Average		57.00
% of Calories		67.1%
Nutrient Guideline		

Thu - 02/03/2022		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
SDW MUFF, EggCHSS 1.0 WG	Sandwich	24.72
HD: COLD ENTREE	1 Each	0.0
BRD: BAR, Benefit OatRsn WGIW	1 Each	48.0
HD: FRUITS	1 EACH	0.0
FRUIT: CRAN, Dried SS 1.16	Box (1.16oz)	28.0
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		72.05
% of Calories		73.1%
Nutrient Guideline		

Fri - 02/04/2022		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: FR TST AP, Cinn WG IW	Pouch	37.0
HD: COLD ENTREE	1 Each	0.0
BRD: BREAD SI, Date&Orng 1.45oz	Slice (1.45oz)	22.54
CHEESE, CH Stick 1ea 1.0	Stick	0.0
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, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		54.50
% of Calories		64.5%
Nutrient Guideline		

Weighted Average		59.66
		64.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	59.66	64.02%						

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.