

ARAMARK - 1 - CPS

Oct 4, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

9-12 GNG Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 10/04/2021		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: WAFFLE, AP WG Bluebry IW	Pouch	37.0
HD: COLD ENTREE	1 Each	0.0
BRD: BAR, Benefit OatRsn WGIW	1 Each	48.0
HD: FRUITS	1 EACH	0.0
FRUIT: APPLE, Slcd IW 2oz	1 Each	7.0
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		64.10
% of Calories		71.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 10/05/2021		
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: 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		53.30
% of Calories		63.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 10/06/2021		
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
YOGURT SS, Dannon Strwb/Van4oz	1 Each	14.0
BRD: CRACK SS, Graham 3pk	Serving	16.0
HD: FRUITS	1 EACH	0.0
FRUIT: STRAWBERRIES, Fz 1/2c	1/2 Cup	20.57
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		68.26
% of Calories		77.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 10/07/2021		
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
BRD: Bar, Rasp Lemon Oat 2.25	1 Each	35.0
HD: FRUITS	1 EACH	0.0
FRUIT: CRAN, Dried SS 1.16	Box (1.16oz)	28.0
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
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		62.17
% of Calories		63.2%
Nutrient Guideline		

Fri - 10/08/2021		
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 SI, Carrot 1.45oz	Slice (1.45oz)	20.84
EGG: Hard Boiled FC AP 1.5	1 Each	1.0
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		52.78
% of Calories		62.7%
Nutrient Guideline		

Tue - 10/12/2021		
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: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
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		56.85
% of Calories		65.9%
Nutrient Guideline		

Wed - 10/13/2021		
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, HoneyOats 2.0WG	Each	37.03
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		59.84
% of Calories		56.5%
Nutrient Guideline		

Thu - 10/14/2021		
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: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
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		50.12
% of Calories		66.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 10/15/2021		
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, 1% White 8oz	Carton	12.0
MILK SS, Skim 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 - 10/18/2021		
9-12 GNG Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: BAGEL IW, Slcd Blubry 2.0	Each	25.0
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: 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		64.87
% of Calories		74.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 10/19/2021		
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 OatRsn WGIW	1 Each	48.0
HD: FRUITS	1 EACH	0.0
JUICE SS, Orange 100% 4oz Cart	1 Each	15.0
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

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	Portion Size	Carb (g)
Weighted Daily Average		62.90
% of Calories		64.9%
Nutrient Guideline		

Wed - 10/20/2021		
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: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
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		48.51
% of Calories		56.3%
Nutrient Guideline		

Thu - 10/21/2021		
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, Carrot 1.45oz	Slice (1.45oz)	20.84
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: 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		48.82
% of Calories		49.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 10/22/2021		
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: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
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		60.10
% of Calories		72.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 10/25/2021		
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: 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		64.37
% of Calories		71.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 10/26/2021		
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: 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		56.57
% of Calories		64.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 10/27/2021		
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, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		59.82
% of Calories		57.0%
Nutrient Guideline		

Thu - 10/28/2021		
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: PEARS 135 ct	1 Each	22.54
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		67.89
% of Calories		76.0%
Nutrient Guideline		

Fri - 10/29/2021		
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, 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 % of Calories		58.02 69.7%
Nutrient Guideline		

Weighted Average		58.39 65.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	58.39	65.21%						

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