

ARAMARK - 1 - CPS

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Aug 30, 2021 thru Oct 1, 2021

9-12 In-Cafe Breakfast

Generated on: 8/30/2021 10:04:30 AM

	Portion Size	Carb (g)
Mon - 08/30/2021		
9-12 In-Cafe Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
EGG: Omelet CH AP 2.0	1 Each	1.0
HD: CHOICE OF BREAD	1 Each	0.0
BRD: WAFFLE, AP WG (1BG)	Waffle	14.0
BRD: FR TST STK, AP WG (1BG)	2 Sticks	21.0
COND_Syrup, Pancake 1oz	1 fl oz	26.46
HD: ADDITIONAL OPTION(S)	1 each	0.0
VEG: POTATO, Seasond Rstd 1/4c	1/4 Cup	10.69
HD: SECOND ENTREE	1 Each	0.0
MELT BISCUIT, AM CHam	Sandwich	28.99
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, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		70.72
% of Calories		59.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 08/31/2021		
9-12 In-Cafe Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
HD: CHOICE OF BREAD	1 Each	0.0
BRD: BISC AP, 2.0oz WG	Each	27.48
BRD: MUF AP, Eng 2oz WG	Muffin	24.0
HD: CHOICE OF PROTEIN	1 each	*N/A*
EGG: Patty Round AP 1.0	Patty	1.0
CHIX Sausage Patty 1ea 1.0	Patty	1.0
HD: ADDITIONAL OPTION(S)	1 each	0.0
CHEESE, AM (184ct) Slices 0.25	Slice	0.5
HD: SECOND ENTREE	1 Each	0.0
BRD: CRESCENT AP, Grape 2.0	Each	35.0
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, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		49.57
% of Calories		52.4%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Aug 30, 2021 thru Oct 1, 2021

9-12 In-Cafe Breakfast

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	Portion Size	Carb (g)
Wed - 09/01/2021		
9-12 In-Cafe Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
HD: CHOICE OF BREAD	1 Each	0.0
BRD: TORTILLA, Chip Rnds 1.0	1 Cup	16.45
BRD: TORTILLA 6" Flour WG 1ea	1 Each	15.0
HD: CHOICE OF PROTEIN	1 each	*N/A*
EGG: Scrambled SS 1.0	#24 scp (1 MMA)	0.66
EGG: Scrambled CH SS 1.0	#30 scp (1 MMA)	0.72
HD: CONDIMENT CHOICES	1 Each	0.0
COND_Salsa, AP 1/4c	1/4 Cup	4.08
HD: SECOND ENTREE	1 Each	0.0
BRD: FR TST AP, Cinn WG IW	Pouch	37.0
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		54.73
% of Calories		66.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/02/2021		
9-12 In-Cafe Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
SDW MUFF, VegPatty WG/WG 2.0	Sandwich	28.0
HD: SECOND ENTREE	1 Each	0.0
BRD: MUF DGH, Blueberry 2.1oz	1 Each	26.19
EGG: Hard Boiled FC AP 1.5	1 Each	1.0
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, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		49.10
% of Calories		61.4%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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9-12 In-Cafe Breakfast

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	Portion Size	Carb (g)
Fri - 09/03/2021		
9-12 In-Cafe Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
HD: CHOICE OF BREAD	1 Each	0.0
BRD: BISC AP, 2.0oz WG	Each	27.48
BRD: BAGEL, White WG 2oz	1 Each	29.0
HD: CHOICE OF PROTEIN	1 each	*N/A*
EGG: Patty Round AP 1.0	Patty	1.0
CHIX Sausage Patty 1ea 1.0	Patty	1.0
HD: ADDITIONAL OPTION(S)	1 each	0.0
CHEESE, AM (184ct) Slices 0.25	Slice	0.5
HD: SECOND ENTREE	1 Each	0.0
BRD: WAFFLE, AP WG Maple Md IW	Pouch	38.0
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, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		65.22
% of Calories		61.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 09/07/2021		
9-12 In-Cafe Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
HD: CHOICE OF BREAD	1 Each	0.0
BRD: BAGEL, White WG 2oz	1 Each	29.0
BRD: MUF AP, Eng 2oz WG	Muffin	24.0
HD: CHOICE OF PROTEIN	1 each	*N/A*
EGG: Patty Round AP 1.0	Patty	1.0
CHIX Sausage Patty 1ea 1.0	Patty	1.0
HD: ADDITIONAL OPTION(S)	1 each	0.0
CHEESE, AM (184ct) Slices 0.25	Slice	0.5
HD: SECOND ENTREE	1 Each	0.0
BRD: WAFFLE, AP WG Bluebry IW	Pouch	37.0
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, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		54.37
% of Calories		60.8%
Nutrient Guideline		

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Aug 30, 2021 thru Oct 1, 2021

9-12 In-Cafe Breakfast

Generated on: 8/30/2021 10:04:30 AM

	Portion Size	Carb (g)
Wed - 09/08/2021		
9-12 In-Cafe Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
EGG: Omelet CH AP 2.0	1 Each	1.0
HD: CHOICE OF BREAD	1 Each	0.0
BRD: BREAD WG, Tst 1sl	Slice	12.86
BRD: WAFFLE, AP WG (1BG)	Waffle	14.0
COND_Syrup, Pancake 1oz	1 fl oz	26.46
HD: ADDITIONAL OPTION(S)	1 each	0.0
VEG: POTATO, Seasond Rstd 1/4c	1/4 Cup	10.69
HD: SECOND ENTREE	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
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, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		59.14
% of Calories		58.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/09/2021		
9-12 In-Cafe Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: BREAD WG, Tst 1sl	Slice	12.86
EGG: BITE 3 Cheese AP 1.75	1 Each	2.98
HD: SECOND ENTREE	1 Each	0.0
BRD: FRUDEL, Cherry AP WG IW	Pouch	37.0
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, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		41.38
% of Calories		59.1%
Nutrient Guideline		

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Aug 30, 2021 thru Oct 1, 2021

9-12 In-Cafe Breakfast

Generated on: 8/30/2021 10:04:30 AM

	Portion Size	Carb (g)
Fri - 09/10/2021		
9-12 In-Cafe Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
HD: CHOICE OF BREAD	1 Each	0.0
BRD: BISC AP, 2.0oz WG	Each	27.48
BRD: MUF AP, Eng 2oz WG	Muffin	24.0
HD: CHOICE OF PROTEIN	1 each	*N/A*
EGG: Patty Round AP 1.0	Patty	1.0
CHIX Sausage Patty 1ea 1.0	Patty	1.0
HD: ADDITIONAL OPTION(S)	1 each	0.0
CHEESE, AM (184ct) Slices 0.25	Slice	0.5
HD: SECOND ENTREE	1 Each	0.0
CEREAL HOT, Oatmeal (2BG) Cinn	Cup	28.95
HD: COLD ENTREE	1 Each	0.0
BRD: BREAD Sl, Banana 1.45oz	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, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		58.64
% of Calories		58.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 09/13/2021		
9-12 In-Cafe Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
EGG: Omelet CH AP 2.0	1 Each	1.0
HD: CHOICE OF BREAD	1 Each	0.0
BRD: WAFFLE, AP WG (1BG)	Waffle	14.0
BRD: FR TST STK, AP WG (1BG)	2 Sticks	21.0
COND_Syrup, Pancake 1oz	1 fl oz	26.46
HD: ADDITIONAL OPTION(S)	1 each	0.0
VEG: POTATO, Seasond Rstd 1/4c	1/4 Cup	10.69
HD: SECOND ENTREE	1 Each	0.0
MELT MUFF, CHam AM 0.5 WG	Sandwich	25.01
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, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		73.05
% of Calories		63.6%
Nutrient Guideline		

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Aug 30, 2021 thru Oct 1, 2021

9-12 In-Cafe Breakfast

Generated on: 8/30/2021 10:04:30 AM

	Portion Size	Carb (g)
Tue - 09/14/2021		
9-12 In-Cafe Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
HD: CHOICE OF BREAD	1 Each	0.0
BRD: BISC AP, 2.0oz WG	Each	27.48
BRD: MUF AP, Eng 2oz WG	Muffin	24.0
HD: CHOICE OF PROTEIN	1 each	*N/A*
EGG: Patty Round AP 1.0	Patty	1.0
CHIX Sausage Patty 1ea 1.0	Patty	1.0
HD: ADDITIONAL OPTION(S)	1 each	0.0
CHEESE, AM (184ct) Slices 0.25	Slice	0.5
HD: SECOND ENTREE	1 Each	0.0
BRD: CRESCENT AP, Grape 2.0	Each	35.0
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, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		51.53
% of Calories		53.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 09/15/2021		
9-12 In-Cafe Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
HD: CHOICE OF BREAD	1 Each	0.0
BRD: TORTILLA 6" Flour WG 1ea	1 Each	15.0
BRD: BAGEL, White WG 2oz	1 Each	29.0
HD: CHOICE OF PROTEIN	1 each	*N/A*
EGG: Scrambled SS 1.0	#24 scp (1 MMA)	0.66
EGG: Scrambled CH SS 1.0	#30 scp (1 MMA)	0.72
HD: CONDIMENT CHOICES	1 Each	0.0
COND_Salsa, AP 1/4c	1/4 Cup	4.08
HD: SECOND ENTREE	1 Each	0.0
BRD: FR TST AP, Cinn WG IW	Pouch	37.0
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		58.49
% of Calories		69.2%
Nutrient Guideline		

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Aug 30, 2021 thru Oct 1, 2021

9-12 In-Cafe Breakfast

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	Portion Size	Carb (g)
Thu - 09/16/2021		
9-12 In-Cafe Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
EGG: Omelet CH AP 2.0	1 Each	1.0
HD: CHOICE OF BREAD	1 Each	0.0
BRD: BREAD WG, Tst 1sl	Slice	12.86
BRD: PANCAKES, AP WG 1BG	Pancake	14.0
COND_Syrup, Pancake 1oz	1 fl oz	26.46
HD: ADDITIONAL OPTION(S)	1 each	0.0
VEG: POTATO, Tater TotsMC 1/4c	1/4 Cup	7.06
HD: SECOND ENTREE	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, 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		50.95
% of Calories		57.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 09/17/2021		
9-12 In-Cafe Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
HD: CHOICE OF BREAD	1 Each	0.0
BRD: BAGEL, White WG 2oz	1 Each	29.0
BRD: MUF AP, Eng 2oz WG	Muffin	24.0
HD: CHOICE OF PROTEIN	1 each	*N/A*
EGG: Patty Round AP 1.0	Patty	1.0
CHIX Sausage Patty 1ea 1.0	Patty	1.0
HD: ADDITIONAL OPTION(S)	1 each	0.0
CHEESE, AM (184ct) Slices 0.25	Slice	0.5
HD: SECOND ENTREE	1 Each	0.0
BRD: WAFFLE, AP WG Maple Md IW	Pouch	38.0
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: 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		55.64
% of Calories		60.0%
Nutrient Guideline		

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9-12 In-Cafe Breakfast

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	Portion Size	Carb (g)
Mon - 09/20/2021		
9-12 In-Cafe Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
HD: CHOICE OF BREAD	1 Each	0.0
BRD: WAFFLE, AP WG (1BG)	Waffle	14.0
BRD: PANCAKES, AP WG 1BG	Pancake	14.0
COND_Syrup, Pancake 1oz	1 fl oz	26.46
HD: CHOICE OF PROTEIN	1 each	*N/A*
EGG: Scrambled SS 1.0	#24 scp (1 MMA)	0.66
EGG: Scrambled CH SS 1.0	#30 scp (1 MMA)	0.72
HD: ADDITIONAL OPTION(S)	1 each	0.0
VEG: POTATO, Seasond Rstd 1/4c	1/4 Cup	10.69
HD: SECOND ENTREE	1 Each	0.0
BRD: MUF DGH, Blueberry 2.1oz	1 Each	26.19
EGG: Hard Boiled FC AP 1.5	1 Each	1.0
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, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		63.82
% of Calories		67.3%
Nutrient Guideline		

Tue - 09/21/2021		
9-12 In-Cafe Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
HD: CHOICE OF BREAD	1 Each	0.0
BRD: BISC AP, 2.0oz WG	Each	27.48
BRD: MUF AP, Eng 2oz WG	Muffin	24.0
HD: CHOICE OF PROTEIN	1 each	*N/A*
EGG: Patty Round AP 1.0	Patty	1.0
CHIX Sausage Patty 1ea 1.0	Patty	1.0
HD: ADDITIONAL OPTION(S)	1 each	0.0
CHEESE, AM (184ct) Slices 0.25	Slice	0.5
HD: SECOND ENTREE	1 Each	0.0
BRD: WAFFLE, AP WG Bluebry IW	Pouch	37.0
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, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0

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9-12 In-Cafe Breakfast

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	Portion Size	Carb (g)
Weighted Daily Average		54.11
% of Calories		56.2%
Nutrient Guideline		

Wed - 09/22/2021		
9-12 In-Cafe Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
EGG: Omelet CH AP 2.0	1 Each	1.0
HD: CHOICE OF BREAD	1 Each	0.0
BRD: BREAD WG, Tst 1sl	Slice	12.86
BRD: FR TST STK, AP WG (1BG)	2 Sticks	21.0
COND_Syrup, Pancake 1oz	1 fl oz	26.46
HD: ADDITIONAL OPTION(S)	1 each	0.0
VEG: POTATO, Tater TotsMC 1/4c	1/4 Cup	7.06
HD: SECOND ENTREE	1 Each	0.0
SDW MUFF, CSaus 1.0 WG	Sandwich	25.0
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: 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, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		59.03
% of Calories		57.8%
Nutrient Guideline		

Thu - 09/23/2021		
9-12 In-Cafe Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
HD: CHOICE OF BREAD	1 Each	0.0
BRD: TORTILLA 6" Flour WG 1ea	1 Each	15.0
BRD: BREAD WG, Tst 1sl	Slice	12.86
HD: CHOICE OF PROTEIN	1 each	*N/A*
EGG: Scrambled SS 1.0	#24 scp (1 MMA)	0.66
EGG: Scrambled CH SS 1.0	#30 scp (1 MMA)	0.72
HD: CONDIMENT CHOICES	1 Each	0.0
COND_Salsa, AP 1/8c	1/8 Cup	2.04
HD: SECOND ENTREE	1 Each	0.0
BRD: FRUDEL, Cherry AP WG IW	Pouch	37.0
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, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0

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Aug 30, 2021 thru Oct 1, 2021

9-12 In-Cafe Breakfast

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	Portion Size	Carb (g)
Weighted Daily Average		39.06
% of Calories		60.5%
Nutrient Guideline		

Fri - 09/24/2021		
9-12 In-Cafe Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
HD: CHOICE OF BREAD	1 Each	0.0
BRD: BAGEL, White WG 2oz	1 Each	29.0
BRD: MUF AP, Eng 2oz WG	Muffin	24.0
HD: CHOICE OF PROTEIN	1 each	*N/A*
EGG: Patty Round AP 1.0	Patty	1.0
CHIX Sausage Patty 1ea 1.0	Patty	1.0
HD: ADDITIONAL OPTION(S)	1 each	0.0
CHEESE, AM (184ct) Slices 0.25	Slice	0.5
HD: SECOND ENTREE	1 Each	0.0
CEREAL HOT, Oatmeal (2BG) Strw	Cup	49.0
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, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		57.12
% of Calories		62.1%
Nutrient Guideline		

Mon - 09/27/2021		
9-12 In-Cafe Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
EGG: Omelet CH AP 2.0	1 Each	1.0
HD: CHOICE OF BREAD	1 Each	0.0
BRD: BREAD WG, Tst 1sl	Slice	12.86
BRD: PANCAKES, AP WG 1BG	Pancake	14.0
COND_Syrup, Pancake 1oz	1 fl oz	26.46
HD: ADDITIONAL OPTION(S)	1 each	0.0
VEG: POTATO, Tater TotsMC 1/4c	1/4 Cup	7.06
HD: SECOND ENTREE	1 Each	0.0
MELT BISCUIT, AM CHam	Sandwich	28.99
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, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0

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Base Menu Spreadsheet

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9-12 In-Cafe Breakfast

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	Portion Size	Carb (g)
Weighted Daily Average		61.29
% of Calories		58.3%
Nutrient Guideline		

Tue - 09/28/2021		
9-12 In-Cafe Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
HD: CHOICE OF BREAD	1 Each	0.0
BRD: BISC AP, 2.0oz WG	Each	27.48
BRD: MUF AP, Eng 2oz WG	Muffin	24.0
HD: CHOICE OF PROTEIN	1 each	*N/A*
EGG: Patty Round AP 1.0	Patty	1.0
CHIX Sausage Patty 1ea 1.0	Patty	1.0
HD: ADDITIONAL OPTION(S)	1 each	0.0
CHEESE, AM (184ct) Slices 0.25	Slice	0.5
HD: SECOND ENTREE	1 Each	0.0
BRD: CRESCENT AP, Grape 2.0	Each	35.0
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, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		49.57
% of Calories		52.4%
Nutrient Guideline		

Wed - 09/29/2021		
9-12 In-Cafe Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
HD: CHOICE OF BREAD	1 Each	0.0
BRD: TORTILLA 6" Flour WG 1ea	1 Each	15.0
BRD: TORTILLA, Chip Rnds 1.0	1 Cup	16.45
HD: CHOICE OF PROTEIN	1 each	*N/A*
EGG: Scrambled SS 1.0	#24 scp (1 MMA)	0.66
EGG: Scrambled CH SS 1.0	#30 scp (1 MMA)	0.72
HD: CONDIMENT CHOICES	1 Each	0.0
COND_Salsa, AP 1/4c	1/4 Cup	4.08
HD: SECOND ENTREE	1 Each	0.0
BRD: FR TST AP, Cinn WG IW	Pouch	37.0
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

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Base Menu Spreadsheet

9-12 In-Cafe Breakfast

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	Portion Size	Carb (g)
Weighted Daily Average		54.73
% of Calories		66.3%
Nutrient Guideline		

Thu - 09/30/2021		
9-12 In-Cafe Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
EGG: Omelet CH AP 2.0	1 Each	1.0
HD: CHOICE OF BREAD	1 Each	0.0
BRD: WAFFLE, AP WG (1BG)	Waffle	14.0
BRD: FR TST STK, AP WG (1BG)	2 Sticks	21.0
COND_Syrup, Pancake 1oz	1 fl oz	26.46
HD: ADDITIONAL OPTION(S)	1 each	0.0
VEG: POTATO, Seasond Rstd 1/4c	1/4 Cup	10.69
HD: SECOND ENTREE	1 Each	0.0
BRD: MUF DGH, Blueberry 2.1oz	1 Each	26.19
EGG: Hard Boiled FC AP 1.5	1 Each	1.0
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, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
Weighted Daily Average		57.51
% of Calories		54.8%
Nutrient Guideline		

Fri - 10/01/2021		
9-12 In-Cafe Breakfast	Total	
HD: HOME FEATURE	1 Each	0.0
HD: CHOICE OF BREAD	1 Each	0.0
BRD: BISC AP, 2.0oz WG	Each	27.48
BRD: BAGEL, White WG 2oz	1 Each	29.0
HD: CHOICE OF PROTEIN	1 each	*N/A*
EGG: Patty Round AP 1.0	Patty	1.0
CHIX Sausage Patty 1ea 1.0	Patty	1.0
HD: ADDITIONAL OPTION(S)	1 each	0.0
CHEESE, AM (184ct) Slices 0.25	Slice	0.5
HD: SECOND ENTREE	1 Each	0.0
BRD: WAFFLE, AP WG Maple Md IW	Pouch	38.0
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: 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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9-12 In-Cafe Breakfast

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	Portion Size	Carb (g)
Weighted Daily Average		56.69
% of Calories		57.3%
Nutrient Guideline		

Weighted Average		56.06
		59.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	56.06	59.60%						

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