

ARAMARK - 1 - CPS

Oct 3, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

9-12 In-Cafe Breakfast

Portion Values - Detailed

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Generated on: 10/1/2021 10:53:27 AM

| | Portion Size | Carb (g) |
|--------------------------------|-----------------|----------|
| Mon - 10/04/2021 | | |
| 9-12 In-Cafe Breakfast | Total | |
| HD: HOME FEATURE | 1 Each | 0.0 |
| HD: CHOICE OF BREAD | 1 Each | 0.0 |
| BRD: FR TST STK, AP WG (1BG) | 2 Sticks | 21.0 |
| 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, Emoticon 2 pieces | 1/4 Cup | 8.91 |
| HD: SECOND ENTREE | 1 Each | 0.0 |
| SDW MUFF, VegPatty WG/WG 2.0 | Sandwich | 28.0 |
| 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 | | 62.09 |
| % of Calories | | 65.9% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Tue - 10/05/2021 | | |
| 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: PEARS 135 ct | 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 | | 57.70 |
| % of Calories | | 62.4% |
| Nutrient Guideline | | |

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.

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| | Portion Size | Carb (g) |
|--------------------------------|-----------------|----------|
| Wed - 10/06/2021 | | |
| 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 |
| 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 | | 68.07 |
| % of Calories | | 63.7% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|-------------------------------|--------------|----------|
| Thu - 10/07/2021 | | |
| 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 |
| 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: 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 | | 64.31 |
| % of Calories | | 68.7% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|--------------------------------|-----------------|----------|
| Fri - 10/08/2021 | | |
| 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, 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 | | 48.35 |
| % of Calories | | 52.4% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|--------------------------------|---------------|----------|
| Tue - 10/12/2021 | | |
| 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: PLUMS, Fresh Whole 1/2c | Each(45-50ct) | 7.39 |
| FRUIT: PEARS 135 ct | 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 | | 50.96 |
| % of Calories | | 53.4% |
| Nutrient Guideline | | |

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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| | Portion Size | Carb (g) |
|--------------------------------|-----------------|----------|
| Wed - 10/13/2021 | | |
| 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, HoneyOats 2.0WG | 1 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 | | 58.50 |
| % of Calories | | 68.9% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|---------|-------|
| Thu - 10/14/2021 | | |
| 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, Emoticon 2 pieces | 1/4 Cup | 8.91 |
| HD: SECOND 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: 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: PEARS 135 ct | 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 | | 54.99 |
| % of Calories | | 58.7% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|--------------------------------|-----------------|----------|
| Fri - 10/15/2021 | | |
| 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 | | |

| | | |
|--------------------------------|-----------------|-------|
| Mon - 10/18/2021 | | |
| 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 |
| SDW MUFF, VegPatty WG/WG 2.0 | Sandwich | 28.0 |
| 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 | | 72.64 |
| % of Calories | | 73.3% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Tue - 10/19/2021 | | |
| 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 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 | 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 | | 62.04 |
| % of Calories | | 59.8% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------------|-------|
| Wed - 10/20/2021 | | |
| 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, Emoticon 2 pieces | 1/4 Cup | 8.91 |
| 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: 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 | | 56.23 |
| % of Calories | | 56.0% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|-------------------------------|-----------------|----------|
| Thu - 10/21/2021 | | |
| 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, 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: 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 | | 43.85 |
| % of Calories | | 61.9% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|--------------------------------|-----------------|----------|
| Fri - 10/22/2021 | | |
| 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: 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 | | 56.65 |
| % of Calories | | 62.0% |
| Nutrient Guideline | | |

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

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ARAMARK - 1 - CPS

Oct 3, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

9-12 In-Cafe Breakfast

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Mon - 10/25/2021 | | |
| 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, Emoticon 2 pieces | 1/4 Cup | 8.91 |
| 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: 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 | | 63.26 |
| % of Calories | | 58.5% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|---------|-------|
| Tue - 10/26/2021 | | |
| 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: PEARS 135 ct | 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 | | 51.95 |
| % of Calories | | 53.7% |
| Nutrient Guideline | | |

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ARAMARK - 1 - CPS

Oct 3, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

9-12 In-Cafe Breakfast

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|--------------------------------|-----------------|----------|
| Wed - 10/27/2021 | | |
| 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 |
| Weighted Daily Average | | 54.73 |
| % of Calories | | 66.3% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Thu - 10/28/2021 | | |
| 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: CRAN, Dried SS 1.16 | Box (1.16oz) | 28.0 |
| FRUIT: PEARS 135 ct | 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 | | 75.49 |
| % of Calories | | 61.8% |
| Nutrient Guideline | | |

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ARAMARK - 1 - CPS

Oct 3, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

9-12 In-Cafe Breakfast

Portion Values - Detailed

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Generated on: 10/1/2021 10:53:28 AM

| | Portion Size | Carb (g) |
|--------------------------------|-----------------|----------|
| Fri - 10/29/2021 | | |
| 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 |
| Weighted Daily Average | | 56.69 |
| % of Calories | | 57.3% |
| Nutrient Guideline | | |

| | | |
|------------------|--|-------|
| Weighted Average | | 58.64 |
| | | 61.2% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 58.64 | 61.22% | | | | | | |

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