

ISD518

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | CalcM (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 05/02/2016 | | | | | | | | | | | | | | | | |
| Sr. High Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Cereal | 1 cup | 1 | 110 | *N/A* | 280 | 3.00 | 8.10 | 100.0 | 500 | 100 | *N/A* | 3.0 | 23.0 | 2.0 | *N/A* | *N/A* |
| Fruit Juice | 1/2 Cup | 1 | 60 | 0 | 0 | *N/A* | 0.10 | 110.0 | 200 | 40 | 36.0 | 1.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| Apple | 1 APPLE | 1 | 36 | 0 | 1 | 1.66 | 0.08 | 4.1 | 37 | 3 | 3.17 | 0.18 | 9.53 | 0.12 | 0.02 | *N/A* |
| Toast | 1 SLICE | 1 | 60 | 0 | 120 | 2.00 | 0.36 | 10.0 | 0 | 0 | 0.0 | 3.0 | 12.0 | 0.5 | 0.00 | 0.00 |
| Peanut Butter | 1 oz | 1 | 100 | *N/A* | 70 | 1.00 | 0.36 | *N/A* | *N/A* | *N/A* | *N/A* | 3.5 | 3.0 | 8.0 | 1.50 | *N/A* |
| Jelly | 1 TBSP | 1 | 51 | 0 | 6 | 0.19 | 0.04 | 1.3 | 1 | 0 | 0.17 | 0.03 | 13.29 | 0.0 | 0.00 | *N/A* |
| Milk | HALF PINT | 1 | 114 | 10 | 135 | *N/A* | *N/A* | 312.2 | 520 | 104 | 2.5 | 8.32 | 13.53 | 2.6 | 1.56 | *N/A* |
| Weighted Daily Average | | | | | | | | | | | | | | | | |
| % of Calories | | | 531 | *10 | 612 | *7.85 | *9.04 | *537.6 | *1259 | *248 | *41.84 | 19.03 | 89.35 | 13.22 | *3.08 | *0.00 |
| | | | | | | | | | | | | 14.3% | 67.3% | 22.4% | *5.2% | *0.0% |

| | | | | | | | | | | | | | | | | |
|-------------------------------|-----------|---|-----|-----|-----|-------|--------|-------|------|-----|--------|-------|-------|-------|------|-------|
| Tue - 05/03/2016 | | | | | | | | | | | | | | | | |
| Sr. High Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Omelet | 2 oz | 1 | 130 | 190 | 260 | 0.00 | 72.00 | 60.0 | 400 | 80 | *N/A* | 7.0 | 1.0 | 11.0 | 3.50 | *N/A* |
| Fruit Juice | 1/2 Cup | 1 | 60 | 0 | 0 | *N/A* | 0.10 | 110.0 | 200 | 40 | 36.0 | 1.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| Orange | 1/2 cup | 1 | 45 | 0 | 0 | 2.30 | 0.10 | 38.4 | 216 | 20 | 51.07 | 0.9 | 11.28 | 0.12 | 0.02 | *N/A* |
| Toast | 1 SLICE | 1 | 60 | 0 | 120 | 2.00 | 0.36 | 10.0 | 0 | 0 | 0.0 | 3.0 | 12.0 | 0.5 | 0.00 | 0.00 |
| Jelly | 1 TBSP | 1 | 51 | 0 | 6 | 0.19 | 0.04 | 1.3 | 1 | 0 | 0.17 | 0.03 | 13.29 | 0.0 | 0.00 | *N/A* |
| Milk | HALF PINT | 1 | 114 | 10 | 135 | *N/A* | *N/A* | 312.2 | 520 | 104 | 2.5 | 8.32 | 13.53 | 2.6 | 1.56 | *N/A* |
| Weighted Daily Average | | | 460 | 200 | 521 | *4.49 | *72.59 | 531.9 | 1337 | 245 | *89.74 | 20.25 | 66.10 | 14.22 | 5.08 | *0.00 |
| % of Calories | | | | | | | | | | | | 17.6% | 57.5% | 27.8% | 9.9% | *0.0% |

| | | | | | | | | | | | | | | | | |
|-------------------------------|-----------|---|-----|-------|-----|-------|-------|--------|-------|-------|--------|-------|-------|-------|------|-------|
| Wed - 05/04/2016 | | | | | | | | | | | | | | | | |
| Sr. High Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Breakfast Pizza | 3.2 oz | 1 | 229 | 15 | 588 | 1.00 | 1.79 | 149.5 | 299 | 60 | 0.0 | 8.97 | 23.93 | 9.97 | 3.99 | *N/A* |
| Fruit Juice | 1/2 Cup | 1 | 60 | 0 | 0 | *N/A* | 0.10 | 110.0 | 200 | 40 | 36.0 | 1.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| Grapes | 1/2 CUP | 1 | 31 | 0 | 1 | 0.41 | 0.13 | 6.4 | 46 | 5 | 1.84 | 0.29 | 7.89 | 0.16 | 0.05 | *N/A* |
| Toast | 1 SLICE | 1 | 60 | 0 | 120 | 2.00 | 0.36 | 10.0 | 0 | 0 | 0.0 | 3.0 | 12.0 | 0.5 | 0.00 | 0.00 |
| Peanut Butter | 1 oz | 1 | 100 | *N/A* | 70 | 1.00 | 0.36 | *N/A* | *N/A* | *N/A* | *N/A* | 3.5 | 3.0 | 8.0 | 1.50 | *N/A* |
| Jelly | 1 TBSP | 1 | 51 | 0 | 6 | 0.19 | 0.04 | 1.3 | 1 | 0 | 0.17 | 0.03 | 13.29 | 0.0 | 0.00 | *N/A* |
| Milk | HALF PINT | 1 | 114 | 10 | 135 | *N/A* | *N/A* | 312.2 | 520 | 104 | 2.5 | 8.32 | 13.53 | 2.6 | 1.56 | *N/A* |
| Weighted Daily Average | | | 645 | *25 | 920 | *4.60 | *2.78 | *589.5 | *1066 | *209 | *40.51 | 25.11 | 88.63 | 21.23 | 7.10 | *0.00 |
| % of Calories | | | | | | | | | | | | 15.6% | 55.0% | 29.6% | 9.9% | *0.0% |

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 - denotes optional nutrient values

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ISD518

May 2, 2016 thru May 20, 2016 Spreadsheet - Portion Values Sr. High Breakfast

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | CalcM (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 05/05/2016 | | | | | | | | | | | | | | | | |
| Sr. High Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Cereal | 1 cup | 1 | 110 | *N/A* | 280 | 3.00 | 8.10 | 100.0 | 500 | 100 | *N/A* | 3.0 | 23.0 | 2.0 | *N/A* | *N/A* |
| Fruit Juice | 1/2 Cup | 1 | 60 | 0 | 0 | *N/A* | 0.10 | 110.0 | 200 | 40 | 36.0 | 1.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| Banana | 1/2 cup | 1 | 72 | *N/A* | 1 | 2.00 | 0.18 | *N/A* | 50 | 10 | 7.2 | 1.0 | 19.0 | *N/A* | *N/A* | *N/A* |
| Toast | 1 SLICE | 1 | 60 | 0 | 120 | 2.00 | 0.36 | 10.0 | 0 | 0 | 0.0 | 3.0 | 12.0 | 0.5 | 0.00 | 0.00 |
| Peanut Butter | 1 oz | 1 | 100 | *N/A* | 70 | 1.00 | 0.36 | *N/A* | *N/A* | *N/A* | *N/A* | 3.5 | 3.0 | 8.0 | 1.50 | *N/A* |
| Milk | HALF PINT | 1 | 114 | 10 | 135 | *N/A* | *N/A* | 312.2 | 520 | 104 | 2.5 | 8.32 | 13.53 | 2.6 | 1.56 | *N/A* |
| Weighted Daily Average | | | 516 | *10 | 606 | *8.00 | *9.10 | *532.2 | *1270 | *254 | *45.70 | 19.82 | 85.53 | *13.10 | *3.06 | *0.00 |
| % of Calories | | | | | | | | | | | | 15.4% | 66.2% | *22.8% | *5.3% | *0.0% |

| | | | | | | | | | | | | | | | | |
|------------------------|-----------|---|-----|-------|-----|-------|-------|--------|-------|-------|--------|-------|-------|-------|------|-------|
| Fri - 05/06/2016 | | | | | | | | | | | | | | | | |
| Sr. High Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Muffin | 2.5 oz | 1 | 250 | 35 | 210 | 1.00 | *N/A* | 40.0 | *N/A* | *N/A* | *N/A* | 4.0 | 32.0 | 13.0 | 3.00 | *N/A* |
| Fruit Juice | 1/2 Cup | 1 | 60 | 0 | 0 | *N/A* | 0.10 | 110.0 | 200 | 40 | 36.0 | 1.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| Kiwi | 1/2 cup | 1 | 69 | 0 | 0 | 3.20 | 0.35 | 38.4 | 96 | 19 | 0.0 | 1.28 | 16.66 | 0.64 | 0.00 | 0.00 |
| Toast | 1 SLICE | 1 | 60 | 0 | 120 | 2.00 | 0.36 | 10.0 | 0 | 0 | 0.0 | 3.0 | 12.0 | 0.5 | 0.00 | 0.00 |
| Peanut Butter | 1 oz | 1 | 100 | *N/A* | 70 | 1.00 | 0.36 | *N/A* | *N/A* | *N/A* | *N/A* | 3.5 | 3.0 | 8.0 | 1.50 | *N/A* |
| Milk | HALF PINT | 1 | 114 | 10 | 135 | *N/A* | *N/A* | 312.2 | 520 | 104 | 2.5 | 8.32 | 13.53 | 2.6 | 1.56 | *N/A* |
| Weighted Daily Average | | | 654 | *45 | 535 | *7.20 | *1.17 | *510.6 | *816 | *163 | *38.50 | 21.11 | 92.19 | 24.74 | 6.06 | *0.00 |
| % of Calories | | | | | | | | | | | | 12.9% | 56.4% | 34.1% | 8.3% | *0.0% |

| | | | | | | | | | | | | | | | | |
|------------------------|-----------|---|-----|-------|-----|-------|-------|--------|-------|-------|--------|-------|-------|-------|-------|-------|
| Mon - 05/09/2016 | | | | | | | | | | | | | | | | |
| Sr. High Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Cereal | 1 cup | 1 | 110 | *N/A* | 280 | 3.00 | 8.10 | 100.0 | 500 | 100 | *N/A* | 3.0 | 23.0 | 2.0 | *N/A* | *N/A* |
| Fruit Juice | 1/2 Cup | 1 | 60 | 0 | 0 | *N/A* | 0.10 | 110.0 | 200 | 40 | 36.0 | 1.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| Apple | 1 APPLE | 1 | 36 | 0 | 1 | 1.66 | 0.08 | 4.1 | 37 | 3 | 3.17 | 0.18 | 9.53 | 0.12 | 0.02 | *N/A* |
| Toast | 1 SLICE | 1 | 60 | 0 | 120 | 2.00 | 0.36 | 10.0 | 0 | 0 | 0.0 | 3.0 | 12.0 | 0.5 | 0.00 | 0.00 |
| Peanut Butter | 1 oz | 1 | 100 | *N/A* | 70 | 1.00 | 0.36 | *N/A* | *N/A* | *N/A* | *N/A* | 3.5 | 3.0 | 8.0 | 1.50 | *N/A* |
| Milk | HALF PINT | 1 | 114 | 10 | 135 | *N/A* | *N/A* | 312.2 | 520 | 104 | 2.5 | 8.32 | 13.53 | 2.6 | 1.56 | *N/A* |
| Weighted Daily Average | | | 480 | *10 | 606 | *7.66 | *9.00 | *536.3 | *1258 | *248 | *41.67 | 19.00 | 76.06 | 13.22 | *3.08 | *0.00 |
| % of Calories | | | | | | | | | | | | 15.8% | 63.3% | 24.8% | *5.8% | *0.0% |

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 - denotes optional nutrient values

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ISD518

May 2, 2016 thru May 20, 2016 Spreadsheet - Portion Values Sr. High Breakfast

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | CalcM (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 05/10/2016 | | | | | | | | | | | | | | | | |
| Sr. High Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Banana Bread | 3.4 Oz | 1 | 280 | 0 | 220 | 2.00 | 1.08 | 80.0 | 100 | 20 | 0.0 | 5.0 | 44.0 | 10.0 | 2.00 | 0.00 |
| Fruit Juice | 1/2 Cup | 1 | 60 | 0 | 0 | *N/A* | 0.10 | 110.0 | 200 | 40 | 36.0 | 1.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| Orange | 1/2 cup | 1 | 45 | 0 | 0 | 2.30 | 0.10 | 38.4 | 216 | 20 | 51.07 | 0.9 | 11.28 | 0.12 | 0.02 | *N/A* |
| Toast | 1 SLICE | 1 | 60 | 0 | 120 | 2.00 | 0.36 | 10.0 | 0 | 0 | 0.0 | 3.0 | 12.0 | 0.5 | 0.00 | 0.00 |
| Jelly | 1 TBSP | 1 | 51 | 0 | 6 | 0.19 | 0.04 | 1.3 | 1 | 0 | 0.17 | 0.03 | 13.29 | 0.0 | 0.00 | *N/A* |
| Milk | HALF PINT | 1 | 114 | 10 | 135 | *N/A* | *N/A* | 312.2 | 520 | 104 | 2.5 | 8.32 | 13.53 | 2.6 | 1.56 | *N/A* |
| Weighted Daily Average | | | 610 | 10 | 481 | *6.49 | *1.67 | 551.9 | 1037 | 185 | 89.74 | 18.25 | 109.10 | 13.22 | 3.58 | *0.00 |
| % of Calories | | | | | | | | | | | | 12.0% | 71.5% | 19.5% | 5.3% | *0.0% |

| | | | | | | | | | | | | | | | | |
|------------------------|-----------|---|-----|-------|-----|-------|-------|--------|-------|-------|--------|-------|-------|-------|------|-------|
| Wed - 05/11/2016 | | | | | | | | | | | | | | | | |
| Sr. High Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Cherry Frudel | 65 grams | 1 | 210 | 0 | 290 | 2.00 | 1.08 | 0.0 | 0 | 0 | 0.0 | 5.0 | 37.0 | 6.0 | 1.50 | 0.00 |
| Fruit Juice | 1/2 Cup | 1 | 60 | 0 | 0 | *N/A* | 0.10 | 110.0 | 200 | 40 | 36.0 | 1.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| Grapes | 1/2 CUP | 1 | 31 | 0 | 1 | 0.41 | 0.13 | 6.4 | 46 | 5 | 1.84 | 0.29 | 7.89 | 0.16 | 0.05 | *N/A* |
| Toast | 1 SLICE | 1 | 60 | 0 | 120 | 2.00 | 0.36 | 10.0 | 0 | 0 | 0.0 | 3.0 | 12.0 | 0.5 | 0.00 | 0.00 |
| Peanut Butter | 1 oz | 1 | 100 | *N/A* | 70 | 1.00 | 0.36 | *N/A* | *N/A* | *N/A* | *N/A* | 3.5 | 3.0 | 8.0 | 1.50 | *N/A* |
| Milk | HALF PINT | 1 | 114 | 10 | 135 | *N/A* | *N/A* | 312.2 | 520 | 104 | 2.5 | 8.32 | 13.53 | 2.6 | 1.56 | *N/A* |
| Weighted Daily Average | | | 575 | *10 | 616 | *5.41 | *2.03 | *438.6 | *766 | *149 | *40.34 | 21.11 | 88.42 | 17.26 | 4.61 | *0.00 |
| % of Calories | | | | | | | | | | | | 14.7% | 61.5% | 27.0% | 7.2% | *0.0% |

| | | | | | | | | | | | | | | | | |
|------------------------|-----------|---|-----|-------|-----|-------|-------|--------|-------|-------|--------|-------|-------|--------|-------|-------|
| Thu - 05/12/2016 | | | | | | | | | | | | | | | | |
| Sr. High Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Cereal | 1 cup | 1 | 110 | *N/A* | 280 | 3.00 | 8.10 | 100.0 | 500 | 100 | *N/A* | 3.0 | 23.0 | 2.0 | *N/A* | *N/A* |
| Fruit Juice | 1/2 Cup | 1 | 60 | 0 | 0 | *N/A* | 0.10 | 110.0 | 200 | 40 | 36.0 | 1.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| Banana | 1/2 cup | 1 | 72 | *N/A* | 1 | 2.00 | 0.18 | *N/A* | 50 | 10 | 7.2 | 1.0 | 19.0 | *N/A* | *N/A* | *N/A* |
| Toast | 1 SLICE | 1 | 60 | 0 | 120 | 2.00 | 0.36 | 10.0 | 0 | 0 | 0.0 | 3.0 | 12.0 | 0.5 | 0.00 | 0.00 |
| Peanut Butter | 1 oz | 1 | 100 | *N/A* | 70 | 1.00 | 0.36 | *N/A* | *N/A* | *N/A* | *N/A* | 3.5 | 3.0 | 8.0 | 1.50 | *N/A* |
| Milk | HALF PINT | 1 | 114 | 10 | 135 | *N/A* | *N/A* | 312.2 | 520 | 104 | 2.5 | 8.32 | 13.53 | 2.6 | 1.56 | *N/A* |
| Weighted Daily Average | | | 516 | *10 | 606 | *8.00 | *9.10 | *532.2 | *1270 | *254 | *45.70 | 19.82 | 85.53 | *13.10 | *3.06 | *0.00 |
| % of Calories | | | | | | | | | | | | 15.4% | 66.2% | *22.8% | *5.3% | *0.0% |

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 - denotes optional nutrient values

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ISD518

May 2, 2016 thru May 20, 2016 Spreadsheet - Portion Values Sr. High Breakfast

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | CalcM (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 05/13/2016 | | | | | | | | | | | | | | | | |
| Sr. High Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Donut | 2.3 oz | 1 | 280 | 0 | 300 | 2.82 | 0.70 | 13.9 | 10 | 2 | 0.0 | 5.0 | 30.0 | 15.0 | 7.00 | 0.00 |
| Fruit Juice | 1/2 Cup | 1 | 60 | 0 | 0 | *N/A* | 0.10 | 110.0 | 200 | 40 | 36.0 | 1.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| Kiwi | 1/2 cup | 1 | 69 | 0 | 0 | 3.20 | 0.35 | 38.4 | 96 | 19 | 0.0 | 1.28 | 16.66 | 0.64 | 0.00 | 0.00 |
| Toast | 1 SLICE | 1 | 60 | 0 | 120 | 2.00 | 0.36 | 10.0 | 0 | 0 | 0.0 | 3.0 | 12.0 | 0.5 | 0.00 | 0.00 |
| Peanut Butter | 1 oz | 1 | 100 | *N/A* | 70 | 1.00 | 0.36 | *N/A* | *N/A* | *N/A* | *N/A* | 3.5 | 3.0 | 8.0 | 1.50 | *N/A* |
| Milk | HALF PINT | 1 | 114 | 10 | 135 | *N/A* | *N/A* | 312.2 | 520 | 104 | 2.5 | 8.32 | 13.53 | 2.6 | 1.56 | *N/A* |
| Weighted Daily Average | | | 684 | *10 | 625 | *9.02 | *1.87 | *484.5 | *826 | *165 | *38.50 | 22.11 | 90.19 | 26.74 | 10.06 | *0.00 |
| % of Calories | | | | | | | | | | | | 12.9% | 52.8% | 35.2% | 13.2% | *0.0% |

| | | | | | | | | | | | | | | | | |
|------------------------|-----------|---|-----|-------|-----|-------|-------|--------|-------|-------|--------|-------|-------|-------|-------|-------|
| Mon - 05/16/2016 | | | | | | | | | | | | | | | | |
| Sr. High Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Cereal | 1 cup | 1 | 110 | *N/A* | 280 | 3.00 | 8.10 | 100.0 | 500 | 100 | *N/A* | 3.0 | 23.0 | 2.0 | *N/A* | *N/A* |
| Fruit Juice | 1/2 Cup | 1 | 60 | 0 | 0 | *N/A* | 0.10 | 110.0 | 200 | 40 | 36.0 | 1.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| Apple | 1 APPLE | 1 | 36 | 0 | 1 | 1.66 | 0.08 | 4.1 | 37 | 3 | 3.17 | 0.18 | 9.53 | 0.12 | 0.02 | *N/A* |
| Toast | 1 SLICE | 1 | 60 | 0 | 120 | 2.00 | 0.36 | 10.0 | 0 | 0 | 0.0 | 3.0 | 12.0 | 0.5 | 0.00 | 0.00 |
| Peanut Butter | 1 oz | 1 | 100 | *N/A* | 70 | 1.00 | 0.36 | *N/A* | *N/A* | *N/A* | *N/A* | 3.5 | 3.0 | 8.0 | 1.50 | *N/A* |
| Milk | HALF PINT | 1 | 114 | 10 | 135 | *N/A* | *N/A* | 312.2 | 520 | 104 | 2.5 | 8.32 | 13.53 | 2.6 | 1.56 | *N/A* |
| Weighted Daily Average | | | 480 | *10 | 606 | *7.66 | *9.00 | *536.3 | *1258 | *248 | *41.67 | 19.00 | 76.06 | 13.22 | *3.08 | *0.00 |
| % of Calories | | | | | | | | | | | | 15.8% | 63.3% | 24.8% | *5.8% | *0.0% |

| | | | | | | | | | | | | | | | | |
|------------------------|-----------|---|-----|----|-----|-------|-------|-------|-----|-----|-------|-------|-------|-------|------|-------|
| Tue - 05/17/2016 | | | | | | | | | | | | | | | | |
| Sr. High Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Waffle Sticks | 2 sticks | 1 | 140 | 0 | 250 | 2.00 | 1.08 | 20.0 | 0 | 0 | 0.0 | 4.0 | 27.0 | 2.0 | 0.00 | 0.00 |
| Fruit Juice | 1/2 Cup | 1 | 60 | 0 | 0 | *N/A* | 0.10 | 110.0 | 200 | 40 | 36.0 | 1.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| Orange | 1/2 cup | 1 | 45 | 0 | 0 | 2.30 | 0.10 | 38.4 | 216 | 20 | 51.07 | 0.9 | 11.28 | 0.12 | 0.02 | *N/A* |
| Toast | 1 SLICE | 1 | 60 | 0 | 120 | 2.00 | 0.36 | 10.0 | 0 | 0 | 0.0 | 3.0 | 12.0 | 0.5 | 0.00 | 0.00 |
| Jelly | 1 TBSP | 1 | 51 | 0 | 6 | 0.19 | 0.04 | 1.3 | 1 | 0 | 0.17 | 0.03 | 13.29 | 0.0 | 0.00 | *N/A* |
| Milk | HALF PINT | 1 | 114 | 10 | 135 | *N/A* | *N/A* | 312.2 | 520 | 104 | 2.5 | 8.32 | 13.53 | 2.6 | 1.56 | *N/A* |
| Weighted Daily Average | | | 470 | 10 | 511 | *6.49 | *1.67 | 491.9 | 937 | 165 | 89.74 | 17.25 | 92.10 | 5.22 | 1.58 | *0.00 |
| % of Calories | | | | | | | | | | | | 14.7% | 78.4% | 10.0% | 3.0% | *0.0% |

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 - denotes optional nutrient values

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ISD518

| | Portion Size | Plan Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-A (RE) | Vit-C (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 05/18/2016 | | | | | | | | | | | | | | | | |
| Sr. High Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Egg Pattie | 1.5 OZ. | 1 | 73 | 106 | 55 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | 4.64 | 1.48 | 5.41 | *N/A* | *N/A* |
| Sausage Pattie | 2 oz | 1 | 91 | 33 | 184 | 0.00 | 0.39 | 3.1 | 17 | 2 | 0.0 | 6.72 | 0.0 | 6.89 | 1.88 | *N/A* |
| Fruit Juice | 1/2 Cup | 1 | 60 | 0 | 0 | *N/A* | 0.10 | 110.0 | 200 | 40 | 36.0 | 1.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| Grapes | 1/2 CUP | 1 | 31 | 0 | 1 | 0.41 | 0.13 | 6.4 | 46 | 5 | 1.84 | 0.29 | 7.89 | 0.16 | 0.05 | *N/A* |
| Toast | 1 SLICE | 1 | 60 | 0 | 120 | 2.00 | 0.36 | 10.0 | 0 | 0 | 0.0 | 3.0 | 12.0 | 0.5 | 0.00 | 0.00 |
| Peanut Butter | 1 oz | 1 | 100 | *N/A* | 70 | 1.00 | 0.36 | *N/A* | *N/A* | *N/A* | *N/A* | 3.5 | 3.0 | 8.0 | 1.50 | *N/A* |
| Milk | HALF PINT | 1 | 114 | 10 | 135 | *N/A* | *N/A* | 312.2 | 520 | 104 | 2.5 | 8.32 | 13.53 | 2.6 | 1.56 | *N/A* |
| Weighted Daily Average | | | | | | | | | | | | | | | | |
| % of Calories | | | 529 | *150 | 565 | *3.41 | *1.34 | *441.7 | *783 | *151 | *40.34 | 27.48 | 52.90 | 23.56 | *4.99 | *0.00 |
| | | | | | | | | | | | | 20.8% | 40.0% | 40.1% | *8.5% | *0.0% |

| | | | | | | | | | | | | | | | | |
|-------------------------------|-----------|---|-----|-------|-----|-------|-------|--------|-------|-------|--------|-------|-------|--------|-------|-------|
| Thu - 05/19/2016 | | | | | | | | | | | | | | | | |
| Sr. High Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Cereal | 1 cup | 1 | 110 | *N/A* | 280 | 3.00 | 8.10 | 100.0 | 500 | 100 | *N/A* | 3.0 | 23.0 | 2.0 | *N/A* | *N/A* |
| Fruit Juice | 1/2 Cup | 1 | 60 | 0 | 0 | *N/A* | 0.10 | 110.0 | 200 | 40 | 36.0 | 1.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| Banana | 1/2 cup | 1 | 72 | *N/A* | 1 | 2.00 | 0.18 | *N/A* | 50 | 10 | 7.2 | 1.0 | 19.0 | *N/A* | *N/A* | *N/A* |
| Toast | 1 SLICE | 1 | 60 | 0 | 120 | 2.00 | 0.36 | 10.0 | 0 | 0 | 0.0 | 3.0 | 12.0 | 0.5 | 0.00 | 0.00 |
| Peanut Butter | 1 oz | 1 | 100 | *N/A* | 70 | 1.00 | 0.36 | *N/A* | *N/A* | *N/A* | *N/A* | 3.5 | 3.0 | 8.0 | 1.50 | *N/A* |
| Jelly | 1 TBSP | 1 | 51 | 0 | 6 | 0.19 | 0.04 | 1.3 | 1 | 0 | 0.17 | 0.03 | 13.29 | 0.0 | 0.00 | *N/A* |
| Milk | HALF PINT | 1 | 114 | 10 | 135 | *N/A* | *N/A* | 312.2 | 520 | 104 | 2.5 | 8.32 | 13.53 | 2.6 | 1.56 | *N/A* |
| Weighted Daily Average | | | 567 | *10 | 612 | *8.19 | *9.14 | *533.5 | *1271 | *254 | *45.87 | 19.85 | 98.82 | *13.10 | *3.06 | *0.00 |
| % of Calories | | | | | | | | | | | | 14.0% | 69.7% | *20.8% | *4.9% | *0.0% |

| | | | | | | | | | | | | | | | | |
|-------------------------------|-----------|---|-----|-------|-----|-------|-------|--------|-------|-------|--------|-------|-------|-------|------|-------|
| Fri - 05/20/2016 | | | | | | | | | | | | | | | | |
| Sr. High Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Muffin | 2.5 oz | 1 | 250 | 35 | 210 | 1.00 | *N/A* | 40.0 | *N/A* | *N/A* | *N/A* | 4.0 | 32.0 | 13.0 | 3.00 | *N/A* |
| Fruit Juice | 1/2 Cup | 1 | 60 | 0 | 0 | *N/A* | 0.10 | 110.0 | 200 | 40 | 36.0 | 1.0 | 15.0 | 0.0 | 0.00 | 0.00 |
| Kiwi | 1/2 cup | 1 | 69 | 0 | 0 | 3.20 | 0.35 | 38.4 | 96 | 19 | 0.0 | 1.28 | 16.66 | 0.64 | 0.00 | 0.00 |
| Toast | 1 SLICE | 1 | 60 | 0 | 120 | 2.00 | 0.36 | 10.0 | 0 | 0 | 0.0 | 3.0 | 12.0 | 0.5 | 0.00 | 0.00 |
| Peanut Butter | 1 oz | 1 | 100 | *N/A* | 70 | 1.00 | 0.36 | *N/A* | *N/A* | *N/A* | *N/A* | 3.5 | 3.0 | 8.0 | 1.50 | *N/A* |
| Milk | HALF PINT | 1 | 114 | 10 | 135 | *N/A* | *N/A* | 312.2 | 520 | 104 | 2.5 | 8.32 | 13.53 | 2.6 | 1.56 | *N/A* |
| Weighted Daily Average | | | 654 | *45 | 535 | *7.20 | *1.17 | *510.6 | *816 | *163 | *38.50 | 21.11 | 92.19 | 24.74 | 6.06 | *0.00 |
| % of Calories | | | | | | | | | | | | 12.9% | 56.4% | 34.1% | 8.3% | *0.0% |

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

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¹ - denotes optional nutrient values

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