

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 1

Generated on: 12/21/2021 10:38:57 AM

Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
-----------------	----------------	--------------	--------------	--------------	---------------	--------------	-------------	--------------	--------------	----------------------------

**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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 2

Generated on: 12/21/2021 10:38:57 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/03/2022											
High School Breakfast											
	Total										
	PILLSBURY CIN CREAMCH BAGEL PK	240	180	2.00	*N/A*	13	6.0	41.02	6.0	2.50	*N/A*
	BRD: SCONE, BLUEBERRY	410	330	1.00	*N/A*	22	5.0	51.0	20.0	10.00	0.00
	SDW: SAUSAGE CHEESE BISCUIT	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*0.00
	SDW: SAUSAGE/EGG/CH PANCAKE	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
	SDW: BACON/EGG/CHEESE BAGEL	341	757	*4.60	*N/A*	*6	17.4	35.35	16.15	4.75	*0.00
	SDW: HAM/EGG/CHEESE ENG MUFFIN	273	777	*1.00	*N/A*	2	16.17	27.67	11.83	3.25	*0.00
	SDW: BACON/EGG/CHEESE BISCUIT	350	1120	*0.00	*N/A*	*3	13.5	24.0	23.0	9.75	*0.00
	SDW: SAUS/EGG/CHEESE BIS	480	960	*1.00	*N/A*	*3	16.5	*26.0	34.0	12.75	*0.00
	SDW: SAUSAGE EGG CHEESE BAGEL	430	710	*4.00	*N/A*	*5	18.5	*31.0	27.0	8.75	*0.00
	SDW: CHICKEN BISCUIT	270	770	1.00	*N/A*	*2	11.0	29.0	12.5	6.00	*0.00
	FRENCH TOAST STICKS, BC, 4 EA	347	387	2.67	*N/A*	19	8.0	56.0	10.67	1.33	*N/A*
	BRD: DONUT, HOLES, 6 EACH	279	299	2.99	*N/A*	7	4.99	29.92	14.96	6.98	*N/A*
	TORNADO: SAUS/EGG/CHEESE	176	280	*N/A*	*N/A*	*N/A*	5.0	21.0	8.0	2.00	*N/A*
	GLAZE, POWDERED SUGAR	113	3	0.00	0.02	28	0.19	28.6	0.06	0.04	*0.00
	BRD: CEREAL, CINTSTCRUNCH 2OZ	230	320	3.00	*N/A*	17	*N/A*	44.0	6.0	1.00	*N/A*
	BRD: CEREAL, COCOA PUFFS, 2 OZ	210	220	3.00	*N/A*	15	*N/A*	47.0	2.5	*N/A*	*N/A*
	BRD: CEREAL, HNYNT CHEER, 2 OZ	210	320	4.00	*N/A*	19	*N/A*	45.0	3.0	0.50	*N/A*
	BRD: CEREAL, LUCKY CHARMS 2 OZ	210	350	3.00	*N/A*	20	*N/A*	46.0	2.5	*N/A*	*N/A*
	BRD: POPTART, BLUE, TWIN PACK	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, FUDGE, TWIN PACK	359	389	5.98	*N/A*	33	4.98	75.74	5.98	1.99	*N/A*
	BRD: POPTART, STRAWB, TWIN PACK	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, BRCINN, TWIN PAC	369	379	5.98	*N/A*	31	4.98	74.74	4.98	1.99	*N/A*
	MUFFIN, OTIS, BLUE, 4 OZ	380	260	4.00	*N/A*	32	6.0	60.0	12.0	4.00	*N/A*
	MUFFIN, OTIS, CHOC, 4 OZ	380	260	4.00	*N/A*	34	8.0	64.0	12.0	4.00	*N/A*
	BRD: BENEFIT BAR, OAT/CHOC CHI	290	240	3.00	*N/A*	22	5.0	47.0	9.0	3.00	*N/A*
	BRD: DONUT, POWDERED	310	250	2.00	*N/A*	29	3.0	52.0	11.0	5.00	*N/A*
	BRD: DONUT, CHOCOLATE, MINI	319	260	2.99	*N/A*	17	4.99	41.93	15.97	8.98	*N/A*
	JUICE, 4 OZ, APPLE	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE, 4 OZ, ORANGE	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, APPLE CHERRY	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, GRAPE	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
	SYRUP, PANCAKE, 1 GALLON	100	27	*N/A*	*N/A*	24	*N/A*	25.5	*N/A*	*N/A*	*N/A*
	MILK: DEANS, 1% WHITE	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
	MILK: DEANS, SKIM CHOCOLATE	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	MILK: DEANS, SKIM STRAWBERRY	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	FRUIT: APPLE, WHOLE, USDA	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
	FRUIT: BANANA, SM, 1/2 CUP	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
	FRUIT: GRAPES, Fresh	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00
	FRUIT: ORANGE, 1/2 CUP	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 3

Generated on: 12/21/2021 10:38:57 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/03/2022											
	&5/8"										
FRUIT: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
VEG: POTATO, DICED, SEASONED	3 OZ WT	130	390	2.00	*N/A*	*N/A*	2.0	21.0	4.0	0.50	*N/A*
FRUIT: APPLE SLICES	1 BAG	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
Weighted Daily Average		1676	*2182	*15.48	*0.24	*120	*37.23	*257.96	*56.30	*20.74	*0.00
% of Calories						*28.7%	*8.9%	*61.6%	*30.2%	*11.1%	*0.0%
Nutrient Guideline		450-600	640							<10.00	

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 4

Generated on: 12/21/2021 10:38:58 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/04/2022											
High School Breakfast											
	Total										
	PILLSBURY CIN CREAMCH BAGEL PK	240	180	2.00	*N/A*	13	6.0	41.02	6.0	2.50	*N/A*
	PANCAKES WRAP ON STICK	201	311	3.01	*N/A*	4	7.02	17.04	10.03	2.51	*N/A*
	SDW: SAUSAGE CHEESE BISCUIT	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*0.00
	SDW: SAUSAGE/EGG/CH PANCAKE	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
	SDW: BACON/EGG/CHEESE BAGEL	341	757	*4.60	*N/A*	*6	17.4	35.35	16.15	4.75	*0.00
	SDW: HAM/EGG/CHEESE ENG MUFFIN	273	777	*1.00	*N/A*	2	16.17	27.67	11.83	3.25	*0.00
	SDW: BACON/EGG/CHEESE BISCUIT	350	1120	*0.00	*N/A*	*3	13.5	24.0	23.0	9.75	*0.00
	SDW: SAUS/EGG/CHEESE BIS	480	960	*1.00	*N/A*	*3	16.5	*26.0	34.0	12.75	*0.00
	SDW: SAUSAGE EGG CHEESE BAGEL	430	710	*4.00	*N/A*	*5	18.5	*31.0	27.0	8.75	*0.00
	SDW: CHICKEN BISCUIT	270	770	1.00	*N/A*	*2	11.0	29.0	12.5	6.00	*0.00
	FRENCH TOAST STICKS, BC, 4 EA	347	387	2.67	*N/A*	19	8.0	56.0	10.67	1.33	*N/A*
	BRD: DONUT, HOLES, 6 EACH	279	299	2.99	*N/A*	7	4.99	29.92	14.96	6.98	*N/A*
	TORNADO: SAUS/EGG/CHEESE	176	280	*N/A*	*N/A*	*N/A*	5.0	21.0	8.0	2.00	*N/A*
	GLAZE, POWDERED SUGAR	113	3	0.00	0.02	28	0.19	28.6	0.06	0.04	*0.00
	BRD: CEREAL, CINTSTCRUNCH 2OZ	230	320	3.00	*N/A*	17	*N/A*	44.0	6.0	1.00	*N/A*
	BRD: CEREAL, COCOA PUFFS, 2 OZ	210	220	3.00	*N/A*	15	*N/A*	47.0	2.5	*N/A*	*N/A*
	BRD: CEREAL, HNYNT CHEER, 2 OZ	210	320	4.00	*N/A*	19	*N/A*	45.0	3.0	0.50	*N/A*
	BRD: CEREAL, LUCKY CHARMS 2 OZ	210	350	3.00	*N/A*	20	*N/A*	46.0	2.5	*N/A*	*N/A*
	BRD: POPTART, BLUE, TWIN PACK	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, FUDGE, TWIN PACK	359	389	5.98	*N/A*	33	4.98	75.74	5.98	1.99	*N/A*
	BRD: POPTART, STRAWB, TWIN PACK	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, BRCINN, TWIN PAC	369	379	5.98	*N/A*	31	4.98	74.74	4.98	1.99	*N/A*
	MUFFIN, OTIS, BLUE, 4 OZ	380	260	4.00	*N/A*	32	6.0	60.0	12.0	4.00	*N/A*
	MUFFIN, OTIS, CHOC, 4 OZ	380	260	4.00	*N/A*	34	8.0	64.0	12.0	4.00	*N/A*
	BRD: BENEFIT BAR, OAT/CHOC CHI	290	240	3.00	*N/A*	22	5.0	47.0	9.0	3.00	*N/A*
	BRD: DONUT, POWDERED	310	250	2.00	*N/A*	29	3.0	52.0	11.0	5.00	*N/A*
	BRD: DONUT, CHOCOLATE, MINI	319	260	2.99	*N/A*	17	4.99	41.93	15.97	8.98	*N/A*
	JUICE, 4 OZ, APPLE	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE, 4 OZ, ORANGE	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, APPLE CHERRY	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, GRAPE	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
	SYRUP, PANCAKE, 1 GALLON	100	27	*N/A*	*N/A*	24	*N/A*	25.5	*N/A*	*N/A*	*N/A*
	MILK: DEANS, 1% WHITE	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
	MILK: DEANS, SKIM CHOCOLATE	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	MILK: DEANS, SKIM STRAWBERRY	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	FRUIT: APPLE, WHOLE, USDA	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
	FRUIT: BANANA, SM, 1/2 CUP	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
	FRUIT: GRAPES, Fresh	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00
	FRUIT: ORANGE, 1/2 CUP	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 5

Generated on: 12/21/2021 10:38:58 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Tue - 01/04/2022												
	&5/8"											
FRUIT: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00	
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00	
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00	
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00	
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00	
VEG: POTATO, HBR TRI	2 EACH	200	460	2.00	*N/A*	1	2.0	24.0	10.0	3.00	*N/A*	
FRUIT: APPLE SLICES	1 BAG	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*	
Weighted Daily Average		1652	*2190	*15.82	*0.24	*117	*37.57	*252.80	*55.64	*19.91	*0.00	
% of Calories						*28.4%	*9.1%	*61.2%	*30.3%	*10.8%	*0.0%	
Nutrient Guideline		450-600	640							<10.00		

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/05/2022											
High School Breakfast											
PILLSBURY CIN CREAMCH BAGEL PK	Total										
BRD: CINN ROLL, PILLSBURY, 2.5 GLAZE, CREAM CHEESE	1 PKG	240	180	2.00	*N/A*	13	6.0	41.02	6.0	2.50	*N/A*
	2.5 OZ	220	180	1.00	*N/A*	9	5.0	33.0	8.0	3.00	*N/A*
	2 TABLESP	170	50	0.00	*N/A*	20	0.0	20.0	10.0	5.00	0.00
OONS											
SDW: SAUSAGE CHEESE BISCUIT	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*0.00
SDW: SAUSAGE/EGG/CH PANCAKE	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
SDW: BACON/EGG/CHEESE BAGEL	1 SANDWICH	341	757	*4.60	*N/A*	*6	17.4	35.35	16.15	4.75	*0.00
SDW: HAM/EGG/CHEESE ENG MUFFIN	1 EACH	273	777	*1.00	*N/A*	2	16.17	27.67	11.83	3.25	*0.00
SDW: BACON/EGG/CHEESE BISCUIT	1 EACH	350	1120	*0.00	*N/A*	*3	13.5	24.0	23.0	9.75	*0.00
SDW: SAUS/EGG/CHEESE BIS	1 EACH	480	960	*1.00	*N/A*	*3	16.5	*26.0	34.0	12.75	*0.00
SDW: SAUSAGE EGG CHEESE BAGEL	1 SANDWICH	430	710	*4.00	*N/A*	*5	18.5	*31.0	27.0	8.75	*0.00
SDW: CHICKEN BISCUIT	1 EACH	270	770	1.00	*N/A*	*2	11.0	29.0	12.5	6.00	*0.00
FRENCH TOAST STICKS, BC, 4 EA	4 EACH	347	387	2.67	*N/A*	19	8.0	56.0	10.67	1.33	*N/A*
BRD: DONUT, HOLES, 6 EACH	6 EACH	279	299	2.99	*N/A*	7	4.99	29.92	14.96	6.98	*N/A*
TORNADO: SAUS/EGG/CHEESE	1 EA	176	280	*N/A*	*N/A*	*N/A*	5.0	21.0	8.0	2.00	*N/A*
GLAZE, POWDERED SUGAR	1 FL OZ	113	3	0.00	0.02	28	0.19	28.6	0.06	0.04	*0.00
BRD: CEREAL, CINTSTCRUNCH 2OZ	1 BOWL	230	320	3.00	*N/A*	17	*N/A*	44.0	6.0	1.00	*N/A*
BRD: CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	210	220	3.00	*N/A*	15	*N/A*	47.0	2.5	*N/A*	*N/A*
BRD: CEREAL, HNYNT CHEER, 2 OZ	1 BOWL	210	320	4.00	*N/A*	19	*N/A*	45.0	3.0	0.50	*N/A*
BRD: CEREAL, LUCKY CHARMS 2 OZ	2 OZ	210	350	3.00	*N/A*	20	*N/A*	46.0	2.5	*N/A*	*N/A*
BRD: POPTART, BLUE, TWIN PACK	1 TWIN PAC	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
BRD: POPTART, FUDGE, TWIN PACK	1 TWIN PAC	359	389	5.98	*N/A*	33	4.98	75.74	5.98	1.99	*N/A*
BRD: POPTART, STRAWB, TWIN PACK	1 TWIN PAC	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
BRD: POPTART, BRCINN, TWIN PAC	1 TWIN PAC	369	379	5.98	*N/A*	31	4.98	74.74	4.98	1.99	*N/A*
MUFFIN, OTIS, BLUE, 4 OZ	4 OZ	380	260	4.00	*N/A*	32	6.0	60.0	12.0	4.00	*N/A*
MUFFIN, OTIS, CHOC, 4 OZ	4 OZ	380	260	4.00	*N/A*	34	8.0	64.0	12.0	4.00	*N/A*
BRD: BENEFIT BAR, OAT/CHOC CHI	1 BAR	290	240	3.00	*N/A*	22	5.0	47.0	9.0	3.00	*N/A*
BRD: DONUT, POWDERED	1 PACKAGE	310	250	2.00	*N/A*	29	3.0	52.0	11.0	5.00	*N/A*
BRD: DONUT, CHOCOLATE, MINI	1 PACKAGE	319	260	2.99	*N/A*	17	4.99	41.93	15.97	8.98	*N/A*
JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
SYRUP, PANCAKE, 1 GALLON	1 OZ	100	27	*N/A*	*N/A*	24	*N/A*	25.5	*N/A*	*N/A*	*N/A*
MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 7

Generated on: 12/21/2021 10:38:58 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/05/2022											
FRUIT: GRAPES, Fresh	1/2 CUP	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00
FRUIT: ORANGE, 1/2 CUP	1 ORANGE, 2 & 5/8"	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
FRUIT: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
VEG: POTATO, DICED, SEASONED	3 OZ WT	130	390	2.00	*N/A*	*N/A*	2.0	21.0	4.0	0.50	*N/A*
FRUIT: APPLE SLICES	1 BAG	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
Weighted Daily Average		1672	*2165	*15.48	*0.24	*121	*37.23	*258.29	*55.97	*20.41	*0.00
% of Calories						*29.1%	*8.9%	*61.8%	*30.1%	*11.0%	*0.0%
Nutrient Guideline		450-600	640							<10.00	

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/06/2022											
High School Breakfast											
	Total										
	PILLSBURY CIN CREAMCH BAGEL PK	240	180	2.00	*N/A*	13	6.0	41.02	6.0	2.50	*N/A*
	BRD: TURNOVER, APPLE	350	220	1.00	*N/A*	8	4.0	33.0	22.0	11.00	0.00
	SDW: SAUSAGE CHEESE BISCUIT	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*0.00
	SDW: SAUSAGE/EGG/CH PANCAKE	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
	SDW: BACON/EGG/CHEESE BAGEL	341	757	*4.60	*N/A*	*6	17.4	35.35	16.15	4.75	*0.00
	SDW: HAM/EGG/CHEESE ENG MUFFIN	273	777	*1.00	*N/A*	2	16.17	27.67	11.83	3.25	*0.00
	SDW: BACON/EGG/CHEESE BISCUIT	350	1120	*0.00	*N/A*	*3	13.5	24.0	23.0	9.75	*0.00
	SDW: SAUS/EGG/CHEESE BIS	480	960	*1.00	*N/A*	*3	16.5	*26.0	34.0	12.75	*0.00
	SDW: SAUSAGE EGG CHEESE BAGEL	430	710	*4.00	*N/A*	*5	18.5	*31.0	27.0	8.75	*0.00
	SDW: CHICKEN BISCUIT	270	770	1.00	*N/A*	*2	11.0	29.0	12.5	6.00	*0.00
	FRENCH TOAST STICKS, BC, 4 EA	347	387	2.67	*N/A*	19	8.0	56.0	10.67	1.33	*N/A*
	BRD: DONUT, HOLES, 6 EACH	279	299	2.99	*N/A*	7	4.99	29.92	14.96	6.98	*N/A*
	TORNADO: SAUS/EGG/CHEESE	176	280	*N/A*	*N/A*	*N/A*	5.0	21.0	8.0	2.00	*N/A*
	GLAZE, POWDERED SUGAR	113	3	0.00	0.02	28	0.19	28.6	0.06	0.04	*0.00
	BRD: CEREAL, CINTSTCRUNCH 2OZ	230	320	3.00	*N/A*	17	*N/A*	44.0	6.0	1.00	*N/A*
	BRD: CEREAL, COCOA PUFFS, 2 OZ	210	220	3.00	*N/A*	15	*N/A*	47.0	2.5	*N/A*	*N/A*
	BRD: CEREAL, HNYNT CHEER, 2 OZ	210	320	4.00	*N/A*	19	*N/A*	45.0	3.0	0.50	*N/A*
	BRD: CEREAL, LUCKY CHARMS 2 OZ	210	350	3.00	*N/A*	20	*N/A*	46.0	2.5	*N/A*	*N/A*
	BRD: POPTART, BLUE, TWIN PACK	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, FUDGE, TWIN PACK	359	389	5.98	*N/A*	33	4.98	75.74	5.98	1.99	*N/A*
	BRD: POPTART, STRAWB, TWIN PACK	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, BRCINN, TWIN PAC	369	379	5.98	*N/A*	31	4.98	74.74	4.98	1.99	*N/A*
	MUFFIN, OTIS, BLUE, 4 OZ	380	260	4.00	*N/A*	32	6.0	60.0	12.0	4.00	*N/A*
	MUFFIN, OTIS, CHOC, 4 OZ	380	260	4.00	*N/A*	34	8.0	64.0	12.0	4.00	*N/A*
	BRD: BENEFIT BAR, OAT/CHOC CHI	290	240	3.00	*N/A*	22	5.0	47.0	9.0	3.00	*N/A*
	BRD: DONUT, POWDERED	310	250	2.00	*N/A*	29	3.0	52.0	11.0	5.00	*N/A*
	BRD: DONUT, CHOCOLATE, MINI	319	260	2.99	*N/A*	17	4.99	41.93	15.97	8.98	*N/A*
	JUICE, 4 OZ, APPLE	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE, 4 OZ, ORANGE	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, APPLE CHERRY	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, GRAPE	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
	SYRUP, PANCAKE, 1 GALLON	100	27	*N/A*	*N/A*	24	*N/A*	25.5	*N/A*	*N/A*	*N/A*
	MILK: DEANS, 1% WHITE	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
	MILK: DEANS, SKIM CHOCOLATE	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	MILK: DEANS, SKIM STRAWBERRY	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	FRUIT: APPLE, WHOLE, USDA	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
	FRUIT: BANANA, SM, 1/2 CUP	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
	FRUIT: GRAPES, Fresh	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00
	FRUIT: ORANGE, 1/2 CUP	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 9

Generated on: 12/21/2021 10:38:58 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/06/2022											
	&5/8"										
FRUIT: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
VEG: POTATO, HBR TRI	2 EACH	200	460	2.00	*N/A*	1	2.0	24.0	10.0	3.00	*N/A*
FRUIT: APPLE SLICES	1 BAG	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
Weighted Daily Average		1677	*2175	*15.48	*0.24	*118	*37.07	*255.46	*57.63	*21.32	*0.00
% of Calories						*28.2%	*8.8%	*60.9%	*30.9%	*11.4%	*0.0%
Nutrient Guideline		450-600	640							<10.00	

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Fri - 01/07/2022												
High School Breakfast												
	Total											
	PILLSBURY CIN CREAMCH BAGEL PK	240	180	2.00	*N/A*	13	6.0	41.02	6.0	2.50	*N/A*	
	BRD: BISCUIT, PILLSBURY	170	570	0.00	*N/A*	2	3.0	22.0	8.0	5.00	0.00	
	SAUSAGE GRAVY, JTM, CN	174	510	*N/A*	*N/A*	1	7.0	8.0	12.0	6.90	0.00	
	SDW: SAUSAGE CHEESE BISCUIT	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*0.00	
	SDW: SAUSAGE/EGG/CH PANCAKE	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00	
	SDW: BACON/EGG/CHEESE BAGEL	341	757	*4.60	*N/A*	*6	17.4	35.35	16.15	4.75	*0.00	
	SDW: HAM/EGG/CHEESE ENG MUFFIN	1 EACH	273	777	*1.00	*N/A*	2	16.17	27.67	11.83	3.25	*0.00
	SDW: BACON/EGG/CHEESE BISCUIT	1 EACH	350	1120	*0.00	*N/A*	*3	13.5	24.0	23.0	9.75	*0.00
	SDW: SAUS/EGG/CHEESE BIS	1 EACH	480	960	*1.00	*N/A*	*3	16.5	*26.0	34.0	12.75	*0.00
	SDW: SAUSAGE EGG CHEESE BAGEL	1 SANDWICH	430	710	*4.00	*N/A*	*5	18.5	*31.0	27.0	8.75	*0.00
	SDW: CHICKEN BISCUIT	1 EACH	270	770	1.00	*N/A*	*2	11.0	29.0	12.5	6.00	*0.00
	FRENCH TOAST STICKS, BC, 4 EA	4 EACH	347	387	2.67	*N/A*	19	8.0	56.0	10.67	1.33	*N/A*
	BRD: DONUT, HOLES, 6 EACH	6 EACH	279	299	2.99	*N/A*	7	4.99	29.92	14.96	6.98	*N/A*
	TORNADO: SAUS/EGG/CHEESE	1 EA	176	280	*N/A*	*N/A*	*N/A*	5.0	21.0	8.0	2.00	*N/A*
	GLAZE, POWDERED SUGAR	1 FL OZ	113	3	0.00	0.02	28	0.19	28.6	0.06	0.04	*0.00
	BRD: CEREAL, CINTSTCRUNCH 2OZ	1 BOWL	230	320	3.00	*N/A*	17	*N/A*	44.0	6.0	1.00	*N/A*
	BRD: CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	210	220	3.00	*N/A*	15	*N/A*	47.0	2.5	*N/A*	*N/A*
	BRD: CEREAL, HNYNT CHEER, 2 OZ	1 BOWL	210	320	4.00	*N/A*	19	*N/A*	45.0	3.0	0.50	*N/A*
	BRD: CEREAL, LUCKY CHARMS 2 OZ	2 OZ	210	350	3.00	*N/A*	20	*N/A*	46.0	2.5	*N/A*	*N/A*
	BRD: POPTART, BLUE, TWIN PACK	1 TWIN PAC	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, FUDGE, TWIN PACK	1 TWIN PAC	359	389	5.98	*N/A*	33	4.98	75.74	5.98	1.99	*N/A*
	BRD: POPTART, STRAWB, TWIN PACK	1 TWIN PAC	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, BRCINN, TWIN PAC	1 TWIN PAC	369	379	5.98	*N/A*	31	4.98	74.74	4.98	1.99	*N/A*
	MUFFIN, OTIS, BLUE, 4 OZ	4 OZ	380	260	4.00	*N/A*	32	6.0	60.0	12.0	4.00	*N/A*
	MUFFIN, OTIS, CHOC, 4 OZ	4 OZ	380	260	4.00	*N/A*	34	8.0	64.0	12.0	4.00	*N/A*
	BRD: BENEFIT BAR, OAT/CHOC CHI	1 BAR	290	240	3.00	*N/A*	22	5.0	47.0	9.0	3.00	*N/A*
	BRD: DONUT, POWDERED	1 PACKAGE	310	250	2.00	*N/A*	29	3.0	52.0	11.0	5.00	*N/A*
	BRD: DONUT, CHOCOLATE, MINI	1 PACKAGE	319	260	2.99	*N/A*	17	4.99	41.93	15.97	8.98	*N/A*
	JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
	SYRUP, PANCAKE, 1 GALLON	1 OZ	100	27	*N/A*	*N/A*	24	*N/A*	25.5	*N/A*	*N/A*	*N/A*
	MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
	MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
	FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
	FRUIT: GRAPES, Fresh	1/2 CUP	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 11

Generated on: 12/21/2021 10:38:58 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/07/2022											
FRUIT: ORANGE, 1/2 CUP	1 ORANGE, 2 & 5/8"	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
FRUIT: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
VEG: POTATO, DICED, SEASONED	3 OZ WT	130	390	2.00	*N/A*	*N/A*	2.0	21.0	4.0	0.50	*N/A*
FRUIT: APPLE SLICES	1 BAG	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
Weighted Daily Average		1665	*2307	*15.32	*0.24	*117	*38.07	*254.46	*56.30	*21.06	*0.00
% of Calories						*28.2%	*9.1%	*61.1%	*30.4%	*11.4%	*0.0%
Nutrient Guideline		450-600	640							<10.00	

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Mon - 01/10/2022												
High School Breakfast												
	Total											
	PILLSBURY CIN CREAMCH BAGEL PK	240	180	2.00	*N/A*	13	6.0	41.02	6.0	2.50	*N/A*	
	BRD: PANCAKES, BUTTERMILK	140	206	*N/A*	*N/A*	7	2.6	28.0	1.6	0.00	0.00	
	PORK, SAUSAGE PTY, JDF, 1.5 OZ	180	280	*N/A*	*N/A*	*N/A*	6.0	*N/A*	17.0	6.00	0.00	
	SDW: SAUSAGE CHEESE BISCUIT	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*0.00	
	SDW: SAUSAGE/EGG/CH PANCAKE	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00	
	SDW: BACON/EGG/CHEESE BAGEL	341	757	*4.60	*N/A*	*6	17.4	35.35	16.15	4.75	*0.00	
	SDW: HAM/EGG/CHEESE ENG MUFFIN	1 EACH	273	777	*1.00	*N/A*	2	16.17	27.67	11.83	3.25	*0.00
	SDW: BACON/EGG/CHEESE BISCUIT	1 EACH	350	1120	*0.00	*N/A*	*3	13.5	24.0	23.0	9.75	*0.00
	SDW: SAUS/EGG/CHEESE BIS	1 EACH	480	960	*1.00	*N/A*	*3	16.5	*26.0	34.0	12.75	*0.00
	SDW: SAUSAGE EGG CHEESE BAGEL	1 SANDWICH	430	710	*4.00	*N/A*	*5	18.5	*31.0	27.0	8.75	*0.00
	SDW: CHICKEN BISCUIT	1 EACH	270	770	1.00	*N/A*	*2	11.0	29.0	12.5	6.00	*0.00
	FRENCH TOAST STICKS, BC, 4 EA	4 EACH	347	387	2.67	*N/A*	19	8.0	56.0	10.67	1.33	*N/A*
	BRD: DONUT, HOLES, 6 EACH	6 EACH	279	299	2.99	*N/A*	7	4.99	29.92	14.96	6.98	*N/A*
	TORNADO: SAUS/EGG/CHEESE	1 EA	176	280	*N/A*	*N/A*	*N/A*	5.0	21.0	8.0	2.00	*N/A*
	GLAZE, POWDERED SUGAR	1 FL OZ	113	3	0.00	0.02	28	0.19	28.6	0.06	0.04	*0.00
	BRD: CEREAL, CINTSTCRUNCH 2OZ	1 BOWL	230	320	3.00	*N/A*	17	*N/A*	44.0	6.0	1.00	*N/A*
	BRD: CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	210	220	3.00	*N/A*	15	*N/A*	47.0	2.5	*N/A*	*N/A*
	BRD: CEREAL, HNYNT CHEER, 2 OZ	1 BOWL	210	320	4.00	*N/A*	19	*N/A*	45.0	3.0	0.50	*N/A*
	BRD: CEREAL, LUCKY CHARMS 2 OZ	2 OZ	210	350	3.00	*N/A*	20	*N/A*	46.0	2.5	*N/A*	*N/A*
	BRD: POPTART, BLUE, TWIN PACK	1 TWIN PAC	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, FUDGE, TWIN PACK	1 TWIN PAC	359	389	5.98	*N/A*	33	4.98	75.74	5.98	1.99	*N/A*
	BRD: POPTART, STRAWB, TWIN PACK	1 TWIN PAC	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, BRCINN, TWIN PAC	1 TWIN PAC	369	379	5.98	*N/A*	31	4.98	74.74	4.98	1.99	*N/A*
	MUFFIN, OTIS, BLUE, 4 OZ	4 OZ	380	260	4.00	*N/A*	32	6.0	60.0	12.0	4.00	*N/A*
	MUFFIN, OTIS, CHOC, 4 OZ	4 OZ	380	260	4.00	*N/A*	34	8.0	64.0	12.0	4.00	*N/A*
	BRD: BENEFIT BAR, OAT/CHOC CHI	1 BAR	290	240	3.00	*N/A*	22	5.0	47.0	9.0	3.00	*N/A*
	BRD: DONUT, POWDERED	1 PACKAGE	310	250	2.00	*N/A*	29	3.0	52.0	11.0	5.00	*N/A*
	BRD: DONUT, CHOCOLATE, MINI	1 PACKAGE	319	260	2.99	*N/A*	17	4.99	41.93	15.97	8.98	*N/A*
	JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
	SYRUP, PANCAKE, 1 GALLON	1 OZ	100	27	*N/A*	*N/A*	24	*N/A*	25.5	*N/A*	*N/A*	*N/A*
	MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
	MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
	FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
	FRUIT: GRAPES, Fresh	1/2 CUP	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 13

Generated on: 12/21/2021 10:38:58 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/10/2022											
FRUIT: ORANGE, 1/2 CUP	1 ORANGE, 2 & 5/8"	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
FRUIT: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
VEG: POTATO, DICED, SEASONED	3 OZ WT	130	390	2.00	*N/A*	*N/A*	2.0	21.0	4.0	0.50	*N/A*
FRUIT: APPLE SLICES	1 BAG	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
Weighted Daily Average		1661	*2208	*15.32	*0.24	*118	*37.83	*254.13	*56.07	*20.07	*0.00
% of Calories						*28.4%	*9.1%	*61.2%	*30.4%	*10.9%	*0.0%
Nutrient Guideline		450-600	640							<10.00	

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/11/2022											
High School Breakfast											
	Total										
	PILLSBURY CIN CREAMCH BAGEL PK	240	180	2.00	*N/A*	13	6.0	41.02	6.0	2.50	*N/A*
	BRD: WAFFLE, SNACKN, BLUEBERRY	250	290	2.00	*N/A*	15	6.0	37.0	9.0	4.00	0.00
	BRD: WAFFLE, SNACKN, BTRYMPL	250	290	2.00	*N/A*	15	6.0	37.0	9.0	4.00	0.00
	BRD: WAFFLE, SNACKN, CINNAMON	250	290	2.00	*N/A*	15	6.0	37.0	9.0	4.00	0.00
	BRD: BREAD, CIN TOAST, KLOSTER	119	109	2.57	*0.03	3	3.62	21.92	2.62	*0.09	*0.00
	SDW: SAUSAGE CHEESE BISCUIT	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*0.00
	SDW: SAUSAGE/EGG/CH PANCAKE	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
	SDW: BACON/EGG/CHEESE BAGEL	341	757	*4.60	*N/A*	*6	17.4	35.35	16.15	4.75	*0.00
	SDW: HAM/EGG/CHEESE ENG MUFFIN	273	777	*1.00	*N/A*	2	16.17	27.67	11.83	3.25	*0.00
	SDW: BACON/EGG/CHEESE BISCUIT	350	1120	*0.00	*N/A*	*3	13.5	24.0	23.0	9.75	*0.00
	SDW: SAUS/EGG/CHEESE BIS	480	960	*1.00	*N/A*	*3	16.5	*26.0	34.0	12.75	*0.00
	SDW: SAUSAGE EGG CHEESE BAGEL	430	710	*4.00	*N/A*	*5	18.5	*31.0	27.0	8.75	*0.00
	SDW: CHICKEN BISCUIT	270	770	1.00	*N/A*	*2	11.0	29.0	12.5	6.00	*0.00
	FRENCH TOAST STICKS, BC, 4 EA	347	387	2.67	*N/A*	19	8.0	56.0	10.67	1.33	*N/A*
	BRD: DONUT, HOLES, 6 EACH	279	299	2.99	*N/A*	7	4.99	29.92	14.96	6.98	*N/A*
	TORNADO: SAUS/EGG/CHEESE	176	280	*N/A*	*N/A*	*N/A*	5.0	21.0	8.0	2.00	*N/A*
	GLAZE, POWDERED SUGAR	113	3	0.00	0.02	28	0.19	28.6	0.06	0.04	*0.00
	BRD: CEREAL, CINTSTCRUNCH 2OZ	230	320	3.00	*N/A*	17	*N/A*	44.0	6.0	1.00	*N/A*
	BRD: CEREAL, COCOA PUFFS, 2 OZ	210	220	3.00	*N/A*	15	*N/A*	47.0	2.5	*N/A*	*N/A*
	BRD: CEREAL, HNYNT CHEER, 2 OZ	210	320	4.00	*N/A*	19	*N/A*	45.0	3.0	0.50	*N/A*
	BRD: CEREAL, LUCKY CHARMS 2 OZ	210	350	3.00	*N/A*	20	*N/A*	46.0	2.5	*N/A*	*N/A*
	BRD: POPTART, BLUE, TWIN PACK	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, FUDGE, TWIN PACK	359	389	5.98	*N/A*	33	4.98	75.74	5.98	1.99	*N/A*
	BRD: POPTART, STRAWB, TWIN PACK	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, BRCINN, TWIN PAC	369	379	5.98	*N/A*	31	4.98	74.74	4.98	1.99	*N/A*
	MUFFIN, OTIS, BLUE, 4 OZ	380	260	4.00	*N/A*	32	6.0	60.0	12.0	4.00	*N/A*
	MUFFIN, OTIS, CHOC, 4 OZ	380	260	4.00	*N/A*	34	8.0	64.0	12.0	4.00	*N/A*
	BRD: BENEFIT BAR, OAT/CHOC CHI	290	240	3.00	*N/A*	22	5.0	47.0	9.0	3.00	*N/A*
	BRD: DONUT, POWDERED	310	250	2.00	*N/A*	29	3.0	52.0	11.0	5.00	*N/A*
	BRD: DONUT, CHOCOLATE, MINI	319	260	2.99	*N/A*	17	4.99	41.93	15.97	8.98	*N/A*
	JUICE, 4 OZ, APPLE	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE, 4 OZ, ORANGE	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, APPLE CHERRY	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, GRAPE	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
	SYRUP, PANCAKE, 1 GALLON	100	27	*N/A*	*N/A*	24	*N/A*	25.5	*N/A*	*N/A*	*N/A*
	MILK: DEANS, 1% WHITE	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
	MILK: DEANS, SKIM CHOCOLATE	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	MILK: DEANS, SKIM STRAWBERRY	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	FRUIT: APPLE, WHOLE, USDA	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 15

Generated on: 12/21/2021 10:38:58 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/11/2022											
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
FRUIT: GRAPES, Fresh	1/2 CUP	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00
FRUIT: ORANGE, 1/2 CUP	1 ORANGE, 2 & 5/8"	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
FRUIT: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
VEG: POTATO, HBR TRI	2 EACH	200	460	2.00	*N/A*	1	2.0	24.0	10.0	3.00	*N/A*
FRUIT: APPLE SLICES	1 BAG	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
Weighted Daily Average		1764	*2302	*16.74	*0.24	*125	*40.00	*272.11	*58.90	*21.50	*0.00
% of Calories						*28.3%	*9.1%	*61.7%	*30.1%	*11.0%	*0.0%
Nutrient Guideline		450-600	640							<10.00	

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/12/2022											
High School Breakfast											
PILLSBURY CIN CREAMCH BAGEL PK	Total										
BRD: CINN ROLL, PILLSBURY, 2.5 GLAZE, CREAM CHEESE	1 PKG	240	180	2.00	*N/A*	13	6.0	41.02	6.0	2.50	*N/A*
	2.5 OZ	220	180	1.00	*N/A*	9	5.0	33.0	8.0	3.00	*N/A*
	2 TABLESP	170	50	0.00	*N/A*	20	0.0	20.0	10.0	5.00	0.00
	OONS										
SDW: SAUSAGE CHEESE BISCUIT	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*0.00
SDW: SAUSAGE/EGG/CH PANCAKE	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
SDW: BACON/EGG/CHEESE BAGEL	1 SANDWICH	341	757	*4.60	*N/A*	*6	17.4	35.35	16.15	4.75	*0.00
SDW: HAM/EGG/CHEESE ENG MUFFIN	1 EACH	273	777	*1.00	*N/A*	2	16.17	27.67	11.83	3.25	*0.00
SDW: BACON/EGG/CHEESE BISCUIT	1 EACH	350	1120	*0.00	*N/A*	*3	13.5	24.0	23.0	9.75	*0.00
SDW: SAUS/EGG/CHEESE BIS	1 EACH	480	960	*1.00	*N/A*	*3	16.5	*26.0	34.0	12.75	*0.00
SDW: SAUSAGE EGG CHEESE BAGEL	1 SANDWICH	430	710	*4.00	*N/A*	*5	18.5	*31.0	27.0	8.75	*0.00
SDW: CHICKEN BISCUIT	1 EACH	270	770	1.00	*N/A*	*2	11.0	29.0	12.5	6.00	*0.00
FRENCH TOAST STICKS, BC, 4 EA	4 EACH	347	387	2.67	*N/A*	19	8.0	56.0	10.67	1.33	*N/A*
BRD: DONUT, HOLES, 6 EACH	6 EACH	279	299	2.99	*N/A*	7	4.99	29.92	14.96	6.98	*N/A*
TORNADO: SAUS/EGG/CHEESE	1 EA	176	280	*N/A*	*N/A*	*N/A*	5.0	21.0	8.0	2.00	*N/A*
GLAZE, POWDERED SUGAR	1 FL OZ	113	3	0.00	0.02	28	0.19	28.6	0.06	0.04	*0.00
BRD: CEREAL, CINTSTCRUNCH 2OZ	1 BOWL	230	320	3.00	*N/A*	17	*N/A*	44.0	6.0	1.00	*N/A*
BRD: CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	210	220	3.00	*N/A*	15	*N/A*	47.0	2.5	*N/A*	*N/A*
BRD: CEREAL, HNYNT CHEER, 2 OZ	1 BOWL	210	320	4.00	*N/A*	19	*N/A*	45.0	3.0	0.50	*N/A*
BRD: CEREAL, LUCKY CHARMS 2 OZ	2 OZ	210	350	3.00	*N/A*	20	*N/A*	46.0	2.5	*N/A*	*N/A*
BRD: POPTART, BLUE, TWIN PACK	1 TWIN PAC	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
BRD: POPTART, FUDGE, TWIN PACK	1 TWIN PAC	359	389	5.98	*N/A*	33	4.98	75.74	5.98	1.99	*N/A*
BRD: POPTART, STRAWB, TWIN PACK	1 TWIN PAC	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
BRD: POPTART, BRCINN, TWIN PAC	1 TWIN PAC	369	379	5.98	*N/A*	31	4.98	74.74	4.98	1.99	*N/A*
MUFFIN, OTIS, BLUE, 4 OZ	4 OZ	380	260	4.00	*N/A*	32	6.0	60.0	12.0	4.00	*N/A*
MUFFIN, OTIS, CHOC, 4 OZ	4 OZ	380	260	4.00	*N/A*	34	8.0	64.0	12.0	4.00	*N/A*
BRD: BENEFIT BAR, OAT/CHOC CHI	1 BAR	290	240	3.00	*N/A*	22	5.0	47.0	9.0	3.00	*N/A*
BRD: DONUT, POWDERED	1 PACKAGE	310	250	2.00	*N/A*	29	3.0	52.0	11.0	5.00	*N/A*
BRD: DONUT, CHOCOLATE, MINI	1 PACKAGE	319	260	2.99	*N/A*	17	4.99	41.93	15.97	8.98	*N/A*
JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
SYRUP, PANCAKE, 1 GALLON	1 OZ	100	27	*N/A*	*N/A*	24	*N/A*	25.5	*N/A*	*N/A*	*N/A*
MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/12/2022											
FRUIT: GRAPES,Fresh	1/2 CUP	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00
FRUIT: ORANGE, 1/2 CUP	1 ORANGE,2 &5/8"	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
FRUIT: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
VEG: POTATO, DICED, SEASONED	3 OZ WT	130	390	2.00	*N/A*	*N/A*	2.0	21.0	4.0	0.50	*N/A*
FRUIT: APPLE SLICES	1 BAG	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
Weighted Daily Average		1672	*2165	*15.48	*0.24	*121	*37.23	*258.29	*55.97	*20.41	*0.00
% of Calories						*29.1%	*8.9%	*61.8%	*30.1%	*11.0%	*0.0%
Nutrient Guideline		450-600	640							<10.00	

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/13/2022											
High School Breakfast											
	Total										
	PILLSBURY CIN CREAMCH BAGEL PK	240	180	2.00	*N/A*	13	6.0	41.02	6.0	2.50	*N/A*
	BRD: DUTCH WAFFLE	300	350	3.00	*N/A*	12	4.0	43.0	13.0	3.00	*N/A*
	SDW: SAUSAGE CHEESE BISCUIT	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*0.00
	SDW: SAUSAGE/EGG/CH PANCAKE	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
	SDW: BACON/EGG/CHEESE BAGEL	341	757	*4.60	*N/A*	*6	17.4	35.35	16.15	4.75	*0.00
	SDW: HAM/EGG/CHEESE ENG MUFFIN	273	777	*1.00	*N/A*	2	16.17	27.67	11.83	3.25	*0.00
	SDW: BACON/EGG/CHEESE BISCUIT	350	1120	*0.00	*N/A*	*3	13.5	24.0	23.0	9.75	*0.00
	SDW: SAUS/EGG/CHEESE BIS	480	960	*1.00	*N/A*	*3	16.5	*26.0	34.0	12.75	*0.00
	SDW: SAUSAGE EGG CHEESE BAGEL	430	710	*4.00	*N/A*	*5	18.5	*31.0	27.0	8.75	*0.00
	SDW: CHICKEN BISCUIT	270	770	1.00	*N/A*	*2	11.0	29.0	12.5	6.00	*0.00
	FRENCH TOAST STICKS, BC, 4 EA	347	387	2.67	*N/A*	19	8.0	56.0	10.67	1.33	*N/A*
	BRD: DONUT, HOLES, 6 EACH	279	299	2.99	*N/A*	7	4.99	29.92	14.96	6.98	*N/A*
	TORNADO: SAUS/EGG/CHEESE	176	280	*N/A*	*N/A*	*N/A*	5.0	21.0	8.0	2.00	*N/A*
	GLAZE, POWDERED SUGAR	113	3	0.00	0.02	28	0.19	28.6	0.06	0.04	*0.00
	BRD: CEREAL, CINTSTCRUNCH 2OZ	230	320	3.00	*N/A*	17	*N/A*	44.0	6.0	1.00	*N/A*
	BRD: CEREAL, COCOA PUFFS, 2 OZ	210	220	3.00	*N/A*	15	*N/A*	47.0	2.5	*N/A*	*N/A*
	BRD: CEREAL, HNYNT CHEER, 2 OZ	210	320	4.00	*N/A*	19	*N/A*	45.0	3.0	0.50	*N/A*
	BRD: CEREAL, LUCKY CHARMS 2 OZ	210	350	3.00	*N/A*	20	*N/A*	46.0	2.5	*N/A*	*N/A*
	BRD: POPTART, BLUE, TWIN PACK	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, FUDGE, TWIN PACK	359	389	5.98	*N/A*	33	4.98	75.74	5.98	1.99	*N/A*
	BRD: POPTART, STRAWB, TWIN PACK	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, BRCINN, TWIN PAC	369	379	5.98	*N/A*	31	4.98	74.74	4.98	1.99	*N/A*
	MUFFIN, OTIS, BLUE, 4 OZ	380	260	4.00	*N/A*	32	6.0	60.0	12.0	4.00	*N/A*
	MUFFIN, OTIS, CHOC, 4 OZ	380	260	4.00	*N/A*	34	8.0	64.0	12.0	4.00	*N/A*
	BRD: BENEFIT BAR, OAT/CHOC CHI	290	240	3.00	*N/A*	22	5.0	47.0	9.0	3.00	*N/A*
	BRD: DONUT, POWDERED	310	250	2.00	*N/A*	29	3.0	52.0	11.0	5.00	*N/A*
	BRD: DONUT, CHOCOLATE, MINI	319	260	2.99	*N/A*	17	4.99	41.93	15.97	8.98	*N/A*
	JUICE, 4 OZ, APPLE	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE, 4 OZ, ORANGE	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, APPLE CHERRY	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, GRAPE	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
	SYRUP, PANCAKE, 1 GALLON	100	27	*N/A*	*N/A*	24	*N/A*	25.5	*N/A*	*N/A*	*N/A*
	MILK: DEANS, 1% WHITE	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
	MILK: DEANS, SKIM CHOCOLATE	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	MILK: DEANS, SKIM STRAWBERRY	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	FRUIT: APPLE, WHOLE, USDA	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
	FRUIT: BANANA, SM, 1/2 CUP	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
	FRUIT: GRAPES, Fresh	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00
	FRUIT: ORANGE, 1/2 CUP	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/13/2022											
	&5/8"										
FRUIT: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
VEG: POTATO, HBR TRI	2 EACH	200	460	2.00	*N/A*	1	2.0	24.0	10.0	3.00	*N/A*
FRUIT: APPLE SLICES	1 BAG	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
Weighted Daily Average		1669	*2197	*15.82	*0.24	*119	*37.07	*257.13	*56.13	*19.99	*0.00
% of Calories						*28.5%	*8.9%	*61.6%	*30.3%	*10.8%	*0.0%
Nutrient Guideline		450-600	640							<10.00	

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/14/2022											
High School Breakfast											
	Total										
	PILLSBURY CIN CREAMCH BAGEL PK	240	180	2.00	*N/A*	13	6.0	41.02	6.0	2.50	*N/A*
	BRD: BISCUIT, PILLSBURY	2.2 OZ	170	570	0.00	*N/A*	2	3.0	22.0	8.0	5.00
	SAUSAGE GRAVY, JTM, CN	3.95 OZ WT	174	510	*N/A*	*N/A*	1	7.0	8.0	12.0	6.90
	SDW: SAUSAGE CHEESE BISCUIT	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25
	SDW: SAUSAGE/EGG/CH PANCAKE	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50
	SDW: BACON/EGG/CHEESE BAGEL	1 SANDWICH	341	757	*4.60	*N/A*	*6	17.4	35.35	16.15	4.75
	SDW: HAM/EGG/CHEESE ENG MUFFIN	1 EACH	273	777	*1.00	*N/A*	2	16.17	27.67	11.83	3.25
	SDW: BACON/EGG/CHEESE BISCUIT	1 EACH	350	1120	*0.00	*N/A*	*3	13.5	24.0	23.0	9.75
	SDW: SAUS/EGG/CHEESE BIS	1 EACH	480	960	*1.00	*N/A*	*3	16.5	*26.0	34.0	12.75
	SDW: SAUSAGE EGG CHEESE BAGEL	1 SANDWICH	430	710	*4.00	*N/A*	*5	18.5	*31.0	27.0	8.75
	SDW: CHICKEN BISCUIT	1 EACH	270	770	1.00	*N/A*	*2	11.0	29.0	12.5	6.00
	FRENCH TOAST STICKS, BC, 4 EA	4 EACH	347	387	2.67	*N/A*	19	8.0	56.0	10.67	1.33
	BRD: DONUT, HOLES, 6 EACH	6 EACH	279	299	2.99	*N/A*	7	4.99	29.92	14.96	6.98
	TORNADO: SAUS/EGG/CHEESE	1 EA	176	280	*N/A*	*N/A*	*N/A*	5.0	21.0	8.0	2.00
	GLAZE, POWDERED SUGAR	1 FL OZ	113	3	0.00	0.02	28	0.19	28.6	0.06	0.04
	BRD: CEREAL, CINTSTCRUNCH 2OZ	1 BOWL	230	320	3.00	*N/A*	17	*N/A*	44.0	6.0	1.00
	BRD: CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	210	220	3.00	*N/A*	15	*N/A*	47.0	2.5	*N/A*
	BRD: CEREAL, HNYNT CHEER, 2 OZ	1 BOWL	210	320	4.00	*N/A*	19	*N/A*	45.0	3.0	0.50
	BRD: CEREAL, LUCKY CHARMS 2 OZ	2 OZ	210	350	3.00	*N/A*	20	*N/A*	46.0	2.5	*N/A*
	BRD: POPTART, BLUE, TWIN PACK	1 TWIN PAC	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99
	BRD: POPTART, FUDGE, TWIN PACK	1 TWIN PAC	359	389	5.98	*N/A*	33	4.98	75.74	5.98	1.99
	BRD: POPTART, STRAWB, TWIN PACK	1 TWIN PAC	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99
	BRD: POPTART, BRCINN, TWIN PAC	1 TWIN PAC	369	379	5.98	*N/A*	31	4.98	74.74	4.98	1.99
	MUFFIN, OTIS, BLUE, 4 OZ	4 OZ	380	260	4.00	*N/A*	32	6.0	60.0	12.0	4.00
	MUFFIN, OTIS, CHOC, 4 OZ	4 OZ	380	260	4.00	*N/A*	34	8.0	64.0	12.0	4.00
	BRD: BENEFIT BAR, OAT/CHOC CHI	1 BAR	290	240	3.00	*N/A*	22	5.0	47.0	9.0	3.00
	BRD: DONUT, POWDERED	1 PACKAGE	310	250	2.00	*N/A*	29	3.0	52.0	11.0	5.00
	BRD: DONUT, CHOCOLATE, MINI	1 PACKAGE	319	260	2.99	*N/A*	17	4.99	41.93	15.97	8.98
	JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*
	JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*
	JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*
	JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*
	SYRUP, PANCAKE, 1 GALLON	1 OZ	100	27	*N/A*	*N/A*	24	*N/A*	25.5	*N/A*	*N/A*
	MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50
	MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00
	MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00
	FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*
	FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*
	FRUIT: GRAPES, Fresh	1/2 CUP	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 21

Generated on: 12/21/2021 10:38:58 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/14/2022											
FRUIT: ORANGE, 1/2 CUP	1 ORANGE, 2 & 5/8"	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
FRUIT: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
VEG: POTATO, DICED, SEASONED	3 OZ WT	130	390	2.00	*N/A*	*N/A*	2.0	21.0	4.0	0.50	*N/A*
FRUIT: APPLE SLICES	1 BAG	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
Weighted Daily Average		1665	*2307	*15.32	*0.24	*117	*38.07	*254.46	*56.30	*21.06	*0.00
% of Calories						*28.2%	*9.1%	*61.1%	*30.4%	*11.4%	*0.0%
Nutrient Guideline		450-600	640							<10.00	

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/17/2022											
High School Breakfast											
	Total										
	PILLSBURY CIN CREAMCH BAGEL PK	240	180	2.00	*N/A*	13	6.0	41.02	6.0	2.50	*N/A*
	BRD: PANCAKES, EGGO, MAPLE	249	376	*N/A*	*N/A*	12	5.0	40.97	6.99	1.00	*N/A*
	SDW: SAUSAGE CHEESE BISCUIT	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*0.00
	SDW: SAUSAGE/EGG/CH PANCAKE	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
	SDW: BACON/EGG/CHEESE BAGEL	341	757	*4.60	*N/A*	*6	17.4	35.35	16.15	4.75	*0.00
	SDW: HAM/EGG/CHEESE ENG MUFFIN	273	777	*1.00	*N/A*	2	16.17	27.67	11.83	3.25	*0.00
	SDW: BACON/EGG/CHEESE BISCUIT	350	1120	*0.00	*N/A*	*3	13.5	24.0	23.0	9.75	*0.00
	SDW: SAUS/EGG/CHEESE BIS	480	960	*1.00	*N/A*	*3	16.5	*26.0	34.0	12.75	*0.00
	SDW: SAUSAGE EGG CHEESE BAGEL	430	710	*4.00	*N/A*	*5	18.5	*31.0	27.0	8.75	*0.00
	SDW: CHICKEN BISCUIT	270	770	1.00	*N/A*	*2	11.0	29.0	12.5	6.00	*0.00
	FRENCH TOAST STICKS, BC, 4 EA	347	387	2.67	*N/A*	19	8.0	56.0	10.67	1.33	*N/A*
	BRD: DONUT, HOLES, 6 EACH	279	299	2.99	*N/A*	7	4.99	29.92	14.96	6.98	*N/A*
	TORNADO: SAUS/EGG/CHEESE	176	280	*N/A*	*N/A*	*N/A*	5.0	21.0	8.0	2.00	*N/A*
	GLAZE, POWDERED SUGAR	113	3	0.00	0.02	28	0.19	28.6	0.06	0.04	*0.00
	BRD: CEREAL, CINTSTCRUNCH 2OZ	230	320	3.00	*N/A*	17	*N/A*	44.0	6.0	1.00	*N/A*
	BRD: CEREAL, COCOA PUFFS, 2 OZ	210	220	3.00	*N/A*	15	*N/A*	47.0	2.5	*N/A*	*N/A*
	BRD: CEREAL, HNYNT CHEER, 2 OZ	210	320	4.00	*N/A*	19	*N/A*	45.0	3.0	0.50	*N/A*
	BRD: CEREAL, LUCKY CHARMS 2 OZ	210	350	3.00	*N/A*	20	*N/A*	46.0	2.5	*N/A*	*N/A*
	BRD: POPTART, BLUE, TWIN PACK	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, FUDGE, TWIN PACK	359	389	5.98	*N/A*	33	4.98	75.74	5.98	1.99	*N/A*
	BRD: POPTART, STRAWB, TWIN PACK	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, BRCINN, TWIN PAC	369	379	5.98	*N/A*	31	4.98	74.74	4.98	1.99	*N/A*
	MUFFIN, OTIS, BLUE, 4 OZ	380	260	4.00	*N/A*	32	6.0	60.0	12.0	4.00	*N/A*
	MUFFIN, OTIS, CHOC, 4 OZ	380	260	4.00	*N/A*	34	8.0	64.0	12.0	4.00	*N/A*
	BRD: BENEFIT BAR, OAT/CHOC CHI	290	240	3.00	*N/A*	22	5.0	47.0	9.0	3.00	*N/A*
	BRD: DONUT, POWDERED	310	250	2.00	*N/A*	29	3.0	52.0	11.0	5.00	*N/A*
	BRD: DONUT, CHOCOLATE, MINI	319	260	2.99	*N/A*	17	4.99	41.93	15.97	8.98	*N/A*
	JUICE, 4 OZ, APPLE	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE, 4 OZ, ORANGE	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, APPLE CHERRY	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, GRAPE	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
	SYRUP, PANCAKE, 1 GALLON	100	27	*N/A*	*N/A*	24	*N/A*	25.5	*N/A*	*N/A*	*N/A*
	MILK: DEANS, 1% WHITE	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
	MILK: DEANS, SKIM CHOCOLATE	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	MILK: DEANS, SKIM STRAWBERRY	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	FRUIT: APPLE, WHOLE, USDA	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
	FRUIT: BANANA, SM, 1/2 CUP	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
	FRUIT: GRAPES, Fresh	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00
	FRUIT: ORANGE, 1/2 CUP	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 23

Generated on: 12/21/2021 10:38:58 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/17/2022											
	&5/8"										
FRUIT: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
VEG: POTATO, DICED, SEASONED	3 OZ WT	130	390	2.00	*N/A*	*N/A*	2.0	21.0	4.0	0.50	*N/A*
FRUIT: APPLE SLICES	1 BAG	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
Weighted Daily Average		1649	*2189	*15.32	*0.24	*119	*37.23	*256.29	*54.13	*19.24	*0.00
% of Calories						*28.8%	*9.0%	*62.2%	*29.5%	*10.5%	*0.0%
Nutrient Guideline		450-600	640							<10.00	

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/18/2022											
High School Breakfast											
	Total										
	PILLSBURY CIN CREAMCH BAGEL PK	240	180	2.00	*N/A*	13	6.0	41.02	6.0	2.50	*N/A*
	BRD: WAFFLE, CHOC CHIP, TSTY B	260	100	2.00	*N/A*	19	4.0	37.0	12.0	4.00	0.00
	SDW: SAUSAGE CHEESE BISCUIT	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*0.00
	SDW: SAUSAGE/EGG/CH PANCAKE	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
	SDW: BACON/EGG/CHEESE BAGEL	341	757	*4.60	*N/A*	*6	17.4	35.35	16.15	4.75	*0.00
	SDW: HAM/EGG/CHEESE ENG MUFFIN	273	777	*1.00	*N/A*	2	16.17	27.67	11.83	3.25	*0.00
	SDW: BACON/EGG/CHEESE BISCUIT	350	1120	*0.00	*N/A*	*3	13.5	24.0	23.0	9.75	*0.00
	SDW: SAUS/EGG/CHEESE BIS	480	960	*1.00	*N/A*	*3	16.5	*26.0	34.0	12.75	*0.00
	SDW: SAUSAGE EGG CHEESE BAGEL	430	710	*4.00	*N/A*	*5	18.5	*31.0	27.0	8.75	*0.00
	SDW: CHICKEN BISCUIT	270	770	1.00	*N/A*	*2	11.0	29.0	12.5	6.00	*0.00
	FRENCH TOAST STICKS, BC, 4 EA	347	387	2.67	*N/A*	19	8.0	56.0	10.67	1.33	*N/A*
	BRD: DONUT, HOLES, 6 EACH	279	299	2.99	*N/A*	7	4.99	29.92	14.96	6.98	*N/A*
	TORNADO: SAUS/EGG/CHEESE	176	280	*N/A*	*N/A*	*N/A*	5.0	21.0	8.0	2.00	*N/A*
	GLAZE, POWDERED SUGAR	113	3	0.00	0.02	28	0.19	28.6	0.06	0.04	*0.00
	BRD: CEREAL, CINTSTCRUNCH 2OZ	230	320	3.00	*N/A*	17	*N/A*	44.0	6.0	1.00	*N/A*
	BRD: CEREAL, COCOA PUFFS, 2 OZ	210	220	3.00	*N/A*	15	*N/A*	47.0	2.5	*N/A*	*N/A*
	BRD: CEREAL, HNYNT CHEER, 2 OZ	210	320	4.00	*N/A*	19	*N/A*	45.0	3.0	0.50	*N/A*
	BRD: CEREAL, LUCKY CHARMS 2 OZ	210	350	3.00	*N/A*	20	*N/A*	46.0	2.5	*N/A*	*N/A*
	BRD: POPTART, BLUE, TWIN PACK	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, FUDGE, TWIN PACK	359	389	5.98	*N/A*	33	4.98	75.74	5.98	1.99	*N/A*
	BRD: POPTART, STRAWB, TWIN PACK	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, BRCINN, TWIN PAC	369	379	5.98	*N/A*	31	4.98	74.74	4.98	1.99	*N/A*
	MUFFIN, OTIS, BLUE, 4 OZ	380	260	4.00	*N/A*	32	6.0	60.0	12.0	4.00	*N/A*
	MUFFIN, OTIS, CHOC, 4 OZ	380	260	4.00	*N/A*	34	8.0	64.0	12.0	4.00	*N/A*
	BRD: BENEFIT BAR, OAT/CHOC CHI	290	240	3.00	*N/A*	22	5.0	47.0	9.0	3.00	*N/A*
	BRD: DONUT, POWDERED	310	250	2.00	*N/A*	29	3.0	52.0	11.0	5.00	*N/A*
	BRD: DONUT, CHOCOLATE, MINI	319	260	2.99	*N/A*	17	4.99	41.93	15.97	8.98	*N/A*
	JUICE, 4 OZ, APPLE	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE, 4 OZ, ORANGE	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, APPLE CHERRY	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, GRAPE	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
	SYRUP, PANCAKE, 1 GALLON	100	27	*N/A*	*N/A*	24	*N/A*	25.5	*N/A*	*N/A*	*N/A*
	MILK: DEANS, 1% WHITE	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
	MILK: DEANS, SKIM CHOCOLATE	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	MILK: DEANS, SKIM STRAWBERRY	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	FRUIT: APPLE, WHOLE, USDA	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
	FRUIT: BANANA, SM, 1/2 CUP	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
	FRUIT: GRAPES, Fresh	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00
	FRUIT: ORANGE, 1/2 CUP	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 25

Generated on: 12/21/2021 10:38:58 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/18/2022											
	&5/8"										
FRUIT: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
VEG: POTATO, HBR TRI	2 EACH	200	460	2.00	*N/A*	1	2.0	24.0	10.0	3.00	*N/A*
FRUIT: APPLE SLICES	1 BAG	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
Weighted Daily Average		1662	*2155	*15.65	*0.24	*120	*37.07	*256.13	*55.97	*20.16	*0.00
% of Calories						*28.9%	*8.9%	*61.6%	*30.3%	*10.9%	*0.0%
Nutrient Guideline		450-600	640							<10.00	

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/19/2022											
High School Breakfast											
PILLSBURY CIN CREAMCH BAGEL PK	Total										
BRD: CINN ROLL, PILLSBURY, 2.5 GLAZE, CREAM CHEESE	1 PKG	240	180	2.00	*N/A*	13	6.0	41.02	6.0	2.50	*N/A*
	2.5 OZ	220	180	1.00	*N/A*	9	5.0	33.0	8.0	3.00	*N/A*
	2 TABLESP	170	50	0.00	*N/A*	20	0.0	20.0	10.0	5.00	0.00
OONS											
SDW: SAUSAGE CHEESE BISCUIT	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*0.00
SDW: SAUSAGE/EGG/CH PANCAKE	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
SDW: BACON/EGG/CHEESE BAGEL	1 SANDWICH	341	757	*4.60	*N/A*	*6	17.4	35.35	16.15	4.75	*0.00
SDW: HAM/EGG/CHEESE ENG MUFFIN	1 EACH	273	777	*1.00	*N/A*	2	16.17	27.67	11.83	3.25	*0.00
SDW: BACON/EGG/CHEESE BISCUIT	1 EACH	350	1120	*0.00	*N/A*	*3	13.5	24.0	23.0	9.75	*0.00
SDW: SAUS/EGG/CHEESE BIS	1 EACH	480	960	*1.00	*N/A*	*3	16.5	*26.0	34.0	12.75	*0.00
SDW: SAUSAGE EGG CHEESE BAGEL	1 SANDWICH	430	710	*4.00	*N/A*	*5	18.5	*31.0	27.0	8.75	*0.00
SDW: CHICKEN BISCUIT	1 EACH	270	770	1.00	*N/A*	*2	11.0	29.0	12.5	6.00	*0.00
FRENCH TOAST STICKS, BC, 4 EA	4 EACH	347	387	2.67	*N/A*	19	8.0	56.0	10.67	1.33	*N/A*
BRD: DONUT, HOLES, 6 EACH	6 EACH	279	299	2.99	*N/A*	7	4.99	29.92	14.96	6.98	*N/A*
TORNADO: SAUS/EGG/CHEESE	1 EA	176	280	*N/A*	*N/A*	*N/A*	5.0	21.0	8.0	2.00	*N/A*
GLAZE, POWDERED SUGAR	1 FL OZ	113	3	0.00	0.02	28	0.19	28.6	0.06	0.04	*0.00
BRD: CEREAL, CINTSTCRUNCH 2OZ	1 BOWL	230	320	3.00	*N/A*	17	*N/A*	44.0	6.0	1.00	*N/A*
BRD: CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	210	220	3.00	*N/A*	15	*N/A*	47.0	2.5	*N/A*	*N/A*
BRD: CEREAL, HNYNT CHEER, 2 OZ	1 BOWL	210	320	4.00	*N/A*	19	*N/A*	45.0	3.0	0.50	*N/A*
BRD: CEREAL, LUCKY CHARMS 2 OZ	2 OZ	210	350	3.00	*N/A*	20	*N/A*	46.0	2.5	*N/A*	*N/A*
BRD: POPTART, BLUE, TWIN PACK	1 TWIN PAC	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
BRD: POPTART, FUDGE, TWIN PACK	1 TWIN PAC	359	389	5.98	*N/A*	33	4.98	75.74	5.98	1.99	*N/A*
BRD: POPTART, STRAWB, TWIN PACK	1 TWIN PAC	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
BRD: POPTART, BRCINN, TWIN PAC	1 TWIN PAC	369	379	5.98	*N/A*	31	4.98	74.74	4.98	1.99	*N/A*
MUFFIN, OTIS, BLUE, 4 OZ	4 OZ	380	260	4.00	*N/A*	32	6.0	60.0	12.0	4.00	*N/A*
MUFFIN, OTIS, CHOC, 4 OZ	4 OZ	380	260	4.00	*N/A*	34	8.0	64.0	12.0	4.00	*N/A*
BRD: BENEFIT BAR, OAT/CHOC CHI	1 BAR	290	240	3.00	*N/A*	22	5.0	47.0	9.0	3.00	*N/A*
BRD: DONUT, POWDERED	1 PACKAGE	310	250	2.00	*N/A*	29	3.0	52.0	11.0	5.00	*N/A*
BRD: DONUT, CHOCOLATE, MINI	1 PACKAGE	319	260	2.99	*N/A*	17	4.99	41.93	15.97	8.98	*N/A*
JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
SYRUP, PANCAKE, 1 GALLON	1 OZ	100	27	*N/A*	*N/A*	24	*N/A*	25.5	*N/A*	*N/A*	*N/A*
MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/19/2022											
FRUIT: GRAPES,Fresh	1/2 CUP	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00
FRUIT: ORANGE, 1/2 CUP	1 ORANGE,2 &5/8"	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
FRUIT: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
VEG: POTATO, DICED, SEASONED	3 OZ WT	130	390	2.00	*N/A*	*N/A*	2.0	21.0	4.0	0.50	*N/A*
FRUIT: APPLE SLICES	1 BAG	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
Weighted Daily Average		1672	*2165	*15.48	*0.24	*121	*37.23	*258.29	*55.97	*20.41	*0.00
% of Calories						*29.1%	*8.9%	*61.8%	*30.1%	*11.0%	*0.0%
Nutrient Guideline		450-600	640							<10.00	

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/20/2022											
High School Breakfast											
	Total										
	PILLSBURY CIN CREAMCH BAGEL PK	240	180	2.00	*N/A*	13	6.0	41.02	6.0	2.50	*N/A*
	BRD: TURNOVER, APPLE	350	220	1.00	*N/A*	8	4.0	33.0	22.0	11.00	0.00
	SDW: SAUSAGE CHEESE BISCUIT	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*0.00
	SDW: SAUSAGE/EGG/CH PANCAKE	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
	SDW: BACON/EGG/CHEESE BAGEL	341	757	*4.60	*N/A*	*6	17.4	35.35	16.15	4.75	*0.00
	SDW: HAM/EGG/CHEESE ENG MUFFIN	273	777	*1.00	*N/A*	2	16.17	27.67	11.83	3.25	*0.00
	SDW: BACON/EGG/CHEESE BISCUIT	350	1120	*0.00	*N/A*	*3	13.5	24.0	23.0	9.75	*0.00
	SDW: SAUS/EGG/CHEESE BIS	480	960	*1.00	*N/A*	*3	16.5	*26.0	34.0	12.75	*0.00
	SDW: SAUSAGE EGG CHEESE BAGEL	430	710	*4.00	*N/A*	*5	18.5	*31.0	27.0	8.75	*0.00
	SDW: CHICKEN BISCUIT	270	770	1.00	*N/A*	*2	11.0	29.0	12.5	6.00	*0.00
	FRENCH TOAST STICKS, BC, 4 EA	347	387	2.67	*N/A*	19	8.0	56.0	10.67	1.33	*N/A*
	BRD: DONUT, HOLES, 6 EACH	279	299	2.99	*N/A*	7	4.99	29.92	14.96	6.98	*N/A*
	TORNADO: SAUS/EGG/CHEESE	176	280	*N/A*	*N/A*	*N/A*	5.0	21.0	8.0	2.00	*N/A*
	GLAZE, POWDERED SUGAR	113	3	0.00	0.02	28	0.19	28.6	0.06	0.04	*0.00
	BRD: CEREAL, CINTSTCRUNCH 2OZ	230	320	3.00	*N/A*	17	*N/A*	44.0	6.0	1.00	*N/A*
	BRD: CEREAL, COCOA PUFFS, 2 OZ	210	220	3.00	*N/A*	15	*N/A*	47.0	2.5	*N/A*	*N/A*
	BRD: CEREAL, HNYNT CHEER, 2 OZ	210	320	4.00	*N/A*	19	*N/A*	45.0	3.0	0.50	*N/A*
	BRD: CEREAL, LUCKY CHARMS 2 OZ	210	350	3.00	*N/A*	20	*N/A*	46.0	2.5	*N/A*	*N/A*
	BRD: POPTART, BLUE, TWIN PACK	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, FUDGE, TWIN PACK	359	389	5.98	*N/A*	33	4.98	75.74	5.98	1.99	*N/A*
	BRD: POPTART, STRAWB, TWIN PACK	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, BRCINN, TWIN PAC	369	379	5.98	*N/A*	31	4.98	74.74	4.98	1.99	*N/A*
	MUFFIN, OTIS, BLUE, 4 OZ	380	260	4.00	*N/A*	32	6.0	60.0	12.0	4.00	*N/A*
	MUFFIN, OTIS, CHOC, 4 OZ	380	260	4.00	*N/A*	34	8.0	64.0	12.0	4.00	*N/A*
	BRD: BENEFIT BAR, OAT/CHOC CHI	290	240	3.00	*N/A*	22	5.0	47.0	9.0	3.00	*N/A*
	BRD: DONUT, POWDERED	310	250	2.00	*N/A*	29	3.0	52.0	11.0	5.00	*N/A*
	BRD: DONUT, CHOCOLATE, MINI	319	260	2.99	*N/A*	17	4.99	41.93	15.97	8.98	*N/A*
	JUICE, 4 OZ, APPLE	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE, 4 OZ, ORANGE	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, APPLE CHERRY	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, GRAPE	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
	SYRUP, PANCAKE, 1 GALLON	100	27	*N/A*	*N/A*	24	*N/A*	25.5	*N/A*	*N/A*	*N/A*
	MILK: DEANS, 1% WHITE	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
	MILK: DEANS, SKIM CHOCOLATE	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	MILK: DEANS, SKIM STRAWBERRY	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	FRUIT: APPLE, WHOLE, USDA	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
	FRUIT: BANANA, SM, 1/2 CUP	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
	FRUIT: GRAPES, Fresh	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00
	FRUIT: ORANGE, 1/2 CUP	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 29

Generated on: 12/21/2021 10:38:58 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/20/2022											
	&5/8"										
FRUIT: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
VEG: POTATO, HBR TRI	2 EACH	200	460	2.00	*N/A*	1	2.0	24.0	10.0	3.00	*N/A*
FRUIT: APPLE SLICES	1 BAG	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
Weighted Daily Average		1677	*2175	*15.48	*0.24	*118	*37.07	*255.46	*57.63	*21.32	*0.00
% of Calories						*28.2%	*8.8%	*60.9%	*30.9%	*11.4%	*0.0%
Nutrient Guideline		450-600	640							<10.00	

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/21/2022											
High School Breakfast											
	Total										
	PILLSBURY CIN CREAMCH BAGEL PK	240	180	2.00	*N/A*	13	6.0	41.02	6.0	2.50	*N/A*
	BRD: BISCUIT, PILLSBURY	2.2 OZ	170	570	0.00	*N/A*	2	3.0	22.0	8.0	5.00
	SAUSAGE GRAVY, JTM, CN	3.95 OZ WT	174	510	*N/A*	*N/A*	1	7.0	8.0	12.0	6.90
	SDW: SAUSAGE CHEESE BISCUIT	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25
	SDW: SAUSAGE/EGG/CH PANCAKE	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50
	SDW: BACON/EGG/CHEESE BAGEL	1 SANDWICH	341	757	*4.60	*N/A*	*6	17.4	35.35	16.15	4.75
	SDW: HAM/EGG/CHEESE ENG MUFFIN	1 EACH	273	777	*1.00	*N/A*	2	16.17	27.67	11.83	3.25
	SDW: BACON/EGG/CHEESE BISCUIT	1 EACH	350	1120	*0.00	*N/A*	*3	13.5	24.0	23.0	9.75
	SDW: SAUS/EGG/CHEESE BIS	1 EACH	480	960	*1.00	*N/A*	*3	16.5	*26.0	34.0	12.75
	SDW: SAUSAGE EGG CHEESE BAGEL	1 SANDWICH	430	710	*4.00	*N/A*	*5	18.5	*31.0	27.0	8.75
	SDW: CHICKEN BISCUIT	1 EACH	270	770	1.00	*N/A*	*2	11.0	29.0	12.5	6.00
	FRENCH TOAST STICKS, BC, 4 EA	4 EACH	347	387	2.67	*N/A*	19	8.0	56.0	10.67	1.33
	BRD: DONUT, HOLES, 6 EACH	6 EACH	279	299	2.99	*N/A*	7	4.99	29.92	14.96	6.98
	TORNADO: SAUS/EGG/CHEESE	1 EA	176	280	*N/A*	*N/A*	*N/A*	5.0	21.0	8.0	2.00
	GLAZE, POWDERED SUGAR	1 FL OZ	113	3	0.00	0.02	28	0.19	28.6	0.06	0.04
	BRD: CEREAL, CINTSTCRUNCH 2OZ	1 BOWL	230	320	3.00	*N/A*	17	*N/A*	44.0	6.0	1.00
	BRD: CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	210	220	3.00	*N/A*	15	*N/A*	47.0	2.5	*N/A*
	BRD: CEREAL, HNYNT CHEER, 2 OZ	1 BOWL	210	320	4.00	*N/A*	19	*N/A*	45.0	3.0	0.50
	BRD: CEREAL, LUCKY CHARMS 2 OZ	2 OZ	210	350	3.00	*N/A*	20	*N/A*	46.0	2.5	*N/A*
	BRD: POPTART, BLUE, TWIN PACK	1 TWIN PAC	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99
	BRD: POPTART, FUDGE, TWIN PACK	1 TWIN PAC	359	389	5.98	*N/A*	33	4.98	75.74	5.98	1.99
	BRD: POPTART, STRAWB, TWIN PACK	1 TWIN PAC	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99
	BRD: POPTART, BRCINN, TWIN PAC	1 TWIN PAC	369	379	5.98	*N/A*	31	4.98	74.74	4.98	1.99
	MUFFIN, OTIS, BLUE, 4 OZ	4 OZ	380	260	4.00	*N/A*	32	6.0	60.0	12.0	4.00
	MUFFIN, OTIS, CHOC, 4 OZ	4 OZ	380	260	4.00	*N/A*	34	8.0	64.0	12.0	4.00
	BRD: BENEFIT BAR, OAT/CHOC CHI	1 BAR	290	240	3.00	*N/A*	22	5.0	47.0	9.0	3.00
	BRD: DONUT, POWDERED	1 PACKAGE	310	250	2.00	*N/A*	29	3.0	52.0	11.0	5.00
	BRD: DONUT, CHOCOLATE, MINI	1 PACKAGE	319	260	2.99	*N/A*	17	4.99	41.93	15.97	8.98
	JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*
	JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*
	JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*
	JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*
	SYRUP, PANCAKE, 1 GALLON	1 OZ	100	27	*N/A*	*N/A*	24	*N/A*	25.5	*N/A*	*N/A*
	MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50
	MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00
	MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00
	FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*
	FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*
	FRUIT: GRAPES, Fresh	1/2 CUP	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 31

Generated on: 12/21/2021 10:38:59 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/21/2022											
FRUIT: ORANGE, 1/2 CUP	1 ORANGE, 2 & 5/8"	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
FRUIT: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
VEG: POTATO, DICED, SEASONED	3 OZ WT	130	390	2.00	*N/A*	*N/A*	2.0	21.0	4.0	0.50	*N/A*
FRUIT: APPLE SLICES	1 BAG	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
Weighted Daily Average		1665	*2307	*15.32	*0.24	*117	*38.07	*254.46	*56.30	*21.06	*0.00
% of Calories						*28.2%	*9.1%	*61.1%	*30.4%	*11.4%	*0.0%
Nutrient Guideline		450-600	640							<10.00	

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/24/2022											
High School Breakfast											
	Total										
	1 PKG	240	180	2.00	*N/A*	13	6.0	41.02	6.0	2.50	*N/A*
	PILLSBURY CIN CREAMCH BAGEL PK										
	1 OMELET	120	300	*N/A*	*N/A*	0	7.0	1.0	10.0	3.50	*N/A*
	EGG, OMELET, PAPERETTI'S										
	1 SLICE	119	109	2.57	*0.03	3	3.62	21.92	2.62	*0.09	*0.00
	BRD: BREAD, CIN TOAST, KLOSTER										
	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*0.00
	SDW: SAUSAGE CHEESE BISCUIT										
	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
	SDW: SAUSAGE/EGG/CH PANCAKE										
	1 SANDWICH	341	757	*4.60	*N/A*	*6	17.4	35.35	16.15	4.75	*0.00
	SDW: BACON/EGG/CHEESE BAGEL										
	1 EACH	273	777	*1.00	*N/A*	2	16.17	27.67	11.83	3.25	*0.00
	SDW: HAM/EGG/CHEESE ENG MUFFIN										
	1 EACH	350	1120	*0.00	*N/A*	*3	13.5	24.0	23.0	9.75	*0.00
	SDW: BACON/EGG/CHEESE BISCUIT										
	1 EACH	480	960	*1.00	*N/A*	*3	16.5	*26.0	34.0	12.75	*0.00
	SDW: SAUS/EGG/CHEESE BIS										
	1 SANDWICH	430	710	*4.00	*N/A*	*5	18.5	*31.0	27.0	8.75	*0.00
	SDW: SAUSAGE EGG CHEESE BAGEL										
	1 EACH	270	770	1.00	*N/A*	*2	11.0	29.0	12.5	6.00	*0.00
	SDW: CHICKEN BISCUIT										
	4 EACH	347	387	2.67	*N/A*	19	8.0	56.0	10.67	1.33	*N/A*
	FRENCH TOAST STICKS, BC, 4 EA										
	6 EACH	279	299	2.99	*N/A*	7	4.99	29.92	14.96	6.98	*N/A*
	BRD: DONUT, HOLES, 6 EACH										
	1 EA	176	280	*N/A*	*N/A*	*N/A*	5.0	21.0	8.0	2.00	*N/A*
	TORNADO: SAUS/EGG/CHEESE										
	1 FL OZ	113	3	0.00	0.02	28	0.19	28.6	0.06	0.04	*0.00
	GLAZE, POWDERED SUGAR										
	1 BOWL	230	320	3.00	*N/A*	17	*N/A*	44.0	6.0	1.00	*N/A*
	BRD: CEREAL, CINTSTCRUNCH 2OZ										
	1 BOWL	210	220	3.00	*N/A*	15	*N/A*	47.0	2.5	*N/A*	*N/A*
	BRD: CEREAL, COCOA PUFFS, 2 OZ										
	1 BOWL	210	320	4.00	*N/A*	19	*N/A*	45.0	3.0	0.50	*N/A*
	BRD: CEREAL, HNYNT CHEER, 2 OZ										
	2 OZ	210	350	3.00	*N/A*	20	*N/A*	46.0	2.5	*N/A*	*N/A*
	BRD: CEREAL, LUCKY CHARMS 2 OZ										
	1 TWIN PAC	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, BLUE, TWIN PACK										
	1 TWIN PAC	359	389	5.98	*N/A*	33	4.98	75.74	5.98	1.99	*N/A*
	BRD: POPTART, FUDGE, TWIN PACK										
	1 TWIN PAC	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, STRAWB, TWIN PACK										
	1 TWIN PAC	369	379	5.98	*N/A*	31	4.98	74.74	4.98	1.99	*N/A*
	BRD: POPTART, BRCINN, TWIN PAC										
	4 OZ	380	260	4.00	*N/A*	32	6.0	60.0	12.0	4.00	*N/A*
	MUFFIN, OTIS, BLUE, 4 OZ										
	4 OZ	380	260	4.00	*N/A*	34	8.0	64.0	12.0	4.00	*N/A*
	MUFFIN, OTIS, CHOC, 4 OZ										
	1 BAR	290	240	3.00	*N/A*	22	5.0	47.0	9.0	3.00	*N/A*
	BRD: BENEFIT BAR, OAT/CHOC CHI										
	1 PACKAGE	310	250	2.00	*N/A*	29	3.0	52.0	11.0	5.00	*N/A*
	BRD: DONUT, POWDERED										
	1 PACKAGE	319	260	2.99	*N/A*	17	4.99	41.93	15.97	8.98	*N/A*
	BRD: DONUT, CHOCOLATE, MINI										
	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE, 4 OZ, APPLE										
	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE, 4 OZ, ORANGE										
	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, APPLE CHERRY										
	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, GRAPE										
	1 OZ	100	27	*N/A*	*N/A*	24	*N/A*	25.5	*N/A*	*N/A*	*N/A*
	SYRUP, PANCAKE, 1 GALLON										
	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
	MILK: DEANS, 1% WHITE										
	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	MILK: DEANS, SKIM CHOCOLATE										
	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	MILK: DEANS, SKIM STRAWBERRY										
	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
	FRUIT: APPLE, WHOLE, USDA										
	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
	FRUIT: BANANA, SM, 1/2 CUP										
	1/2 CUP	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00
	FRUIT: GRAPES, Fresh										

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 33

Generated on: 12/21/2021 10:38:59 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/24/2022											
FRUIT: ORANGE, 1/2 CUP	1 ORANGE, 2 & 5/8"	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
FRUIT: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
VEG: POTATO, DICED, SEASONED	3 OZ WT	130	390	2.00	*N/A*	*N/A*	2.0	21.0	4.0	0.50	*N/A*
FRUIT: APPLE SLICES	1 BAG	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
Weighted Daily Average		1647	*2195	*15.74	*0.24	*117	*38.17	*253.28	*55.07	*19.67	*0.00
% of Calories						*28.5%	*9.3%	*61.5%	*30.1%	*10.7%	*0.0%
Nutrient Guideline		450-600	640							<10.00	

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/25/2022											
High School Breakfast											
	Total										
	1 PKG	240	180	2.00	*N/A*	13	6.0	41.02	6.0	2.50	*N/A*
	BRD: WAFFLE, SNACKN, BLUEBERRY	250	290	2.00	*N/A*	15	6.0	37.0	9.0	4.00	0.00
	BRD: WAFFLE, SNACKN, BTRYMPL	250	290	2.00	*N/A*	15	6.0	37.0	9.0	4.00	0.00
	BRD: WAFFLE, SNACKN, CINNAMON	250	290	2.00	*N/A*	15	6.0	37.0	9.0	4.00	0.00
	SDW: SAUSAGE CHEESE BISCUIT	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*0.00
	SDW: SAUSAGE/EGG/CH PANCAKE	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
	SDW: BACON/EGG/CHEESE BAGEL	341	757	*4.60	*N/A*	*6	17.4	35.35	16.15	4.75	*0.00
	SDW: HAM/EGG/CHEESE ENG MUFFIN	273	777	*1.00	*N/A*	2	16.17	27.67	11.83	3.25	*0.00
	SDW: BACON/EGG/CHEESE BISCUIT	350	1120	*0.00	*N/A*	*3	13.5	24.0	23.0	9.75	*0.00
	SDW: SAUS/EGG/CHEESE BIS	480	960	*1.00	*N/A*	*3	16.5	*26.0	34.0	12.75	*0.00
	SDW: SAUSAGE EGG CHEESE BAGEL	430	710	*4.00	*N/A*	*5	18.5	*31.0	27.0	8.75	*0.00
	SDW: CHICKEN BISCUIT	270	770	1.00	*N/A*	*2	11.0	29.0	12.5	6.00	*0.00
	BRD: DONUT, HOLES, 6 EACH	279	299	2.99	*N/A*	7	4.99	29.92	14.96	6.98	*N/A*
	FRENCH TOAST STICKS, BC, 4 EA	347	387	2.67	*N/A*	19	8.0	56.0	10.67	1.33	*N/A*
	TORNADO: SAUS/EGG/CHEESE	176	280	*N/A*	*N/A*	*N/A*	5.0	21.0	8.0	2.00	*N/A*
	GLAZE, POWDERED SUGAR	113	3	0.00	0.02	28	0.19	28.6	0.06	0.04	*0.00
	BRD: CEREAL, CINTSTCRUNCH 2OZ	230	320	3.00	*N/A*	17	*N/A*	44.0	6.0	1.00	*N/A*
	BRD: CEREAL, COCOA PUFFS, 2 OZ	210	220	3.00	*N/A*	15	*N/A*	47.0	2.5	*N/A*	*N/A*
	BRD: CEREAL, HNYNT CHEER, 2 OZ	210	320	4.00	*N/A*	19	*N/A*	45.0	3.0	0.50	*N/A*
	BRD: CEREAL, LUCKY CHARMS 2 OZ	210	350	3.00	*N/A*	20	*N/A*	46.0	2.5	*N/A*	*N/A*
	BRD: POPTART, BLUE, TWIN PACK	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, FUDGE, TWIN PACK	359	389	5.98	*N/A*	33	4.98	75.74	5.98	1.99	*N/A*
	BRD: POPTART, STRAWB, TWIN PACK	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, BRCINN, TWIN PAC	369	379	5.98	*N/A*	31	4.98	74.74	4.98	1.99	*N/A*
	MUFFIN, OTIS, BLUE, 4 OZ	380	260	4.00	*N/A*	32	6.0	60.0	12.0	4.00	*N/A*
	MUFFIN, OTIS, CHOC, 4 OZ	380	260	4.00	*N/A*	34	8.0	64.0	12.0	4.00	*N/A*
	BRD: BENEFIT BAR, OAT/CHOC CHI	290	240	3.00	*N/A*	22	5.0	47.0	9.0	3.00	*N/A*
	BRD: DONUT, POWDERED	310	250	2.00	*N/A*	29	3.0	52.0	11.0	5.00	*N/A*
	BRD: DONUT, CHOCOLATE, MINI	319	260	2.99	*N/A*	17	4.99	41.93	15.97	8.98	*N/A*
	JUICE, 4 OZ, APPLE	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE, 4 OZ, ORANGE	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, APPLE CHERRY	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, GRAPE	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
	SYRUP, PANCAKE, 1 GALLON	100	27	*N/A*	*N/A*	24	*N/A*	25.5	*N/A*	*N/A*	*N/A*
	MILK: DEANS, 1% WHITE	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
	MILK: DEANS, SKIM CHOCOLATE	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	MILK: DEANS, SKIM STRAWBERRY	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	FRUIT: APPLE, WHOLE, USDA	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
	FRUIT: BANANA, SM, 1/2 CUP	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 35

Generated on: 12/21/2021 10:38:59 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/25/2022											
FRUIT: GRAPES, Fresh	1/2 CUP	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00
FRUIT: ORANGE, 1/2 CUP	1 ORANGE, 2 & 5/8"	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
FRUIT: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
VEG: POTATO, HBR TRI	2 EACH	200	460	2.00	*N/A*	1	2.0	24.0	10.0	3.00	*N/A*
FRUIT: APPLE SLICES	1 BAG	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
Weighted Daily Average		1744	*2283	*16.32	*0.24	*124	*39.40	*268.46	*58.47	*21.49	*0.00
% of Calories						*28.5%	*9.0%	*61.6%	*30.2%	*11.1%	*0.0%
Nutrient Guideline		450-600	640							<10.00	

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/26/2022											
High School Breakfast											
PILLSBURY CIN CREAMCH BAGEL PK	Total										
BRD: CINN ROLL, PILLSBURY, 2.5 GLAZE, CREAM CHEESE	1 PKG	240	180	2.00	*N/A*	13	6.0	41.02	6.0	2.50	*N/A*
	2.5 OZ	220	180	1.00	*N/A*	9	5.0	33.0	8.0	3.00	*N/A*
	2 TABLESP OONS	170	50	0.00	*N/A*	20	0.0	20.0	10.0	5.00	0.00
SDW: SAUSAGE CHEESE BISCUIT	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*0.00
SDW: SAUSAGE/EGG/CH PANCAKE	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
SDW: BACON/EGG/CHEESE BAGEL	1 SANDWICH	341	757	*4.60	*N/A*	*6	17.4	35.35	16.15	4.75	*0.00
SDW: HAM/EGG/CHEESE ENG MUFFIN	1 EACH	273	777	*1.00	*N/A*	2	16.17	27.67	11.83	3.25	*0.00
SDW: BACON/EGG/CHEESE BISCUIT	1 EACH	350	1120	*0.00	*N/A*	*3	13.5	24.0	23.0	9.75	*0.00
SDW: SAUS/EGG/CHEESE BIS	1 EACH	480	960	*1.00	*N/A*	*3	16.5	*26.0	34.0	12.75	*0.00
SDW: SAUSAGE EGG CHEESE BAGEL	1 SANDWICH	430	710	*4.00	*N/A*	*5	18.5	*31.0	27.0	8.75	*0.00
SDW: CHICKEN BISCUIT	1 EACH	270	770	1.00	*N/A*	*2	11.0	29.0	12.5	6.00	*0.00
FRENCH TOAST STICKS, BC, 4 EA	4 EACH	347	387	2.67	*N/A*	19	8.0	56.0	10.67	1.33	*N/A*
BRD: DONUT, HOLES, 6 EACH	6 EACH	279	299	2.99	*N/A*	7	4.99	29.92	14.96	6.98	*N/A*
TORNADO: SAUS/EGG/CHEESE	1 EA	176	280	*N/A*	*N/A*	*N/A*	5.0	21.0	8.0	2.00	*N/A*
GLAZE, POWDERED SUGAR	1 FL OZ	113	3	0.00	0.02	28	0.19	28.6	0.06	0.04	*0.00
BRD: CEREAL, CINTSTCRUNCH 2OZ	1 BOWL	230	320	3.00	*N/A*	17	*N/A*	44.0	6.0	1.00	*N/A*
BRD: CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	210	220	3.00	*N/A*	15	*N/A*	47.0	2.5	*N/A*	*N/A*
BRD: CEREAL, HNYNT CHEER, 2 OZ	1 BOWL	210	320	4.00	*N/A*	19	*N/A*	45.0	3.0	0.50	*N/A*
BRD: CEREAL, LUCKY CHARMS 2 OZ	2 OZ	210	350	3.00	*N/A*	20	*N/A*	46.0	2.5	*N/A*	*N/A*
BRD: POPTART, BLUE, TWIN PACK	1 TWIN PAC	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
BRD: POPTART, FUDGE, TWIN PACK	1 TWIN PAC	359	389	5.98	*N/A*	33	4.98	75.74	5.98	1.99	*N/A*
BRD: POPTART, STRAWB, TWIN PACK	1 TWIN PAC	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
BRD: POPTART, BRCINN, TWIN PAC	1 TWIN PAC	369	379	5.98	*N/A*	31	4.98	74.74	4.98	1.99	*N/A*
MUFFIN, OTIS, BLUE, 4 OZ	4 OZ	380	260	4.00	*N/A*	32	6.0	60.0	12.0	4.00	*N/A*
MUFFIN, OTIS, CHOC, 4 OZ	4 OZ	380	260	4.00	*N/A*	34	8.0	64.0	12.0	4.00	*N/A*
BRD: BENEFIT BAR, OAT/CHOC CHI	1 BAR	290	240	3.00	*N/A*	22	5.0	47.0	9.0	3.00	*N/A*
BRD: DONUT, POWDERED	1 PACKAGE	310	250	2.00	*N/A*	29	3.0	52.0	11.0	5.00	*N/A*
BRD: DONUT, CHOCOLATE, MINI	1 PACKAGE	319	260	2.99	*N/A*	17	4.99	41.93	15.97	8.98	*N/A*
JUICE, 4 OZ, APPLE	4 OZ	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE, 4 OZ, ORANGE	4 OZ	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, APPLE CHERRY	4 OZ	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
JUICE: 4 OZ, GRAPE	4 OZ	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
SYRUP, PANCAKE, 1 GALLON	1 OZ	100	27	*N/A*	*N/A*	24	*N/A*	25.5	*N/A*	*N/A*	*N/A*
MILK: DEANS, 1% WHITE	8 OZ	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
MILK: DEANS, SKIM CHOCOLATE	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
MILK: DEANS, SKIM STRAWBERRY	8 OZ	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
FRUIT: APPLE, WHOLE, USDA	1 APPLE	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
FRUIT: BANANA, SM, 1/2 CUP	6 inch banana	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 37

Generated on: 12/21/2021 10:38:59 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/26/2022											
FRUIT: GRAPES, Fresh	1/2 CUP	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00
FRUIT: ORANGE, 1/2 CUP	1 ORANGE, 2 & 5/8"	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
FRUIT: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
VEG: POTATO, DICED, SEASONED	3 OZ WT	130	390	2.00	*N/A*	*N/A*	2.0	21.0	4.0	0.50	*N/A*
FRUIT: APPLE SLICES	1 BAG	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
Weighted Daily Average		1672	*2165	*15.48	*0.24	*121	*37.23	*258.29	*55.97	*20.41	*0.00
% of Calories						*29.1%	*8.9%	*61.8%	*30.1%	*11.0%	*0.0%
Nutrient Guideline		450-600	640							<10.00	

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/27/2022											
High School Breakfast											
	Total										
	PILLSBURY CIN CREAMCH BAGEL PK	240	180	2.00	*N/A*	13	6.0	41.02	6.0	2.50	*N/A*
	BRD: DUTCH WAFFLE	300	350	3.00	*N/A*	12	4.0	43.0	13.0	3.00	*N/A*
	SDW: SAUSAGE CHEESE BISCUIT	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*0.00
	SDW: SAUSAGE/EGG/CH PANCAKE	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
	SDW: BACON/EGG/CHEESE BAGEL	341	757	*4.60	*N/A*	*6	17.4	35.35	16.15	4.75	*0.00
	SDW: HAM/EGG/CHEESE ENG MUFFIN	273	777	*1.00	*N/A*	2	16.17	27.67	11.83	3.25	*0.00
	SDW: BACON/EGG/CHEESE BISCUIT	350	1120	*0.00	*N/A*	*3	13.5	24.0	23.0	9.75	*0.00
	SDW: SAUS/EGG/CHEESE BIS	480	960	*1.00	*N/A*	*3	16.5	*26.0	34.0	12.75	*0.00
	SDW: SAUSAGE EGG CHEESE BAGEL	430	710	*4.00	*N/A*	*5	18.5	*31.0	27.0	8.75	*0.00
	SDW: CHICKEN BISCUIT	270	770	1.00	*N/A*	*2	11.0	29.0	12.5	6.00	*0.00
	FRENCH TOAST STICKS, BC, 4 EA	347	387	2.67	*N/A*	19	8.0	56.0	10.67	1.33	*N/A*
	BRD: DONUT, HOLES, 6 EACH	279	299	2.99	*N/A*	7	4.99	29.92	14.96	6.98	*N/A*
	TORNADO: SAUS/EGG/CHEESE	176	280	*N/A*	*N/A*	*N/A*	5.0	21.0	8.0	2.00	*N/A*
	GLAZE, POWDERED SUGAR	113	3	0.00	0.02	28	0.19	28.6	0.06	0.04	*0.00
	BRD: CEREAL, CINTSTCRUNCH 2OZ	230	320	3.00	*N/A*	17	*N/A*	44.0	6.0	1.00	*N/A*
	BRD: CEREAL, COCOA PUFFS, 2 OZ	210	220	3.00	*N/A*	15	*N/A*	47.0	2.5	*N/A*	*N/A*
	BRD: CEREAL, HNYNT CHEER, 2 OZ	210	320	4.00	*N/A*	19	*N/A*	45.0	3.0	0.50	*N/A*
	BRD: CEREAL, LUCKY CHARMS 2 OZ	210	350	3.00	*N/A*	20	*N/A*	46.0	2.5	*N/A*	*N/A*
	BRD: POPTART, BLUE, TWIN PACK	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, FUDGE, TWIN PACK	359	389	5.98	*N/A*	33	4.98	75.74	5.98	1.99	*N/A*
	BRD: POPTART, STRAWB, TWIN PACK	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, BRCINN, TWIN PAC	369	379	5.98	*N/A*	31	4.98	74.74	4.98	1.99	*N/A*
	MUFFIN, OTIS, BLUE, 4 OZ	380	260	4.00	*N/A*	32	6.0	60.0	12.0	4.00	*N/A*
	MUFFIN, OTIS, CHOC, 4 OZ	380	260	4.00	*N/A*	34	8.0	64.0	12.0	4.00	*N/A*
	BRD: BENEFIT BAR, OAT/CHOC CHI	290	240	3.00	*N/A*	22	5.0	47.0	9.0	3.00	*N/A*
	BRD: DONUT, POWDERED	310	250	2.00	*N/A*	29	3.0	52.0	11.0	5.00	*N/A*
	BRD: DONUT, CHOCOLATE, MINI	319	260	2.99	*N/A*	17	4.99	41.93	15.97	8.98	*N/A*
	JUICE, 4 OZ, APPLE	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE, 4 OZ, ORANGE	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, APPLE CHERRY	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, GRAPE	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
	SYRUP, PANCAKE, 1 GALLON	100	27	*N/A*	*N/A*	24	*N/A*	25.5	*N/A*	*N/A*	*N/A*
	MILK: DEANS, 1% WHITE	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
	MILK: DEANS, SKIM CHOCOLATE	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	MILK: DEANS, SKIM STRAWBERRY	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	FRUIT: APPLE, WHOLE, USDA	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
	FRUIT: BANANA, SM, 1/2 CUP	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
	FRUIT: GRAPES, Fresh	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00
	FRUIT: ORANGE, 1/2 CUP	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/27/2022											
	&5/8"										
FRUIT: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
VEG: POTATO, HBR TRI	2 EACH	200	460	2.00	*N/A*	1	2.0	24.0	10.0	3.00	*N/A*
FRUIT: APPLE SLICES	1 BAG	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
Weighted Daily Average		1669	*2197	*15.82	*0.24	*119	*37.07	*257.13	*56.13	*19.99	*0.00
% of Calories						*28.5%	*8.9%	*61.6%	*30.3%	*10.8%	*0.0%
Nutrient Guideline		450-600	640							<10.00	

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/28/2022											
High School Breakfast											
	Total										
	PILLSBURY CIN CREAMCH BAGEL PK	240	180	2.00	*N/A*	13	6.0	41.02	6.0	2.50	*N/A*
	BRD: BISCUIT, PILLSBURY	170	570	0.00	*N/A*	2	3.0	22.0	8.0	5.00	0.00
	SAUSAGE GRAVY, JTM, CN	174	510	*N/A*	*N/A*	1	7.0	8.0	12.0	6.90	0.00
	SDW: SAUSAGE CHEESE BISCUIT	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*0.00
	SDW: SAUSAGE/EGG/CH PANCAKE	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
	SDW: BACON/EGG/CHEESE BAGEL	341	757	*4.60	*N/A*	*6	17.4	35.35	16.15	4.75	*0.00
	SDW: HAM/EGG/CHEESE ENG MUFFIN	273	777	*1.00	*N/A*	2	16.17	27.67	11.83	3.25	*0.00
	SDW: BACON/EGG/CHEESE BISCUIT	350	1120	*0.00	*N/A*	*3	13.5	24.0	23.0	9.75	*0.00
	SDW: SAUS/EGG/CHEESE BIS	480	960	*1.00	*N/A*	*3	16.5	*26.0	34.0	12.75	*0.00
	SDW: SAUSAGE EGG CHEESE BAGEL	430	710	*4.00	*N/A*	*5	18.5	*31.0	27.0	8.75	*0.00
	SDW: CHICKEN BISCUIT	270	770	1.00	*N/A*	*2	11.0	29.0	12.5	6.00	*0.00
	FRENCH TOAST STICKS, BC, 4 EA	347	387	2.67	*N/A*	19	8.0	56.0	10.67	1.33	*N/A*
	BRD: DONUT, HOLES, 6 EACH	279	299	2.99	*N/A*	7	4.99	29.92	14.96	6.98	*N/A*
	TORNADO: SAUS/EGG/CHEESE	176	280	*N/A*	*N/A*	*N/A*	5.0	21.0	8.0	2.00	*N/A*
	GLAZE, POWDERED SUGAR	113	3	0.00	0.02	28	0.19	28.6	0.06	0.04	*0.00
	BRD: CEREAL, CINTSTCRUNCH 2OZ	230	320	3.00	*N/A*	17	*N/A*	44.0	6.0	1.00	*N/A*
	BRD: CEREAL, COCOA PUFFS, 2 OZ	210	220	3.00	*N/A*	15	*N/A*	47.0	2.5	*N/A*	*N/A*
	BRD: CEREAL, HNYNT CHEER, 2 OZ	210	320	4.00	*N/A*	19	*N/A*	45.0	3.0	0.50	*N/A*
	BRD: CEREAL, LUCKY CHARMS 2 OZ	210	350	3.00	*N/A*	20	*N/A*	46.0	2.5	*N/A*	*N/A*
	BRD: POPTART, BLUE, TWIN PAC	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, FUDGE, TWIN PAC	359	389	5.98	*N/A*	33	4.98	75.74	5.98	1.99	*N/A*
	BRD: POPTART, STRAWB, TWIN PAC	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, BRCINN, TWIN PAC	369	379	5.98	*N/A*	31	4.98	74.74	4.98	1.99	*N/A*
	MUFFIN, OTIS, BLUE, 4 OZ	380	260	4.00	*N/A*	32	6.0	60.0	12.0	4.00	*N/A*
	MUFFIN, OTIS, CHOC, 4 OZ	380	260	4.00	*N/A*	34	8.0	64.0	12.0	4.00	*N/A*
	BRD: BENEFIT BAR, OAT/CHOC CHI	290	240	3.00	*N/A*	22	5.0	47.0	9.0	3.00	*N/A*
	BRD: DONUT, POWDERED	310	250	2.00	*N/A*	29	3.0	52.0	11.0	5.00	*N/A*
	BRD: DONUT, CHOCOLATE, MINI	319	260	2.99	*N/A*	17	4.99	41.93	15.97	8.98	*N/A*
	JUICE, 4 OZ, APPLE	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE, 4 OZ, ORANGE	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, APPLE CHERRY	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, GRAPE	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
	SYRUP, PANCAKE, 1 GALLON	100	27	*N/A*	*N/A*	24	*N/A*	25.5	*N/A*	*N/A*	*N/A*
	MILK: DEANS, 1% WHITE	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
	MILK: DEANS, SKIM CHOCOLATE	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	MILK: DEANS, SKIM STRAWBERRY	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	FRUIT: APPLE, WHOLE, USDA	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
	FRUIT: BANANA, SM, 1/2 CUP	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
	FRUIT: GRAPES, Fresh	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 41

Generated on: 12/21/2021 10:38:59 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/28/2022											
FRUIT: ORANGE, 1/2 CUP	1 ORANGE, 2 & 5/8"	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
FRUIT: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
VEG: POTATO, DICED, SEASONED	3 OZ WT	130	390	2.00	*N/A*	*N/A*	2.0	21.0	4.0	0.50	*N/A*
FRUIT: APPLE SLICES	1 BAG	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
Weighted Daily Average		1665	*2307	*15.32	*0.24	*117	*38.07	*254.46	*56.30	*21.06	*0.00
% of Calories						*28.2%	*9.1%	*61.1%	*30.4%	*11.4%	*0.0%
Nutrient Guideline		450-600	640							<10.00	

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/31/2022											
High School Breakfast											
	Total										
	PILLSBURY CIN CREAMCH BAGEL PK	240	180	2.00	*N/A*	13	6.0	41.02	6.0	2.50	*N/A*
	BRD: SCONE, BLUEBERRY	410	330	1.00	*N/A*	22	5.0	51.0	20.0	10.00	0.00
	SDW: SAUSAGE CHEESE BISCUIT	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*0.00
	SDW: SAUSAGE/EGG/CH PANCAKE	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
	SDW: BACON/EGG/CHEESE BAGEL	341	757	*4.60	*N/A*	*6	17.4	35.35	16.15	4.75	*0.00
	SDW: HAM/EGG/CHEESE ENG MUFFIN	273	777	*1.00	*N/A*	2	16.17	27.67	11.83	3.25	*0.00
	SDW: BACON/EGG/CHEESE BISCUIT	350	1120	*0.00	*N/A*	*3	13.5	24.0	23.0	9.75	*0.00
	SDW: SAUS/EGG/CHEESE BIS	480	960	*1.00	*N/A*	*3	16.5	*26.0	34.0	12.75	*0.00
	SDW: SAUSAGE EGG CHEESE BAGEL	430	710	*4.00	*N/A*	*5	18.5	*31.0	27.0	8.75	*0.00
	SDW: CHICKEN BISCUIT	270	770	1.00	*N/A*	*2	11.0	29.0	12.5	6.00	*0.00
	FRENCH TOAST STICKS, BC, 4 EA	347	387	2.67	*N/A*	19	8.0	56.0	10.67	1.33	*N/A*
	BRD: DONUT, HOLES, 6 EACH	279	299	2.99	*N/A*	7	4.99	29.92	14.96	6.98	*N/A*
	TORNADO: SAUS/EGG/CHEESE	176	280	*N/A*	*N/A*	*N/A*	5.0	21.0	8.0	2.00	*N/A*
	GLAZE, POWDERED SUGAR	113	3	0.00	0.02	28	0.19	28.6	0.06	0.04	*0.00
	BRD: CEREAL, CINTSTCRUNCH 2OZ	230	320	3.00	*N/A*	17	*N/A*	44.0	6.0	1.00	*N/A*
	BRD: CEREAL, COCOA PUFFS, 2 OZ	210	220	3.00	*N/A*	15	*N/A*	47.0	2.5	*N/A*	*N/A*
	BRD: CEREAL, HNYNT CHEER, 2 OZ	210	320	4.00	*N/A*	19	*N/A*	45.0	3.0	0.50	*N/A*
	BRD: CEREAL, LUCKY CHARMS 2 OZ	210	350	3.00	*N/A*	20	*N/A*	46.0	2.5	*N/A*	*N/A*
	BRD: POPTART, BLUE, TWIN PACK	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, FUDGE, TWIN PACK	359	389	5.98	*N/A*	33	4.98	75.74	5.98	1.99	*N/A*
	BRD: POPTART, STRAWB, TWIN PACK	359	359	5.98	*N/A*	30	3.99	74.74	4.48	1.99	*N/A*
	BRD: POPTART, BRCINN, TWIN PAC	369	379	5.98	*N/A*	31	4.98	74.74	4.98	1.99	*N/A*
	MUFFIN, OTIS, BLUE, 4 OZ	380	260	4.00	*N/A*	32	6.0	60.0	12.0	4.00	*N/A*
	MUFFIN, OTIS, CHOC, 4 OZ	380	260	4.00	*N/A*	34	8.0	64.0	12.0	4.00	*N/A*
	BRD: BENEFIT BAR, OAT/CHOC CHI	290	240	3.00	*N/A*	22	5.0	47.0	9.0	3.00	*N/A*
	BRD: DONUT, POWDERED	310	250	2.00	*N/A*	29	3.0	52.0	11.0	5.00	*N/A*
	BRD: DONUT, CHOCOLATE, MINI	319	260	2.99	*N/A*	17	4.99	41.93	15.97	8.98	*N/A*
	JUICE, 4 OZ, APPLE	50	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE, 4 OZ, ORANGE	50	15	*N/A*	*N/A*	11	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, APPLE CHERRY	60	*N/A*	*N/A*	*N/A*	12	*N/A*	13.0	*N/A*	*N/A*	*N/A*
	JUICE: 4 OZ, GRAPE	77	20	*N/A*	*N/A*	18	*N/A*	19.0	*N/A*	*N/A*	*N/A*
	SYRUP, PANCAKE, 1 GALLON	100	27	*N/A*	*N/A*	24	*N/A*	25.5	*N/A*	*N/A*	*N/A*
	MILK: DEANS, 1% WHITE	110	130	0.00	*N/A*	12	8.0	13.0	2.5	1.50	*N/A*
	MILK: DEANS, SKIM CHOCOLATE	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	MILK: DEANS, SKIM STRAWBERRY	120	180	0.00	*N/A*	18	8.0	20.0	0.0	0.00	0.00
	FRUIT: APPLE, WHOLE, USDA	64	2	2.00	*N/A*	12	*N/A*	16.0	*N/A*	*N/A*	*N/A*
	FRUIT: BANANA, SM, 1/2 CUP	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
	FRUIT: GRAPES, Fresh	52	2	0.68	0.27	12	0.54	13.67	0.12	0.04	0.00
	FRUIT: ORANGE, 1/2 CUP	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00

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.

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/31/2022											
	&5/8"										
FRUIT: MIXED BERRY CUP	1 CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
VEG: POTATO, DICED, SEASONED	3 OZ WT	130	390	2.00	*N/A*	*N/A*	2.0	21.0	4.0	0.50	*N/A*
FRUIT: APPLE SLICES	1 BAG	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
Weighted Daily Average		1676	*2182	*15.48	*0.24	*120	*37.23	*257.96	*56.30	*20.74	*0.00
% of Calories						*28.7%	*8.9%	*61.6%	*30.2%	*11.1%	*0.0%
Nutrient Guideline		450-600	640							<10.00	

Weighted Average		1675	*2215	*15.60	*0.24	*119	*37.68	*257.40	*56.36	*20.57	*0.00
						*64.2%	*9.0%	*61.5%	*30.3%	*11.1%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1675		450 - 600	279%			1075	Correction Required - Calories too High
Sodium 1 (mg)	2215		640		Missing		1575	Correction Required - Sodium too High
Sodium 2 (mg)	2215		570		Missing		1645	Correction Required - Sodium too High
Fiber (g)	15.60				Missing			
Iron (mg)	0.24				Missing			
Sugars (g)	119	28.54%			Missing			
Protein (g)	37.68	9.00%			Missing			
Carbohydrate (g)	257.40	61.47%			Missing			
Total Fat (g)	56.36	30.28%			Missing			
Saturated Fat (g)	20.57	11.05%	<10.00%		Missing			Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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.