

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

Page 1

Generated on: 12/21/2021 10:39:50 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)
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**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Base Menu Spreadsheet

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	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											
Middle School Breakfast	Total										
BRD: SCONE, BLUEBERRY	1 EACH	410	330	1.00	*N/A*	22	5.0	51.0	20.0	10.00	0.00
SDW: CHICKEN/CHEESE BISCUIT	1 EACH	330	770	*2.00	*N/A*	*3	15.5	32.0	15.5	6.25	*N/A*
SDW: SAUSAGE CHEESE BISCUIT	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*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: SAUSAGE/EGG/CH PANCAKE	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
SDW: SAUS/CHEESE ENG MUFFIN	1 EACH	340	640	*3.00	*N/A*	*2	14.5	*24.0	21.0	*7.25	*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
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, RICHES, WG	1 EACH	280	300	3.00	*N/A*	7	5.0	29.99	16.0	7.00	*N/A*
BRD: CINN ROLL, PILLSBURY, 2.5	2.5 OZ	220	180	1.00	*N/A*	9	5.0	33.0	8.0	3.00	*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, LUCKY CHARMS 2 OZ	2 OZ	210	350	3.00	*N/A*	20	*N/A*	46.0	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: 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*
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	4 OZ	360	4	10.00	*N/A*	48	4.0	92.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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	Portion Size	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											
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		1603	*1998	*15.35	*0.19	*119	*33.66	*252.13	*52.26	*19.49	*0.00
% of Calories						*29.7%	*8.4%	*62.9%	*29.4%	*10.9%	*0.0%
Nutrient Guideline		400-550	600							<10.00	

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Tue - 01/04/2022											
Middle School Breakfast	Total										
PANCAKES WRAP ON STICK	1 EACH	201	311	3.01	*N/A*	4	7.02	17.04	10.03	2.51	*N/A*
SDW: CHICKEN/CHEESE BISCUIT	1 EACH	330	770	*2.00	*N/A*	*3	15.5	32.0	15.5	6.25	*N/A*
SDW: SAUSAGE CHEESE BISCUIT	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*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: SAUSAGE/EGG/CH PANCAKE	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
SDW: SAUS/CHEESE ENG MUFFIN	1 EACH	340	640	*3.00	*N/A*	*2	14.5	*24.0	21.0	*7.25	*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
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, RICHES, WG	1 EACH	280	300	3.00	*N/A*	7	5.0	29.99	16.0	7.00	*N/A*
BRD: CINN ROLL, PILLSBURY, 2.5	2.5 OZ	220	180	1.00	*N/A*	9	5.0	33.0	8.0	3.00	*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*
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	4 OZ	360	4	10.00	*N/A*	48	4.0	92.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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

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Tue - 01/04/2022											
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		1579	*2006	*15.69	*0.19	*116	*34.00	*246.97	*51.60	*18.65	*0.00
% of Calories						*29.4%	*8.6%	*62.6%	*29.4%	*10.6%	*0.0%
Nutrient Guideline		400-550	600							<10.00	

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	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											
Middle School Breakfast	Total										
BRD: WAFFLE, CHOC CHIP, TSTY B	1 EACH	260	100	2.00	*N/A*	19	4.0	37.0	12.0	4.00	0.00
SDW: CHICKEN/CHEESE BISCUIT	1 EACH	330	770	*2.00	*N/A*	*3	15.5	32.0	15.5	6.25	*N/A*
SDW: SAUSAGE CHEESE BISCUIT	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*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: SAUSAGE/EGG/CH PANCAKE	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
SDW: SAUS/CHEESE ENG MUFFIN	1 EACH	340	640	*3.00	*N/A*	*2	14.5	*24.0	21.0	*7.25	*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
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, RICHES, WG	1 EACH	280	300	3.00	*N/A*	7	5.0	29.99	16.0	7.00	*N/A*
BRD: CINN ROLL, PILLSBURY, 2.5	2.5 OZ	220	180	1.00	*N/A*	9	5.0	33.0	8.0	3.00	*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*
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	4 OZ	360	4	10.00	*N/A*	48	4.0	92.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
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
MILK: SKIM, VANILLA, 8 OZ	8 OZ	130	170	*N/A*	*N/A*	22	8.0	24.0	*N/A*	*N/A*	*N/A*
FRUIT: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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

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

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

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	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: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	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		1599	*1988	*15.52	*0.19	*122	*34.83	*253.80	*50.93	*18.49	*0.00
% of Calories						*30.6%	*8.7%	*63.5%	*28.7%	*10.4%	*0.0%
Nutrient Guideline		400-550	600							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

Page 8

Generated on: 12/21/2021 10:39:51 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											
Middle School Breakfast	Total										
BRD: TURNOVER, APPLE	1 EACH	350	220	1.00	*N/A*	8	4.0	33.0	22.0	11.00	0.00
SDW: CHICKEN/CHEESE BISCUIT	1 EACH	330	770	*2.00	*N/A*	*3	15.5	32.0	15.5	6.25	*N/A*
SDW: SAUSAGE CHEESE BISCUIT	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*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: SAUSAGE/EGG/CH PANCAKE	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
SDW: SAUS/CHEESE ENG MUFFIN	1 EACH	340	640	*3.00	*N/A*	*2	14.5	*24.0	21.0	*7.25	*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
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, RICHES, WG	1 EACH	280	300	3.00	*N/A*	7	5.0	29.99	16.0	7.00	*N/A*
BRD: CINN ROLL, PILLSBURY, 2.5	2.5 OZ	220	180	1.00	*N/A*	9	5.0	33.0	8.0	3.00	*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, 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, 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, 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*
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	4 OZ	360	4	10.00	*N/A*	48	4.0	92.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

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	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											
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		1604	*1991	*15.35	*0.19	*117	*33.49	*249.63	*53.60	*20.07	*0.00
% of Calories						*29.2%	*8.4%	*62.2%	*30.1%	*11.3%	*0.0%
Nutrient Guideline		400-550	600							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle 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											
Middle School Breakfast	Total										
BRD: BISCUIT, PILLSBURY	2.2 OZ	170	570	0.00	*N/A*	2	3.0	22.0	8.0	5.00	0.00
SAUSAGE GRAVY, JTM, CN	3.95 OZ WT	174	510	*N/A*	*N/A*	1	7.0	8.0	12.0	6.90	0.00
SDW: CHICKEN/CHEESE BISCUIT	1 EACH	330	770	*2.00	*N/A*	*3	15.5	32.0	15.5	6.25	*N/A*
SDW: SAUSAGE CHEESE BISCUIT	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*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: SAUSAGE/EGG/CH PANCAKE	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
SDW: SAUS/CHEESE ENG MUFFIN	1 EACH	340	640	*3.00	*N/A*	*2	14.5	*24.0	21.0	*7.25	*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
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, RICHES, WG	1 EACH	280	300	3.00	*N/A*	7	5.0	29.99	16.0	7.00	*N/A*
BRD: CINN ROLL, PILLSBURY, 2.5	2.5 OZ	220	180	1.00	*N/A*	9	5.0	33.0	8.0	3.00	*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, 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, 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, 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*
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	4 OZ	360	4	10.00	*N/A*	48	4.0	92.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

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	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: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	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		1592	*2123	*15.19	*0.19	*116	*34.49	*248.63	*52.26	*19.80	*0.00
% of Calories						*29.1%	*8.7%	*62.5%	*29.6%	*11.2%	*0.0%
Nutrient Guideline		400-550	600							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle 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											
Middle School Breakfast											
	Total										
BRD: PANCAKES, BUTTERMILK	2 EACH	140	206	*N/A*	*N/A*	7	2.6	28.0	1.6	0.00	0.00
PORK, SAUSAGE PTY, JDF, 1.5 OZ	1 PATTY	180	280	*N/A*	*N/A*	*N/A*	6.0	*N/A*	17.0	6.00	0.00
SDW: CHICKEN/CHEESE BISCUIT	1 EACH	330	770	*2.00	*N/A*	*3	15.5	32.0	15.5	6.25	*N/A*
SDW: SAUSAGE CHEESE BISCUIT	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*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: SAUSAGE/EGG/CH PANCAKE	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
SDW: SAUS/CHEESE ENG MUFFIN	1 EACH	340	640	*3.00	*N/A*	*2	14.5	*24.0	21.0	*7.25	*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
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, RICHES, WG	1 EACH	280	300	3.00	*N/A*	7	5.0	29.99	16.0	7.00	*N/A*
BRD: CINN ROLL, PILLSBURY, 2.5	2.5 OZ	220	180	1.00	*N/A*	9	5.0	33.0	8.0	3.00	*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, 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, 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, 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*
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	4 OZ	360	4	10.00	*N/A*	48	4.0	92.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

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	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: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	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		1588	*2024	*15.19	*0.19	*117	*34.26	*248.30	*52.03	*18.82	*0.00
% of Calories						*29.4%	*8.6%	*62.6%	*29.5%	*10.7%	*0.0%
Nutrient Guideline		400-550	600							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle 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											
Middle School Breakfast											
	Total										
BRD: WAFFLE, SNACKN, BLUEBERRY	1 PKG	250	290	2.00	*N/A*	15	6.0	37.0	9.0	4.00	0.00
BRD: WAFFLE, SNACKN, BTRYMPL	1 PKG	250	290	2.00	*N/A*	15	6.0	37.0	9.0	4.00	0.00
BRD: WAFFLE, SNACKN, CINNAMON	1 PKG	250	290	2.00	*N/A*	15	6.0	37.0	9.0	4.00	0.00
SDW: CHICKEN/CHEESE BISCUIT	1 EACH	330	770	*2.00	*N/A*	*3	15.5	32.0	15.5	6.25	*N/A*
SDW: SAUSAGE CHEESE BISCUIT	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*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: SAUSAGE/EGG/CH PANCAKE	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
SDW: SAUS/CHEESE ENG MUFFIN	1 EACH	340	640	*3.00	*N/A*	*2	14.5	*24.0	21.0	*7.25	*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
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, RICHES, WG	1 EACH	280	300	3.00	*N/A*	7	5.0	29.99	16.0	7.00	*N/A*
BRD: CINN ROLL, PILLSBURY, 2.5	2.5 OZ	220	180	1.00	*N/A*	9	5.0	33.0	8.0	3.00	*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, 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, 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, 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*
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	4 OZ	360	4	10.00	*N/A*	48	4.0	92.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

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	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: 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: 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		1671	*2099	*16.19	*0.19	*123	*35.83	*262.63	*54.43	*20.24	*0.00
% of Calories						*29.5%	*8.6%	*62.9%	*29.3%	*10.9%	*0.0%
Nutrient Guideline		400-550	600							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle 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											
Middle School Breakfast	Total										
TORNADO: SAUS/EGG/CHEESE	1 EA	176	280	*N/A*	*N/A*	*N/A*	5.0	21.0	8.0	2.00	*N/A*
SDW: CHICKEN/CHEESE BISCUIT	1 EACH	330	770	*2.00	*N/A*	*3	15.5	32.0	15.5	6.25	*N/A*
SDW: SAUSAGE CHEESE BISCUIT	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*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: SAUSAGE/EGG/CH PANCAKE	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
SDW: SAUS/CHEESE ENG MUFFIN	1 EACH	340	640	*3.00	*N/A*	*2	14.5	*24.0	21.0	*7.25	*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
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, RICHES, WG	1 EACH	280	300	3.00	*N/A*	7	5.0	29.99	16.0	7.00	*N/A*
BRD: CINN ROLL, PILLSBURY, 2.5	2.5 OZ	220	180	1.00	*N/A*	9	5.0	33.0	8.0	3.00	*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, 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, 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, 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*
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	4 OZ	360	4	10.00	*N/A*	48	4.0	92.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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

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

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

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	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: 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		1564	*1989	*15.19	*0.19	*115	*33.66	*247.13	*50.26	*18.15	*0.00
% of Calories						*29.5%	*8.6%	*63.2%	*28.9%	*10.4%	*0.0%
Nutrient Guideline		400-550	600							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle 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											
Middle School Breakfast	Total										
BRD: DUTCH WAFFLE	1 EACH	300	350	3.00	*N/A*	12	4.0	43.0	13.0	3.00	*N/A*
SDW: CHICKEN/CHEESE BISCUIT	1 EACH	330	770	*2.00	*N/A*	*3	15.5	32.0	15.5	6.25	*N/A*
SDW: SAUSAGE CHEESE BISCUIT	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*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: SAUSAGE/EGG/CH PANCAKE	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
SDW: SAUS/CHEESE ENG MUFFIN	1 EACH	340	640	*3.00	*N/A*	*2	14.5	*24.0	21.0	*7.25	*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
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, RICHES, WG	1 EACH	280	300	3.00	*N/A*	7	5.0	29.99	16.0	7.00	*N/A*
BRD: CINN ROLL, PILLSBURY, 2.5	2.5 OZ	220	180	1.00	*N/A*	9	5.0	33.0	8.0	3.00	*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, 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, 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, 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*
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	4 OZ	360	4	10.00	*N/A*	48	4.0	92.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

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	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											
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		1596	*2013	*15.69	*0.19	*118	*33.49	*251.30	*52.09	*18.74	*0.00
% of Calories						*29.5%	*8.4%	*63.0%	*29.4%	*10.6%	*0.0%
Nutrient Guideline		400-550	600							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle 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											
Middle School Breakfast	Total										
BRD: BISCUIT, PILLSBURY	2.2 OZ	170	570	0.00	*N/A*	2	3.0	22.0	8.0	5.00	0.00
SAUSAGE GRAVY, JTM, CN	3.95 OZ WT	174	510	*N/A*	*N/A*	1	7.0	8.0	12.0	6.90	0.00
SDW: CHICKEN/CHEESE BISCUIT	1 EACH	330	770	*2.00	*N/A*	*3	15.5	32.0	15.5	6.25	*N/A*
SDW: SAUSAGE CHEESE BISCUIT	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*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: SAUSAGE/EGG/CH PANCAKE	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*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: SAUS/EGG/CHEESE ENG MUFFI	1 EACH	420	740	*1.00	*N/A*	*2	17.5	*27.0	27.5	8.75	*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, RICHES, WG	1 EACH	280	300	3.00	*N/A*	7	5.0	29.99	16.0	7.00	*N/A*
BRD: CINN ROLL, PILLSBURY, 2.5	2.5 OZ	220	180	1.00	*N/A*	9	5.0	33.0	8.0	3.00	*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, 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, 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, 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*
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	4 OZ	360	4	10.00	*N/A*	48	4.0	92.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

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	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: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	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		1605	*2139	*14.85	*0.19	*116	*34.99	*249.13	*53.35	*20.05	*0.00
% of Calories						*28.9%	*8.7%	*62.1%	*29.9%	*11.2%	*0.0%
Nutrient Guideline		400-550	600							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle 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											
Middle School Breakfast	Total										
BRD: PANCAKE, EGG, CONFETTI	1 POUCH	220	300	4.00	*N/A*	11	4.0	36.0	7.0	1.00	0.00
SDW: CHICKEN/CHEESE BISCUIT	1 EACH	330	770	*2.00	*N/A*	*3	15.5	32.0	15.5	6.25	*N/A*
SDW: SAUSAGE CHEESE BISCUIT	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*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: SAUSAGE/EGG/CH PANCAKE	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*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: SAUS/EGG/CHEESE ENG MUFFI	1 EACH	420	740	*1.00	*N/A*	*2	17.5	*27.0	27.5	8.75	*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, RICHES, WG	1 EACH	280	300	3.00	*N/A*	7	5.0	29.99	16.0	7.00	*N/A*
BRD: CINN ROLL, PILLSBURY, 2.5	2.5 OZ	220	180	1.00	*N/A*	9	5.0	33.0	8.0	3.00	*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, 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, 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, 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*
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: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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

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

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

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	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											
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		1539	*2009	*14.27	*0.19	*111	*33.49	*238.63	*51.18	*18.24	*0.00
% of Calories						*28.9%	*8.7%	*62.0%	*29.9%	*10.7%	*0.0%
Nutrient Guideline		400-550	600							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle 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											
Middle School Breakfast											
	Total										
BRD: PANCAKES, BUTTERMILK	2 EACH	140	206	*N/A*	*N/A*	7	2.6	28.0	1.6	0.00	0.00
PORK, SAUSAGE PTY, JDF, 1.5 OZ	1 PATTY	180	280	*N/A*	*N/A*	*N/A*	6.0	*N/A*	17.0	6.00	0.00
SDW: CHICKEN/CHEESE BISCUIT	1 EACH	330	770	*2.00	*N/A*	*3	15.5	32.0	15.5	6.25	*N/A*
SDW: SAUSAGE CHEESE BISCUIT	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*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: SAUSAGE/EGG/CH PANCAKE	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
SDW: SAUS/CHEESE ENG MUFFIN	1 EACH	340	640	*3.00	*N/A*	*2	14.5	*24.0	21.0	*7.25	*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
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, RICHES, WG	1 EACH	280	300	3.00	*N/A*	7	5.0	29.99	16.0	7.00	*N/A*
BRD: CINN ROLL, PILLSBURY, 2.5	2.5 OZ	220	180	1.00	*N/A*	9	5.0	33.0	8.0	3.00	*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, 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, 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, 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*
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: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

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	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											
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	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		1554	*2035	*13.94	*0.19	*111	*33.76	*237.30	*53.03	*19.24	*0.00
% of Calories						*28.5%	*8.7%	*61.1%	*30.7%	*11.1%	*0.0%
Nutrient Guideline		400-550	600							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle 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											
Middle School Breakfast	Total										
BRD: WAFFLE, CHOC CHIP, TSTY B	1 EACH	260	100	2.00	*N/A*	19	4.0	37.0	12.0	4.00	0.00
SDW: CHICKEN/CHEESE BISCUIT	1 EACH	330	770	*2.00	*N/A*	*3	15.5	32.0	15.5	6.25	*N/A*
SDW: SAUSAGE CHEESE BISCUIT	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*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: SAUSAGE/EGG/CH PANCAKE	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
SDW: SAUS/CHEESE ENG MUFFIN	1 EACH	340	640	*3.00	*N/A*	*2	14.5	*24.0	21.0	*7.25	*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
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, RICHES, WG	1 EACH	280	300	3.00	*N/A*	7	5.0	29.99	16.0	7.00	*N/A*
BRD: CINN ROLL, PILLSBURY, 2.5	2.5 OZ	220	180	1.00	*N/A*	9	5.0	33.0	8.0	3.00	*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, 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, 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, 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*
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	4 OZ	360	4	10.00	*N/A*	48	4.0	92.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

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	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: 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		1578	*1959	*15.52	*0.19	*119	*33.49	*249.80	*50.93	*18.49	*0.00
% of Calories						*30.1%	*8.5%	*63.3%	*29.1%	*10.5%	*0.0%
Nutrient Guideline		400-550	600							<10.00	

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

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle 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											
Middle School Breakfast	Total										
BRD: TURNOVER, APPLE	1 EACH	350	220	1.00	*N/A*	8	4.0	33.0	22.0	11.00	0.00
SDW: CHICKEN/CHEESE BISCUIT	1 EACH	330	770	*2.00	*N/A*	*3	15.5	32.0	15.5	6.25	*N/A*
SDW: SAUSAGE CHEESE BISCUIT	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*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: SAUSAGE/EGG/CH PANCAKE	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
SDW: SAUS/CHEESE ENG MUFFIN	1 EACH	340	640	*3.00	*N/A*	*2	14.5	*24.0	21.0	*7.25	*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
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, RICHES, WG	1 EACH	280	300	3.00	*N/A*	7	5.0	29.99	16.0	7.00	*N/A*
BRD: CINN ROLL, PILLSBURY, 2.5	2.5 OZ	220	180	1.00	*N/A*	9	5.0	33.0	8.0	3.00	*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, 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, 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, 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*
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	4 OZ	360	4	10.00	*N/A*	48	4.0	92.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

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	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											
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		1604	*1991	*15.35	*0.19	*117	*33.49	*249.63	*53.60	*20.07	*0.00
% of Calories						*29.2%	*8.4%	*62.2%	*30.1%	*11.3%	*0.0%
Nutrient Guideline		400-550	600							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle 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											
Middle School Breakfast	Total										
BRD: BISCUIT, PILLSBURY	2.2 OZ	170	570	0.00	*N/A*	2	3.0	22.0	8.0	5.00	0.00
SAUSAGE GRAVY, JTM, CN	3.95 OZ WT	174	510	*N/A*	*N/A*	1	7.0	8.0	12.0	6.90	0.00
SDW: CHICKEN/CHEESE BISCUIT	1 EACH	330	770	*2.00	*N/A*	*3	15.5	32.0	15.5	6.25	*N/A*
SDW: SAUSAGE CHEESE BISCUIT	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*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: SAUSAGE/EGG/CH PANCAKE	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
SDW: SAUS/CHEESE ENG MUFFIN	1 EACH	340	640	*3.00	*N/A*	*2	14.5	*24.0	21.0	*7.25	*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
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, RICHES, WG	1 EACH	280	300	3.00	*N/A*	7	5.0	29.99	16.0	7.00	*N/A*
BRD: CINN ROLL, PILLSBURY, 2.5	2.5 OZ	220	180	1.00	*N/A*	9	5.0	33.0	8.0	3.00	*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, 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, 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, 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*
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	4 OZ	360	4	10.00	*N/A*	48	4.0	92.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

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	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: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	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		1592	*2123	*15.19	*0.19	*116	*34.49	*248.63	*52.26	*19.80	*0.00
% of Calories						*29.1%	*8.7%	*62.5%	*29.6%	*11.2%	*0.0%
Nutrient Guideline		400-550	600							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle 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											
Middle School Breakfast											
	Total										
	EGG, OMELET, PAPPETTI'S	120	300	*N/A*	*N/A*	0	7.0	1.0	10.0	3.50	*N/A*
	BRD: BREAD, CIN TOAST, KLOSTER	119	109	2.57	*0.03	3	3.62	21.92	2.62	*0.09	*0.00
	SDW: CHICKEN/CHEESE BISCUIT	330	770	*2.00	*N/A*	*3	15.5	32.0	15.5	6.25	*N/A*
	SDW: SAUSAGE CHEESE BISCUIT	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*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: SAUSAGE/EGG/CH PANCAKE	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
	SDW: SAUS/CHEESE ENG MUFFIN	340	640	*3.00	*N/A*	*2	14.5	*24.0	21.0	*7.25	*0.00
	SDW: SAUS/EGG/CHEESE BIS	480	960	*1.00	*N/A*	*3	16.5	*26.0	34.0	12.75	*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, RICHES, WG	280	300	3.00	*N/A*	7	5.0	29.99	16.0	7.00	*N/A*
	BRD: CINN ROLL, PILLSBURY, 2.5	220	180	1.00	*N/A*	9	5.0	33.0	8.0	3.00	*N/A*
	GLAZE, POWDERED SUGAR	113	3	0.00	0.02	28	0.19	28.6	0.06	0.04	*0.00
	BRD: CEREAL, HNYNT CHEER, 2 OZ	210	320	4.00	*N/A*	19	*N/A*	45.0	3.0	0.50	*N/A*
	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, 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*
	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	360	4	10.00	*N/A*	48	4.0	92.0	*N/A*	*N/A*	*N/A*
	FRUIT: ORANGE, 1/2 CUP	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
	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: APPLESAUCE, UNSWEETENED	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00
	FRUIT: MIXED BERRY CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	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
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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

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	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: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	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		1574	*2011	*15.62	*0.20	*116	*34.60	*247.45	*51.03	*18.42	*0.00
% of Calories						*29.5%	*8.8%	*62.9%	*29.2%	*10.5%	*0.0%
Nutrient Guideline		400-550	600							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

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Generated on: 12/21/2021 10:39:52 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											
Middle School Breakfast											
	Total										
BRD: WAFFLE, SNACKN, BTRYMPL	1 PKG	250	290	2.00	*N/A*	15	6.0	37.0	9.0	4.00	0.00
BRD: WAFFLE, SNACKN, BLUEBERRY	1 PKG	250	290	2.00	*N/A*	15	6.0	37.0	9.0	4.00	0.00
BRD: WAFFLE, SNACKN, CINNAMON	1 PKG	250	290	2.00	*N/A*	15	6.0	37.0	9.0	4.00	0.00
SDW: CHICKEN/CHEESE BISCUIT	1 EACH	330	770	*2.00	*N/A*	*3	15.5	32.0	15.5	6.25	*N/A*
SDW: SAUSAGE CHEESE BISCUIT	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*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: SAUSAGE/EGG/CH PANCAKE	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
SDW: SAUS/CHEESE ENG MUFFIN	1 EACH	340	640	*3.00	*N/A*	*2	14.5	*24.0	21.0	*7.25	*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
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, RICHES, WG	1 EACH	280	300	3.00	*N/A*	7	5.0	29.99	16.0	7.00	*N/A*
BRD: CINN ROLL, PILLSBURY, 2.5	2.5 OZ	220	180	1.00	*N/A*	9	5.0	33.0	8.0	3.00	*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, 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, 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, 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*
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	4 OZ	360	4	10.00	*N/A*	48	4.0	92.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	0.00

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

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	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: 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: 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		1671	*2099	*16.19	*0.19	*123	*35.83	*262.63	*54.43	*20.24	*0.00
% of Calories						*29.5%	*8.6%	*62.9%	*29.3%	*10.9%	*0.0%
Nutrient Guideline		400-550	600							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle 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											
Middle School Breakfast	Total										
TORNADO: SAUS/EGG/CHEESE	1 EA	176	280	*N/A*	*N/A*	*N/A*	5.0	21.0	8.0	2.00	*N/A*
SDW: CHICKEN/CHEESE BISCUIT	1 EACH	330	770	*2.00	*N/A*	*3	15.5	32.0	15.5	6.25	*N/A*
SDW: SAUSAGE CHEESE BISCUIT	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*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: SAUSAGE/EGG/CH PANCAKE	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
SDW: SAUS/CHEESE ENG MUFFIN	1 EACH	340	640	*3.00	*N/A*	*2	14.5	*24.0	21.0	*7.25	*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
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, RICHES, WG	1 EACH	280	300	3.00	*N/A*	7	5.0	29.99	16.0	7.00	*N/A*
BRD: CINN ROLL, PILLSBURY, 2.5	2.5 OZ	220	180	1.00	*N/A*	9	5.0	33.0	8.0	3.00	*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, 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, 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, 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*
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	4 OZ	360	4	10.00	*N/A*	48	4.0	92.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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

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Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

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	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: 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		1564	*1989	*15.19	*0.19	*115	*33.66	*247.13	*50.26	*18.15	*0.00
% of Calories						*29.5%	*8.6%	*63.2%	*28.9%	*10.4%	*0.0%
Nutrient Guideline		400-550	600							<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

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle 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											
Middle School Breakfast	Total										
BRD: DUTCH WAFFLE	1 EACH	300	350	3.00	*N/A*	12	4.0	43.0	13.0	3.00	*N/A*
SDW: CHICKEN/CHEESE BISCUIT	1 EACH	330	770	*2.00	*N/A*	*3	15.5	32.0	15.5	6.25	*N/A*
SDW: SAUSAGE CHEESE BISCUIT	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*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: SAUSAGE/EGG/CH PANCAKE	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
SDW: SAUS/CHEESE ENG MUFFIN	1 EACH	340	640	*3.00	*N/A*	*2	14.5	*24.0	21.0	*7.25	*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
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, RICHES, WG	1 EACH	280	300	3.00	*N/A*	7	5.0	29.99	16.0	7.00	*N/A*
BRD: CINN ROLL, PILLSBURY, 2.5	2.5 OZ	220	180	1.00	*N/A*	9	5.0	33.0	8.0	3.00	*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, 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, 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, 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*
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	4 OZ	360	4	10.00	*N/A*	48	4.0	92.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

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	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											
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		1596	*2013	*15.69	*0.19	*118	*33.49	*251.30	*52.09	*18.74	*0.00
% of Calories						*29.5%	*8.4%	*63.0%	*29.4%	*10.6%	*0.0%
Nutrient Guideline		400-550	600							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle 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											
Middle School Breakfast	Total										
BRD: BISCUIT, PILLSBURY	2.2 OZ	170	570	0.00	*N/A*	2	3.0	22.0	8.0	5.00	0.00
SAUSAGE GRAVY, JTM, CN	3.95 OZ WT	174	510	*N/A*	*N/A*	1	7.0	8.0	12.0	6.90	0.00
SDW: CHICKEN/CHEESE BISCUIT	1 EACH	330	770	*2.00	*N/A*	*3	15.5	32.0	15.5	6.25	*N/A*
SDW: SAUSAGE CHEESE BISCUIT	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*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: SAUSAGE/EGG/CH PANCAKE	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
SDW: SAUS/CHEESE ENG MUFFIN	1 EACH	340	640	*3.00	*N/A*	*2	14.5	*24.0	21.0	*7.25	*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
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, RICHES, WG	1 EACH	280	300	3.00	*N/A*	7	5.0	29.99	16.0	7.00	*N/A*
BRD: CINN ROLL, PILLSBURY, 2.5	2.5 OZ	220	180	1.00	*N/A*	9	5.0	33.0	8.0	3.00	*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, 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, 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, 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*
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	4 OZ	360	4	10.00	*N/A*	48	4.0	92.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

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	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: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	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		1592	*2123	*15.19	*0.19	*116	*34.49	*248.63	*52.26	*19.80	*0.00
% of Calories						*29.1%	*8.7%	*62.5%	*29.6%	*11.2%	*0.0%
Nutrient Guideline		400-550	600							<10.00	

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Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle School Breakfast

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Mon - 01/31/2022											
Middle School Breakfast	Total										
BRD: SCONE, BLUEBERRY	1 EACH	410	330	1.00	*N/A*	22	5.0	51.0	20.0	10.00	0.00
SDW: CHICKEN/CHEESE BISCUIT	1 EACH	330	770	*2.00	*N/A*	*3	15.5	32.0	15.5	6.25	*N/A*
SDW: SAUSAGE CHEESE BISCUIT	1 EACH	390	990	*0.00	*N/A*	*3	12.5	*23.0	28.0	12.25	*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: SAUSAGE/EGG/CH PANCAKE	1 EACH	415	603	*0.00	*N/A*	*13	*11.6	*35.38	*24.6	*7.50	*0.00
SDW: SAUS/CHEESE ENG MUFFIN	1 EACH	340	640	*3.00	*N/A*	*2	14.5	*24.0	21.0	*7.25	*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
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, RICHES, WG	1 EACH	280	300	3.00	*N/A*	7	5.0	29.99	16.0	7.00	*N/A*
BRD: CINN ROLL, PILLSBURY, 2.5	2.5 OZ	220	180	1.00	*N/A*	9	5.0	33.0	8.0	3.00	*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, LUCKY CHARMS 2 OZ	2 OZ	210	350	3.00	*N/A*	20	*N/A*	46.0	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: 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*
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	4 OZ	360	4	10.00	*N/A*	48	4.0	92.0	*N/A*	*N/A*	*N/A*
FRUIT: ORANGE, 1/2 CUP	1 ORANGE	65	0	3.38	0.13	13	0.99	16.27	0.3	0.04	0.00
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: APPLESAUCE, UNSWEETENED	1/2 CUP	48	2	1.25	0.26	11	0.19	12.78	0.11	0.01	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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Middle School Breakfast

Portion Values - Detailed

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	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											
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		1603	*1998	*15.35	*0.19	*119	*33.66	*252.13	*52.26	*19.49	*0.00
% of Calories						*29.7%	*8.4%	*62.9%	*29.4%	*10.9%	*0.0%
Nutrient Guideline		400-550	600							<10.00	

Weighted Average		1594	*2034	*15.32	*0.19	*117	*34.15	*249.67	*52.20	*19.20	*0.00
						*66.1%	*8.6%	*62.7%	*29.5%	*10.8%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1594		400 - 550	290%			1044	Correction Required - Calories too High
Sodium 1 (mg)	2034		600		Missing		1434	Correction Required - Sodium too High
Sodium 2 (mg)	2034		535		Missing		1499	Correction Required - Sodium too High
Fiber (g)	15.32				Missing			
Iron (mg)	0.19				Missing			
Sugars (g)	117	29.40%			Missing			
Protein (g)	34.15	8.57%			Missing			
Carbohydrate (g)	249.67	62.67%			Missing			
Total Fat (g)	52.20	29.48%			Missing			
Saturated Fat (g)	19.20	10.84%	<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

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