

Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary Breakfast

Portion Values - Detailed

Page 1

Generated on: 12/21/2021 10:41:08 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/03/2022											
South Elementary 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
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: CEREAL, APPLE JACKS	1 PACKAGE	107	167	2.64	3.83	*N/A*	1.9	24.35	1.13	0.57	0.00
BRD: CEREAL, CIN TOAST CRUNCH	1 OZ PACKA GE	109	160	3.18	3.65	6	1.44	22.17	2.8	0.28	0.06
BRD: CEREAL, FROOT LOOPS	1 OZ PACKA GE	103	160	2.92	4.00	*N/A*	1.79	23.76	1.13	0.45	0.01
BRD: CEREAL, LUCK CHARMS	1 OZ POUCH	110	180	2.00	*N/A*	10	2.0	23.0	1.0	0.00	*N/A*
BRD: POP TART, BLUEBERRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POP TART, STRAWBRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POPTART, BROWN SUGAR (1)	1 SINGLE P ACK	183	192	2.79	1.80	*N/A*	2.35	37.27	2.74	0.95	0.05
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: TRIX BAR	1 EACH	150	100	2.00	*N/A*	9	2.0	30.0	4.0	1.00	0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*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*
FRENCH TOAST STICKS, BC, 3 EA	3 EACH	260	290	2.00	*N/A*	14	6.0	42.0	8.0	1.00	*N/A*
BRD: CINNAMON ROLL HADLEY FARM	1 PACKAGE	240	240	3.00	*N/A*	12	5.0	38.0	7.0	1.50	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*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: CRAISINS PACKAGE	1 PACKAGE	110	*N/A*	3.00	*N/A*	24	*N/A*	28.0	*N/A*	*N/A*	*N/A*
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	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
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
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*

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

South Elementary Breakfast

Portion Values - Detailed

Page 2

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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)
Weighted Daily Average		2303	*1959	*26.31	*8.81	*199	*46.58	414.17	*55.04	*21.29	*0.11
% of Calories						*34.5%	*8.1%	71.9%	*21.5%	*8.3%	*0.0%
Nutrient Guideline		350-500	540							<10.00	

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

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Tue - 01/04/2022											
South Elementary Breakfast											
	Total										
SDW: MAPLEPANCAKES SAUSAGE BCRAF	1 SANDWICH	160	220	1.00	*N/A*	7	8.0	17.0	6.0	1.50	0.00
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: CEREAL, APPLE JACKS	1 PACKAGE	107	167	2.64	3.83	*N/A*	1.9	24.35	1.13	0.57	0.00
BRD: CEREAL, CIN TOAST CRUNCH	1 OZ PACKA GE	109	160	3.18	3.65	6	1.44	22.17	2.8	0.28	0.06
BRD: CEREAL, FROOT LOOPS	1 OZ PACKA GE	103	160	2.92	4.00	*N/A*	1.79	23.76	1.13	0.45	0.01
BRD: CEREAL, LUCK CHARMS	1 OZ POUCH	110	180	2.00	*N/A*	10	2.0	23.0	1.0	0.00	*N/A*
BRD: POP TART, BLUEBERRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POP TART, STRAWBRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POPTART, BROWN SUGAR (1)	1 SINGLE P ACK	183	192	2.79	1.80	*N/A*	2.35	37.27	2.74	0.95	0.05
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: TRIX BAR	1 EACH	150	100	2.00	*N/A*	9	2.0	30.0	4.0	1.00	0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*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*
FRENCH TOAST STICKS, BC, 3 EA	3 EACH	260	290	2.00	*N/A*	14	6.0	42.0	8.0	1.00	*N/A*
BRD: CINNAMON ROLL HADLEY FARM	1 PACKAGE	240	240	3.00	*N/A*	12	5.0	38.0	7.0	1.50	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*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: CRAISINS PACKAGE	1 PACKAGE	110	*N/A*	3.00	*N/A*	24	*N/A*	28.0	*N/A*	*N/A*	*N/A*
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	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
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
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*

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Weighted Daily Average		2253	*2019	*25.81	*8.81	*193	*48.58	404.17	*52.04	*20.04	*0.11
% of Calories						*34.2%	*8.6%	71.7%	*20.8%	*8.0%	*0.0%
Nutrient Guideline		350-500	540							<10.00	

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Wed - 01/05/2022											
South Elementary 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: 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: CEREAL, APPLE JACKS	1 PACKAGE	107	167	2.64	3.83	*N/A*	1.9	24.35	1.13	0.57	0.00
BRD: CEREAL, CIN TOAST CRUNCH	1 OZ PACKA GE	109	160	3.18	3.65	6	1.44	22.17	2.8	0.28	0.06
BRD: CEREAL, FROOT LOOPS	1 OZ PACKA GE	103	160	2.92	4.00	*N/A*	1.79	23.76	1.13	0.45	0.01
BRD: CEREAL, LUCK CHARMS	1 OZ POUCH	110	180	2.00	*N/A*	10	2.0	23.0	1.0	0.00	*N/A*
BRD: POP TART, BLUEBERRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POP TART, STRAWBRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POPTART, BROWN SUGAR (1)	1 SINGLE P ACK	183	192	2.79	1.80	*N/A*	2.35	37.27	2.74	0.95	0.05
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: TRIX BAR	1 EACH	150	100	2.00	*N/A*	9	2.0	30.0	4.0	1.00	0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*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*
FRENCH TOAST STICKS, BC, 3 EA	3 EACH	260	290	2.00	*N/A*	14	6.0	42.0	8.0	1.00	*N/A*
BRD: CINNAMON ROLL HADLEY FARM	1 PACKAGE	240	240	3.00	*N/A*	12	5.0	38.0	7.0	1.50	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*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: CRAISINS PACKAGE	1 PACKAGE	110	*N/A*	3.00	*N/A*	24	*N/A*	28.0	*N/A*	*N/A*	*N/A*
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	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
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
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*

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Weighted Daily Average		2298	*2054	*26.31	*8.81	*197	*47.58	414.17	*53.54	*21.29	*0.11
% of Calories						*34.3%	*8.3%	72.1%	*21.0%	*8.3%	*0.0%
Nutrient Guideline		350-500	540							<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)
Thu - 01/06/2022											
South Elementary Breakfast											
SDW: SAUSAGE BISCUIT, BC, IW	1 SANDWICH	240	430	2.00	*N/A*	5	11.0	27.0	10.0	5.00	0.00
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: CEREAL, APPLE JACKS	1 PACKAGE	107	167	2.64	3.83	*N/A*	1.9	24.35	1.13	0.57	0.00
BRD: CEREAL, CIN TOAST CRUNCH	1 OZ PACKA GE	109	160	3.18	3.65	6	1.44	22.17	2.8	0.28	0.06
BRD: CEREAL, FROOT LOOPS	1 OZ PACKA GE	103	160	2.92	4.00	*N/A*	1.79	23.76	1.13	0.45	0.01
BRD: CEREAL, LUCK CHARMS	1 OZ POUCH	110	180	2.00	*N/A*	10	2.0	23.0	1.0	0.00	*N/A*
BRD: POP TART, BLUEBERRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POP TART, STRAWBRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POPTART, BROWN SUGAR (1)	1 SINGLE P ACK	183	192	2.79	1.80	*N/A*	2.35	37.27	2.74	0.95	0.05
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: TRIX BAR	1 EACH	150	100	2.00	*N/A*	9	2.0	30.0	4.0	1.00	0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*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*
FRENCH TOAST STICKS, BC, 3 EA	3 EACH	260	290	2.00	*N/A*	14	6.0	42.0	8.0	1.00	*N/A*
BRD: CINNAMON ROLL HADLEY FARM	1 PACKAGE	240	240	3.00	*N/A*	12	5.0	38.0	7.0	1.50	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*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: CRAISINS PACKAGE	1 PACKAGE	110	*N/A*	3.00	*N/A*	24	*N/A*	28.0	*N/A*	*N/A*	*N/A*
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	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
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
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*

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary 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)
Weighted Daily Average		2293	*2124	*26.31	*8.81	*192	*50.08	409.17	*54.04	*21.79	*0.11
% of Calories						*33.5%	*8.7%	71.4%	*21.2%	*8.5%	*0.0%
Nutrient Guideline		350-500	540							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary 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											
South Elementary Breakfast	Total										
BRD: BISCUIT STICK, (2)	2 STICKS	220	740	0.00	*N/A*	2	4.0	26.0	10.0	6.00	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
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: CEREAL, APPLE JACKS	1 PACKAGE	107	167	2.64	3.83	*N/A*	1.9	24.35	1.13	0.57	0.00
BRD: CEREAL, CIN TOAST CRUNCH	1 OZ PACKA GE	109	160	3.18	3.65	6	1.44	22.17	2.8	0.28	0.06
BRD: CEREAL, FROOT LOOPS	1 OZ PACKA GE	103	160	2.92	4.00	*N/A*	1.79	23.76	1.13	0.45	0.01
BRD: CEREAL, LUCK CHARMS	1 OZ POUCH	110	180	2.00	*N/A*	10	2.0	23.0	1.0	0.00	*N/A*
BRD: POP TART, BLUEBERRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POP TART, STRAWBRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POPTART, BROWN SUGAR (1)	1 SINGLE P ACK	183	192	2.79	1.80	*N/A*	2.35	37.27	2.74	0.95	0.05
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: TRIX BAR	1 EACH	150	100	2.00	*N/A*	9	2.0	30.0	4.0	1.00	0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*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*
FRENCH TOAST STICKS, BC, 3 EA	3 EACH	260	290	2.00	*N/A*	14	6.0	42.0	8.0	1.00	*N/A*
BRD: CINNAMON ROLL HADLEY FARM	1 PACKAGE	240	240	3.00	*N/A*	12	5.0	38.0	7.0	1.50	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*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: CRAISINS PACKAGE	1 PACKAGE	110	*N/A*	3.00	*N/A*	24	*N/A*	28.0	*N/A*	*N/A*	*N/A*
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	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
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
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*

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary 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											
Weighted Daily Average		2370	*2534	*25.31	*8.81	*191	*50.08	412.67	*60.04	*25.74	*0.11
% of Calories						*32.2%	*8.5%	69.6%	*22.8%	*9.8%	*0.0%
Nutrient Guideline		350-500	540							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary 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											
South Elementary Breakfast	Total										
BRD: SCONE, BLUEBERRY	1 EACH	410	330	1.00	*N/A*	22	5.0	51.0	20.0	10.00	0.00
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: CEREAL, APPLE JACKS	1 PACKAGE	107	167	2.64	3.83	*N/A*	1.9	24.35	1.13	0.57	0.00
BRD: CEREAL, CIN TOAST CRUNCH	1 OZ PACKA GE	109	160	3.18	3.65	6	1.44	22.17	2.8	0.28	0.06
BRD: CEREAL, FROOT LOOPS	1 OZ PACKA GE	103	160	2.92	4.00	*N/A*	1.79	23.76	1.13	0.45	0.01
BRD: CEREAL, LUCK CHARMS	1 OZ POUCH	110	180	2.00	*N/A*	10	2.0	23.0	1.0	0.00	*N/A*
BRD: POP TART, BLUEBERRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POP TART, STRAWBRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POPTART, BROWN SUGAR (1)	1 SINGLE P ACK	183	192	2.79	1.80	*N/A*	2.35	37.27	2.74	0.95	0.05
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: TRIX BAR	1 EACH	150	100	2.00	*N/A*	9	2.0	30.0	4.0	1.00	0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*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*
FRENCH TOAST STICKS, BC, 3 EA	3 EACH	260	290	2.00	*N/A*	14	6.0	42.0	8.0	1.00	*N/A*
BRD: CINNAMON ROLL HADLEY FARM	1 PACKAGE	240	240	3.00	*N/A*	12	5.0	38.0	7.0	1.50	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*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: CRAISINS PACKAGE	1 PACKAGE	110	*N/A*	3.00	*N/A*	24	*N/A*	28.0	*N/A*	*N/A*	*N/A*
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	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
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
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*

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary 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)
Weighted Daily Average		2378	*2074	*25.81	*8.81	*200	*47.08	421.17	*59.04	*24.29	*0.11
% of Calories						*33.7%	*7.9%	70.8%	*22.3%	*9.2%	*0.0%
Nutrient Guideline		350-500	540							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary 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											
South Elementary Breakfast											
PANCAKE WRAP, JIMMY DEAN IW	1 EACH	140	360	2.00	*N/A*	6	8.0	16.0	5.0	1.50	0.00
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: CEREAL, APPLE JACKS	1 PACKAGE	107	167	2.64	3.83	*N/A*	1.9	24.35	1.13	0.57	0.00
BRD: CEREAL, CIN TOAST CRUNCH	1 OZ PACKA GE	109	160	3.18	3.65	6	1.44	22.17	2.8	0.28	0.06
BRD: CEREAL, FROOT LOOPS	1 OZ PACKA GE	103	160	2.92	4.00	*N/A*	1.79	23.76	1.13	0.45	0.01
BRD: CEREAL, LUCK CHARMS	1 OZ POUCH	110	180	2.00	*N/A*	10	2.0	23.0	1.0	0.00	*N/A*
BRD: POP TART, BLUEBERRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POP TART, STRAWBRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POPTART, BROWN SUGAR (1)	1 SINGLE P ACK	183	192	2.79	1.80	*N/A*	2.35	37.27	2.74	0.95	0.05
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: TRIX BAR	1 EACH	150	100	2.00	*N/A*	9	2.0	30.0	4.0	1.00	0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*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*
FRENCH TOAST STICKS, BC, 3 EA	3 EACH	260	290	2.00	*N/A*	14	6.0	42.0	8.0	1.00	*N/A*
BRD: CINNAMON ROLL HADLEY FARM	1 PACKAGE	240	240	3.00	*N/A*	12	5.0	38.0	7.0	1.50	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*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: CRAISINS PACKAGE	1 PACKAGE	110	*N/A*	3.00	*N/A*	24	*N/A*	28.0	*N/A*	*N/A*	*N/A*
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	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
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
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*

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary 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)
Weighted Daily Average		2243	*2089	*26.31	*8.81	*192	*48.58	403.67	*51.54	*20.04	*0.11
% of Calories						*34.3%	*8.7%	72.0%	*20.7%	*8.0%	*0.0%
Nutrient Guideline		350-500	540							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary 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											
South Elementary Breakfast	Total										
BRD: TURNOVER, APPLE	1 EACH	350	220	1.00	*N/A*	8	4.0	33.0	22.0	11.00	0.00
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: CEREAL, APPLE JACKS	1 PACKAGE	107	167	2.64	3.83	*N/A*	1.9	24.35	1.13	0.57	0.00
BRD: CEREAL, CIN TOAST CRUNCH	1 OZ PACKA GE	109	160	3.18	3.65	6	1.44	22.17	2.8	0.28	0.06
BRD: CEREAL, FROOT LOOPS	1 OZ PACKA GE	103	160	2.92	4.00	*N/A*	1.79	23.76	1.13	0.45	0.01
BRD: CEREAL, LUCK CHARMS	1 OZ POUCH	110	180	2.00	*N/A*	10	2.0	23.0	1.0	0.00	*N/A*
BRD: POP TART, BLUEBERRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POP TART, STRAWBRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POPTART, BROWN SUGAR (1)	1 SINGLE P ACK	183	192	2.79	1.80	*N/A*	2.35	37.27	2.74	0.95	0.05
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: TRIX BAR	1 EACH	150	100	2.00	*N/A*	9	2.0	30.0	4.0	1.00	0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*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*
FRENCH TOAST STICKS, BC, 3 EA	3 EACH	260	290	2.00	*N/A*	14	6.0	42.0	8.0	1.00	*N/A*
BRD: CINNAMON ROLL HADLEY FARM	1 PACKAGE	240	240	3.00	*N/A*	12	5.0	38.0	7.0	1.50	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*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: CRAISINS PACKAGE	1 PACKAGE	110	*N/A*	3.00	*N/A*	24	*N/A*	28.0	*N/A*	*N/A*	*N/A*
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	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
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
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*

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary Breakfast

Portion Values - Detailed

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Generated on: 12/21/2021 10:41:08 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)
Weighted Daily Average		2348	*2019	*25.81	*8.81	*193	*46.58	412.17	*60.04	*24.79	*0.11
% of Calories						*32.9%	*7.9%	70.2%	*23.0%	*9.5%	*0.0%
Nutrient Guideline		350-500	540							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary Breakfast

Portion Values - Detailed

Page 17

Generated on: 12/21/2021 10:41:08 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 - 01/13/2022											
South Elementary Breakfast											
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
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: CEREAL, CIN TOAST CRUNCH	1 OZ PACKA GE	109	160	3.18	3.65	6	1.44	22.17	2.8	0.28	0.06
BRD: CEREAL, APPLE JACKS	1 PACKAGE	107	167	2.64	3.83	*N/A*	1.9	24.35	1.13	0.57	0.00
BRD: CEREAL, FROOT LOOPS	1 OZ PACKA GE	103	160	2.92	4.00	*N/A*	1.79	23.76	1.13	0.45	0.01
BRD: CEREAL, LUCK CHARMS	1 OZ POUCH	110	180	2.00	*N/A*	10	2.0	23.0	1.0	0.00	*N/A*
BRD: POP TART, BLUEBERRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POP TART, STRAWBRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POPTART, BROWN SUGAR (1)	1 SINGLE P ACK	183	192	2.79	1.80	*N/A*	2.35	37.27	2.74	0.95	0.05
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: TRIX BAR	1 EACH	150	100	2.00	*N/A*	9	2.0	30.0	4.0	1.00	0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*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*
FRENCH TOAST STICKS, BC, 3 EA	3 EACH	260	290	2.00	*N/A*	14	6.0	42.0	8.0	1.00	*N/A*
BRD: CINNAMON ROLL HADLEY FARM	1 PACKAGE	240	240	3.00	*N/A*	12	5.0	38.0	7.0	1.50	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*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: CRAISINS PACKAGE	1 PACKAGE	110	*N/A*	3.00	*N/A*	24	*N/A*	28.0	*N/A*	*N/A*	*N/A*
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	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
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
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*

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary 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)
Weighted Daily Average		2303	*1959	*26.31	*8.81	*199	*46.58	414.17	*55.04	*21.29	*0.11
% of Calories						*34.5%	*8.1%	71.9%	*21.5%	*8.3%	*0.0%
Nutrient Guideline		350-500	540							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary Breakfast

Portion Values - Detailed

Page 19

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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											
South Elementary Breakfast											
SDW: SAUSAGE BISCUIT, BC, IW	1 SANDWICH	240	430	2.00	*N/A*	5	11.0	27.0	10.0	5.00	0.00
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: CEREAL, APPLE JACKS	1 PACKAGE	107	167	2.64	3.83	*N/A*	1.9	24.35	1.13	0.57	0.00
BRD: CEREAL, CIN TOAST CRUNCH	1 OZ PACKA GE	109	160	3.18	3.65	6	1.44	22.17	2.8	0.28	0.06
BRD: CEREAL, FROOT LOOPS	1 OZ PACKA GE	103	160	2.92	4.00	*N/A*	1.79	23.76	1.13	0.45	0.01
BRD: CEREAL, LUCK CHARMS	1 OZ POUCH	110	180	2.00	*N/A*	10	2.0	23.0	1.0	0.00	*N/A*
BRD: POP TART, BLUEBERRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POP TART, STRAWBRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POPTART, BROWN SUGAR (1)	1 SINGLE P ACK	183	192	2.79	1.80	*N/A*	2.35	37.27	2.74	0.95	0.05
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: TRIX BAR	1 EACH	150	100	2.00	*N/A*	9	2.0	30.0	4.0	1.00	0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*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*
FRENCH TOAST STICKS, BC, 3 EA	3 EACH	260	290	2.00	*N/A*	14	6.0	42.0	8.0	1.00	*N/A*
BRD: CINNAMON ROLL HADLEY FARM	1 PACKAGE	240	240	3.00	*N/A*	12	5.0	38.0	7.0	1.50	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*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: CRAISINS PACKAGE	1 PACKAGE	110	*N/A*	3.00	*N/A*	24	*N/A*	28.0	*N/A*	*N/A*	*N/A*
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	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
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
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*

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary 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)
Weighted Daily Average		2293	*2124	*26.31	*8.81	*192	*50.08	409.17	*54.04	*21.79	*0.11
% of Calories						*33.5%	*8.7%	71.4%	*21.2%	*8.5%	*0.0%
Nutrient Guideline		350-500	540							<10.00	

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** - 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

South Elementary Breakfast

Portion Values - Detailed

Page 21

Generated on: 12/21/2021 10:41:08 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/17/2022											
South Elementary Breakfast											
BRD: FR TOAST, EGGO, CHOC CHIP	Total										
BRD: BENEFIT BAR, OAT/CHOC CHI	1 POUCH	242	301	*N/A*	*N/A*	11	5.0	39.97	6.0	1.90	*N/A*
BRD: CEREAL, APPLE JACKS	1 BAR	290	240	3.00	*N/A*	22	5.0	47.0	9.0	3.00	*N/A*
BRD: CEREAL, CIN TOAST CRUNCH	1 PACKAGE	107	167	2.64	3.83	*N/A*	1.9	24.35	1.13	0.57	0.00
BRD: CEREAL, FROOT LOOPS	1 OZ PACKA GE	109	160	3.18	3.65	6	1.44	22.17	2.8	0.28	0.06
BRD: CEREAL, LUCK CHARMS	1 OZ PACKA GE	103	160	2.92	4.00	*N/A*	1.79	23.76	1.13	0.45	0.01
BRD: POP TART, BLUEBERRY(1)	1 OZ POUCH	110	180	2.00	*N/A*	10	2.0	23.0	1.0	0.00	*N/A*
BRD: POP TART, STRAWBRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POPTART, BROWN SUGAR (1)	1 SINGLE P ACK	183	192	2.79	1.80	*N/A*	2.35	37.27	2.74	0.95	0.05
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: TRIX BAR	1 EACH	150	100	2.00	*N/A*	9	2.0	30.0	4.0	1.00	0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*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*
FRENCH TOAST STICKS, BC, 3 EA	3 EACH	260	290	2.00	*N/A*	14	6.0	42.0	8.0	1.00	*N/A*
BRD: CINNAMON ROLL HADLEY FARM	1 PACKAGE	240	240	3.00	*N/A*	12	5.0	38.0	7.0	1.50	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*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: CRAISINS PACKAGE	1 PACKAGE	110	*N/A*	3.00	*N/A*	24	*N/A*	28.0	*N/A*	*N/A*	*N/A*
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	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
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
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*

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary 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)
Weighted Daily Average		2294	*2059	*25.31	*8.81	*195	*47.08	415.66	*52.04	*20.24	*0.11
% of Calories						*34.0%	*8.2%	72.5%	*20.4%	*7.9%	*0.0%
Nutrient Guideline		350-500	540							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary 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											
South Elementary Breakfast	Total										
SDW: MAPLEPANCAKES SAUSAGE BCRAF	1 SANDWICH	160	220	1.00	*N/A*	7	8.0	17.0	6.0	1.50	0.00
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: CEREAL, APPLE JACKS	1 PACKAGE	107	167	2.64	3.83	*N/A*	1.9	24.35	1.13	0.57	0.00
BRD: CEREAL, CIN TOAST CRUNCH	1 OZ PACKA GE	109	160	3.18	3.65	6	1.44	22.17	2.8	0.28	0.06
BRD: CEREAL, FROOT LOOPS	1 OZ PACKA GE	103	160	2.92	4.00	*N/A*	1.79	23.76	1.13	0.45	0.01
BRD: CEREAL, LUCK CHARMS	1 OZ POUCH	110	180	2.00	*N/A*	10	2.0	23.0	1.0	0.00	*N/A*
BRD: POP TART, BLUEBERRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POP TART, STRAWBRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POPTART, BROWN SUGAR (1)	1 SINGLE P ACK	183	192	2.79	1.80	*N/A*	2.35	37.27	2.74	0.95	0.05
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: TRIX BAR	1 EACH	150	100	2.00	*N/A*	9	2.0	30.0	4.0	1.00	0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*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*
FRENCH TOAST STICKS, BC, 3 EA	3 EACH	260	290	2.00	*N/A*	14	6.0	42.0	8.0	1.00	*N/A*
BRD: CINNAMON ROLL HADLEY FARM	1 PACKAGE	240	240	3.00	*N/A*	12	5.0	38.0	7.0	1.50	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*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: CRAISINS PACKAGE	1 PACKAGE	110	*N/A*	3.00	*N/A*	24	*N/A*	28.0	*N/A*	*N/A*	*N/A*
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	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
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
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*

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary 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)
Weighted Daily Average		2253	*2019	*25.81	*8.81	*193	*48.58	404.17	*52.04	*20.04	*0.11
% of Calories						*34.2%	*8.6%	71.7%	*20.8%	*8.0%	*0.0%
Nutrient Guideline		350-500	540							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary 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											
South Elementary 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: 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: CEREAL, APPLE JACKS	1 PACKAGE	107	167	2.64	3.83	*N/A*	1.9	24.35	1.13	0.57	0.00
BRD: CEREAL, CIN TOAST CRUNCH	1 OZ PACKA GE	109	160	3.18	3.65	6	1.44	22.17	2.8	0.28	0.06
BRD: CEREAL, FROOT LOOPS	1 OZ PACKA GE	103	160	2.92	4.00	*N/A*	1.79	23.76	1.13	0.45	0.01
BRD: CEREAL, LUCK CHARMS	1 OZ POUCH	110	180	2.00	*N/A*	10	2.0	23.0	1.0	0.00	*N/A*
BRD: POP TART, BLUEBERRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POP TART, STRAWBRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POPTART, BROWN SUGAR (1)	1 SINGLE P ACK	183	192	2.79	1.80	*N/A*	2.35	37.27	2.74	0.95	0.05
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: TRIX BAR	1 EACH	150	100	2.00	*N/A*	9	2.0	30.0	4.0	1.00	0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*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*
FRENCH TOAST STICKS, BC, 3 EA	3 EACH	260	290	2.00	*N/A*	14	6.0	42.0	8.0	1.00	*N/A*
BRD: CINNAMON ROLL HADLEY FARM	1 PACKAGE	240	240	3.00	*N/A*	12	5.0	38.0	7.0	1.50	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*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: CRAISINS PACKAGE	1 PACKAGE	110	*N/A*	3.00	*N/A*	24	*N/A*	28.0	*N/A*	*N/A*	*N/A*
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	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
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
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*

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary 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)
Weighted Daily Average		2298	*2054	*26.31	*8.81	*197	*47.58	414.17	*53.54	*21.29	*0.11
% of Calories						*34.3%	*8.3%	72.1%	*21.0%	*8.3%	*0.0%
Nutrient Guideline		350-500	540							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary 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											
South Elementary Breakfast	Total										
SDW: SAUSAGE BISCUIT, BC, IW	1 SANDWICH	240	430	2.00	*N/A*	5	11.0	27.0	10.0	5.00	0.00
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: CEREAL, APPLE JACKS	1 PACKAGE	107	167	2.64	3.83	*N/A*	1.9	24.35	1.13	0.57	0.00
BRD: CEREAL, CIN TOAST CRUNCH	1 OZ PACKA GE	109	160	3.18	3.65	6	1.44	22.17	2.8	0.28	0.06
BRD: CEREAL, FROOT LOOPS	1 OZ PACKA GE	103	160	2.92	4.00	*N/A*	1.79	23.76	1.13	0.45	0.01
BRD: CEREAL, LUCK CHARMS	1 OZ POUCH	110	180	2.00	*N/A*	10	2.0	23.0	1.0	0.00	*N/A*
BRD: POP TART, BLUEBERRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POP TART, STRAWBRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POPTART, BROWN SUGAR (1)	1 SINGLE P ACK	183	192	2.79	1.80	*N/A*	2.35	37.27	2.74	0.95	0.05
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: TRIX BAR	1 EACH	150	100	2.00	*N/A*	9	2.0	30.0	4.0	1.00	0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*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*
FRENCH TOAST STICKS, BC, 3 EA	3 EACH	260	290	2.00	*N/A*	14	6.0	42.0	8.0	1.00	*N/A*
BRD: CINNAMON ROLL HADLEY FARM	1 PACKAGE	240	240	3.00	*N/A*	12	5.0	38.0	7.0	1.50	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*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: CRAISINS PACKAGE	1 PACKAGE	110	*N/A*	3.00	*N/A*	24	*N/A*	28.0	*N/A*	*N/A*	*N/A*
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	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
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
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*

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary 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)
Weighted Daily Average		2293	*2124	*26.31	*8.81	*192	*50.08	409.17	*54.04	*21.79	*0.11
% of Calories						*33.5%	*8.7%	71.4%	*21.2%	*8.5%	*0.0%
Nutrient Guideline		350-500	540							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary 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											
South Elementary Breakfast	Total										
BRD: BISCUIT STICK, (2)	2 STICKS	220	740	0.00	*N/A*	2	4.0	26.0	10.0	6.00	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
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: CEREAL, APPLE JACKS	1 PACKAGE	107	167	2.64	3.83	*N/A*	1.9	24.35	1.13	0.57	0.00
BRD: CEREAL, CIN TOAST CRUNCH	1 OZ PACKA GE	109	160	3.18	3.65	6	1.44	22.17	2.8	0.28	0.06
BRD: CEREAL, FROOT LOOPS	1 OZ PACKA GE	103	160	2.92	4.00	*N/A*	1.79	23.76	1.13	0.45	0.01
BRD: CEREAL, LUCK CHARMS	1 OZ POUCH	110	180	2.00	*N/A*	10	2.0	23.0	1.0	0.00	*N/A*
BRD: POP TART, BLUEBERRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POP TART, STRAWBRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POPTART, BROWN SUGAR (1)	1 SINGLE P ACK	183	192	2.79	1.80	*N/A*	2.35	37.27	2.74	0.95	0.05
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: TRIX BAR	1 EACH	150	100	2.00	*N/A*	9	2.0	30.0	4.0	1.00	0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*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*
FRENCH TOAST STICKS, BC, 3 EA	3 EACH	260	290	2.00	*N/A*	14	6.0	42.0	8.0	1.00	*N/A*
BRD: CINNAMON ROLL HADLEY FARM	1 PACKAGE	240	240	3.00	*N/A*	12	5.0	38.0	7.0	1.50	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*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: CRAISINS PACKAGE	1 PACKAGE	110	*N/A*	3.00	*N/A*	24	*N/A*	28.0	*N/A*	*N/A*	*N/A*
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	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
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
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*

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary 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											
Weighted Daily Average		2370	*2534	*25.31	*8.81	*191	*50.08	412.67	*60.04	*25.74	*0.11
% of Calories						*32.2%	*8.5%	69.6%	*22.8%	*9.8%	*0.0%
Nutrient Guideline		350-500	540							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary Breakfast

Portion Values - Detailed

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Generated on: 12/21/2021 10:41:08 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/24/2022											
South Elementary Breakfast	Total										
BRD: SCONE, BLUEBERRY	1 EACH	410	330	1.00	*N/A*	22	5.0	51.0	20.0	10.00	0.00
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: CEREAL, APPLE JACKS	1 PACKAGE	107	167	2.64	3.83	*N/A*	1.9	24.35	1.13	0.57	0.00
BRD: CEREAL, CIN TOAST CRUNCH	1 OZ PACKA GE	109	160	3.18	3.65	6	1.44	22.17	2.8	0.28	0.06
BRD: CEREAL, FROOT LOOPS	1 OZ PACKA GE	103	160	2.92	4.00	*N/A*	1.79	23.76	1.13	0.45	0.01
BRD: CEREAL, LUCK CHARMS	1 OZ POUCH	110	180	2.00	*N/A*	10	2.0	23.0	1.0	0.00	*N/A*
BRD: POP TART, BLUEBERRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POP TART, STRAWBRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POPTART, BROWN SUGAR (1)	1 SINGLE P ACK	183	192	2.79	1.80	*N/A*	2.35	37.27	2.74	0.95	0.05
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: TRIX BAR	1 EACH	150	100	2.00	*N/A*	9	2.0	30.0	4.0	1.00	0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*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*
FRENCH TOAST STICKS, BC, 3 EA	3 EACH	260	290	2.00	*N/A*	14	6.0	42.0	8.0	1.00	*N/A*
BRD: CINNAMON ROLL HADLEY FARM	1 PACKAGE	240	240	3.00	*N/A*	12	5.0	38.0	7.0	1.50	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*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: CRAISINS PACKAGE	1 PACKAGE	110	*N/A*	3.00	*N/A*	24	*N/A*	28.0	*N/A*	*N/A*	*N/A*
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	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
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
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*

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary Breakfast

Portion Values - Detailed

Page 32

Generated on: 12/21/2021 10:41:08 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)
Weighted Daily Average		2378	*2074	*25.81	*8.81	*200	*47.08	421.17	*59.04	*24.29	*0.11
% of Calories						*33.7%	*7.9%	70.8%	*22.3%	*9.2%	*0.0%
Nutrient Guideline		350-500	540							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary Breakfast

Portion Values - Detailed

Page 33

Generated on: 12/21/2021 10:41:08 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											
South Elementary Breakfast											
	Total										
	PANCAKE WRAP, JIMMY DEAN IW	140	360	2.00	*N/A*	6	8.0	16.0	5.0	1.50	0.00
	BRD: BENEFIT BAR, OAT/CHOC CHI	290	240	3.00	*N/A*	22	5.0	47.0	9.0	3.00	*N/A*
	BRD: CEREAL, APPLE JACKS	107	167	2.64	3.83	*N/A*	1.9	24.35	1.13	0.57	0.00
	BRD: CEREAL, CIN TOAST CRUNCH	109	160	3.18	3.65	6	1.44	22.17	2.8	0.28	0.06
	BRD: CEREAL, FROOT LOOPS	103	160	2.92	4.00	*N/A*	1.79	23.76	1.13	0.45	0.01
	BRD: CEREAL, LUCK CHARMS	110	180	2.00	*N/A*	10	2.0	23.0	1.0	0.00	*N/A*
	BRD: POP TART, BLUEBERRY(1)	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
	BRD: POP TART, STRAWBRY(1)	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
	BRD: POPTART, BROWN SUGAR (1)	183	192	2.79	1.80	*N/A*	2.35	37.27	2.74	0.95	0.05
	BRD: MUFFIN, CHEF P BLUE 2 OZ	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
	BRD: MUFFIN, CHEF P CHOC 2 OZ	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
	BRD: TRIX BAR	150	100	2.00	*N/A*	9	2.0	30.0	4.0	1.00	0.00
	CHEESE STICK, LOL, COLBY JACK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
	CHEESE, STICK, MOZZ, LOL	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
	YOGURT: 4 OZ, DANIMALS	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*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*
	FRENCH TOAST STICKS, BC, 3 EA	260	290	2.00	*N/A*	14	6.0	42.0	8.0	1.00	*N/A*
	BRD: CINNAMON ROLL HADLEY FARM	240	240	3.00	*N/A*	12	5.0	38.0	7.0	1.50	0.00
	FRUIT: APPLE SLICES	32	1	1.00	*N/A*	6	*N/A*	8.0	*N/A*	*N/A*	*N/A*
	FRUIT: BANANA, SM, 1/2 CUP	90	1	2.50	*N/A*	12	1.0	23.0	*N/A*	*N/A*	*N/A*
	FRUIT: CRAISINS PACKAGE	110	*N/A*	3.00	*N/A*	24	*N/A*	28.0	*N/A*	*N/A*	*N/A*
	FRUIT: RAISIN BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
	FRUIT: STRAWBERRY CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
	FRUIT: PEACH CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	0.00
	FRUIT: MIXED BERRY CUP	90	0	2.00	*N/A*	16	0.0	20.0	0.0	0.00	0.00
	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
	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*

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary Breakfast

Portion Values - Detailed

Page 34

Generated on: 12/21/2021 10:41:09 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)
Weighted Daily Average		2243	*2089	*26.31	*8.81	*192	*48.58	403.67	*51.54	*20.04	*0.11
% of Calories						*34.3%	*8.7%	72.0%	*20.7%	*8.0%	*0.0%
Nutrient Guideline		350-500	540							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary Breakfast

Portion Values - Detailed

Page 35

Generated on: 12/21/2021 10:41:09 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Iron (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/26/2022											
South Elementary Breakfast											
PILLSBURY CHERRY FRUDEL PKG	Total										
BRD: BENEFIT BAR, OAT/CHOC CHI	1 PKG	210	290	2.00	*N/A*	11	5.0	37.0	6.0	1.50	*N/A*
BRD: CEREAL, APPLE JACKS	1 BAR	290	240	3.00	*N/A*	22	5.0	47.0	9.0	3.00	*N/A*
BRD: CEREAL, CIN TOAST CRUNCH	1 PACKAGE	107	167	2.64	3.83	*N/A*	1.9	24.35	1.13	0.57	0.00
BRD: CEREAL, FROOT LOOPS	1 OZ PACKA GE	109	160	3.18	3.65	6	1.44	22.17	2.8	0.28	0.06
BRD: CEREAL, LUCK CHARMS	1 OZ PACKA GE	103	160	2.92	4.00	*N/A*	1.79	23.76	1.13	0.45	0.01
BRD: POP TART, BLUEBERRY(1)	1 OZ POUCH	110	180	2.00	*N/A*	10	2.0	23.0	1.0	0.00	*N/A*
BRD: POP TART, STRAWBRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POPTART, BROWN SUGAR (1)	1 SINGLE P ACK	183	192	2.79	1.80	*N/A*	2.35	37.27	2.74	0.95	0.05
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: TRIX BAR	1 EACH	150	100	2.00	*N/A*	9	2.0	30.0	4.0	1.00	0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*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*
FRENCH TOAST STICKS, BC, 3 EA	3 EACH	260	290	2.00	*N/A*	14	6.0	42.0	8.0	1.00	*N/A*
BRD: CINNAMON ROLL HADLEY FARM	1 PACKAGE	240	240	3.00	*N/A*	12	5.0	38.0	7.0	1.50	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*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: CRAISINS PACKAGE	1 PACKAGE	110	*N/A*	3.00	*N/A*	24	*N/A*	28.0	*N/A*	*N/A*	*N/A*
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	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
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
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*

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary Breakfast

Portion Values - Detailed

Page 36

Generated on: 12/21/2021 10:41:09 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)
Weighted Daily Average		2278	*2054	*26.31	*8.81	*195	*47.08	414.17	*52.04	*20.04	*0.11
% of Calories						*34.2%	*8.3%	72.7%	*20.6%	*7.9%	*0.0%
Nutrient Guideline		350-500	540							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary Breakfast

Portion Values - Detailed

Page 37

Generated on: 12/21/2021 10:41:09 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 - 01/27/2022											
South Elementary Breakfast	Total										
BRD: TURNOVER, APPLE	1 EACH	350	220	1.00	*N/A*	8	4.0	33.0	22.0	11.00	0.00
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: CEREAL, APPLE JACKS	1 PACKAGE	107	167	2.64	3.83	*N/A*	1.9	24.35	1.13	0.57	0.00
BRD: CEREAL, CIN TOAST CRUNCH	1 OZ PACKA GE	109	160	3.18	3.65	6	1.44	22.17	2.8	0.28	0.06
BRD: CEREAL, FROOT LOOPS	1 OZ PACKA GE	103	160	2.92	4.00	*N/A*	1.79	23.76	1.13	0.45	0.01
BRD: CEREAL, LUCK CHARMS	1 OZ POUCH	110	180	2.00	*N/A*	10	2.0	23.0	1.0	0.00	*N/A*
BRD: POP TART, BLUEBERRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POP TART, STRAWBRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POPTART, BROWN SUGAR (1)	1 SINGLE P ACK	183	192	2.79	1.80	*N/A*	2.35	37.27	2.74	0.95	0.05
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: TRIX BAR	1 EACH	150	100	2.00	*N/A*	9	2.0	30.0	4.0	1.00	0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*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*
FRENCH TOAST STICKS, BC, 3 EA	3 EACH	260	290	2.00	*N/A*	14	6.0	42.0	8.0	1.00	*N/A*
BRD: CINNAMON ROLL HADLEY FARM	1 PACKAGE	240	240	3.00	*N/A*	12	5.0	38.0	7.0	1.50	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*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: CRAISINS PACKAGE	1 PACKAGE	110	*N/A*	3.00	*N/A*	24	*N/A*	28.0	*N/A*	*N/A*	*N/A*
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	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
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
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*

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary Breakfast

Portion Values - Detailed

Page 38

Generated on: 12/21/2021 10:41:09 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)
Weighted Daily Average		2348	*2019	*25.81	*8.81	*193	*46.58	412.17	*60.04	*24.79	*0.11
% of Calories						*32.9%	*7.9%	70.2%	*23.0%	*9.5%	*0.0%
Nutrient Guideline		350-500	540							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary 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											
South Elementary Breakfast											
SDW: SAUSAGE BISCUIT, BC, IW	1 SANDWICH	240	430	2.00	*N/A*	5	11.0	27.0	10.0	5.00	0.00
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: CEREAL, APPLE JACKS	1 PACKAGE	107	167	2.64	3.83	*N/A*	1.9	24.35	1.13	0.57	0.00
BRD: CEREAL, CIN TOAST CRUNCH	1 OZ PACKA GE	109	160	3.18	3.65	6	1.44	22.17	2.8	0.28	0.06
BRD: CEREAL, FROOT LOOPS	1 OZ PACKA GE	103	160	2.92	4.00	*N/A*	1.79	23.76	1.13	0.45	0.01
BRD: CEREAL, LUCK CHARMS	1 OZ POUCH	110	180	2.00	*N/A*	10	2.0	23.0	1.0	0.00	*N/A*
BRD: POP TART, BLUEBERRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POP TART, STRAWBRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POPTART, BROWN SUGAR (1)	1 SINGLE P ACK	183	192	2.79	1.80	*N/A*	2.35	37.27	2.74	0.95	0.05
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: TRIX BAR	1 EACH	150	100	2.00	*N/A*	9	2.0	30.0	4.0	1.00	0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*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*
FRENCH TOAST STICKS, BC, 3 EA	3 EACH	260	290	2.00	*N/A*	14	6.0	42.0	8.0	1.00	*N/A*
BRD: CINNAMON ROLL HADLEY FARM	1 PACKAGE	240	240	3.00	*N/A*	12	5.0	38.0	7.0	1.50	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*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: CRAISINS PACKAGE	1 PACKAGE	110	*N/A*	3.00	*N/A*	24	*N/A*	28.0	*N/A*	*N/A*	*N/A*
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	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
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
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*

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary 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)
Weighted Daily Average		2293	*2124	*26.31	*8.81	*192	*50.08	409.17	*54.04	*21.79	*0.11
% of Calories						*33.5%	*8.7%	71.4%	*21.2%	*8.5%	*0.0%
Nutrient Guideline		350-500	540							<10.00	

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary 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											
South Elementary 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
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: CEREAL, APPLE JACKS	1 PACKAGE	107	167	2.64	3.83	*N/A*	1.9	24.35	1.13	0.57	0.00
BRD: CEREAL, CIN TOAST CRUNCH	1 OZ PACKA GE	109	160	3.18	3.65	6	1.44	22.17	2.8	0.28	0.06
BRD: CEREAL, FROOT LOOPS	1 OZ PACKA GE	103	160	2.92	4.00	*N/A*	1.79	23.76	1.13	0.45	0.01
BRD: CEREAL, LUCK CHARMS	1 OZ POUCH	110	180	2.00	*N/A*	10	2.0	23.0	1.0	0.00	*N/A*
BRD: POP TART, BLUEBERRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POP TART, STRAWBRY(1)	1 SINGLE P ACK	180	181	2.84	1.80	*N/A*	2.15	37.57	2.35	0.90	0.05
BRD: POPTART, BROWN SUGAR (1)	1 SINGLE P ACK	183	192	2.79	1.80	*N/A*	2.35	37.27	2.74	0.95	0.05
BRD: MUFFIN, CHEF P BLUE 2 OZ	1 MUFFIN	170	120	1.00	*N/A*	14	2.0	27.0	6.0	1.00	0.00
BRD: MUFFIN, CHEF P CHOC 2 OZ	1 MUFFIN	170	100	2.00	*N/A*	14	2.0	27.0	6.0	1.50	0.00
BRD: TRIX BAR	1 EACH	150	100	2.00	*N/A*	9	2.0	30.0	4.0	1.00	0.00
CHEESE STICK, LOL, COLBY JACK	1 STICK	110	200	0.00	*N/A*	0	7.0	0.0	9.0	6.00	0.00
CHEESE, STICK, MOZZ, LOL	1 EACH	80	200	0.00	*N/A*	1	6.0	2.0	6.0	4.00	0.00
YOGURT: 4 OZ, DANIMALS	4 OZ	70	60	*N/A*	*N/A*	10	4.0	14.0	*N/A*	*N/A*	*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*
FRENCH TOAST STICKS, BC, 3 EA	3 EACH	260	290	2.00	*N/A*	14	6.0	42.0	8.0	1.00	*N/A*
BRD: CINNAMON ROLL HADLEY FARM	1 PACKAGE	240	240	3.00	*N/A*	12	5.0	38.0	7.0	1.50	0.00
FRUIT: APPLE SLICES	1/2 APPLE	32	1	1.00	*N/A*	6	*N/A*	8.0	*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: CRAISINS PACKAGE	1 PACKAGE	110	*N/A*	3.00	*N/A*	24	*N/A*	28.0	*N/A*	*N/A*	*N/A*
FRUIT: RAISIN BOX	1 BOX	127	11	1.91	0.76	28	1.4	33.73	0.11	0.04	0.00
FRUIT: STRAWBERRY CUP	1 CUP	90	0	2.00	*N/A*	18	1.0	22.0	0.0	0.00	0.00
FRUIT: PEACH CUP	1 CUP	80	0	1.00	*N/A*	16	1.0	19.0	0.0	0.00	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
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
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*

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Danville Community School Corporation

Jan 3, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

South Elementary 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)
Weighted Daily Average		2303	*1959	*26.31	*8.81	*199	*46.58	414.17	*55.04	*21.29	*0.11
% of Calories						*34.5%	*8.1%	71.9%	*21.5%	*8.3%	*0.0%
Nutrient Guideline		350-500	540							<10.00	

Weighted Average		2307	*2098	*26.03	*8.81	*195	*48.15	411.67	*55.14	*22.08	*0.11
						*75.9%	*8.3%	71.4%	*21.5%	*8.6%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	2307		350 - 500	461%			1807	Correction Required - Calories too High
Sodium 1 (mg)	2098		540		Missing		1558	Correction Required - Sodium too High
Sodium 2 (mg)	2098		485		Missing		1613	Correction Required - Sodium too High
Fiber (g)	26.03				Missing			
Iron (mg)	8.81				Missing			
Sugars (g)	195	33.75%			Missing			
Protein (g)	48.15	8.35%			Missing			
Carbohydrate (g)	411.67	71.38%						
Total Fat (g)	55.14	21.51%			Missing			
Saturated Fat (g)	22.08	8.61%	<10.00%		Missing			
Trans Fat ¹ (g)	0.11	0.04%			Missing			

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