

# Jones County Schools

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

K-12 Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 11/01/2021										
K-12 Breakfast	Total	2500								
Cheese, Variety, Plank M5095	1 plank	1250	100	25	360	6.0	1.0	8.0	6.00	0.00
Toaster Past, Strawb 1WG M8880	1 pastry	1250	170	0	180	2.0	36.0	2.5	1.00	0.00
Sausage Pancake on Stick M9255	1 stick	2500	200	20	380	6.0	19.0	11.0	3.00	0.00
Fresh Fruit Cup M6720	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assort, 4oz M6640	1 4-oz. cup	2500	69	0	3	0.0	16.3	0.0	0.00	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF White 1/2 pt. PF M100	1/2 pint	1800	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			552	37	767	17.94	82.81	16.42	6.54	0.00
% of Calories						13.0%	60.0%	26.8%	10.7%	0.0%
Nutrient Guideline			450-500		540				<10.00	

Tue - 11/02/2021										
K-12 Breakfast	Total	2500								
Sausage 1 & Biscuit 2ENR M9165	1 Each	500	329	35	806	14.89	28.0	16.91	7.47	0.00
Donuts, Powdered, WGR M8600	Package	2000	270	0	230	4.0	41.0	11.0	3.00	0.00
Fresh Fruit Cup M6720	1/2 cup	2300	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assort, 4oz M6640	1 4-oz. cup	2400	69	0	3	0.0	16.3	0.0	0.00	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	600	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF White 1/2 pt. PF M100	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			445	9	390	9.27	75.61	12.33	3.93	0.00
% of Calories						8.3%	68.0%	25.0%	8.0%	0.0%
Nutrient Guideline			450-500		540				<10.00	

Wed - 11/03/2021										
K-12 Breakfast	Total	2500								
Cinnamon Roll, 2WGR, MS1623	1 roll	2000	170	0	160	4.0	27.0	6.0	1.00	0.00
Cereals, Assorted, 1 Oz. M8665	1 bowl pack	500	111	0	172	1.49	22.98	1.64	0.12	0.00
Cereals, Assorted, 1 Oz. M8665	1 bowl pack	500	111	0	172	1.49	22.98	1.64	0.12	0.00
Fresh Fruit Cup M6720	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assort, 4oz M6640	1 4-oz. cup	2500	69	0	3	0.0	16.3	0.0	0.00	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	1500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF White 1/2 pt. PF M100	1/2 pint	800	80	5	120	8.0	11.0	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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Weighted Daily Average			417	5	314	11.74	80.90	5.62	0.89	0.00
% of Calories						11.2%	77.5%	12.1%	1.9%	0.0%
Nutrient Guideline			450-500		540				<10.00	

Thu - 11/04/2021										
K-12 Breakfast	Total	2500								
French Toast Stix, WGR M8575	3 sticks	1250	270	10	290	7.0	43.0	8.0	1.00	0.00
Pancakes, Mini, 2 WGR M8815	1 pouch	1250	220	5	340	5.0	36.0	7.0	1.00	0.00
Syrup, Pancake, PC M8025	1 packet	500	119	0	29	0.02	30.2	0.0	0.00	0.00
Fresh Fruit Cup M6720	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assort, 4oz M6640	1 4-oz. cup	2500	69	0	3	0.0	16.3	0.0	0.00	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	1500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF White 1/2 pt. PF M100	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			486	11	409	12.02	93.01	7.67	1.04	0.00
% of Calories						9.9%	76.5%	14.2%	1.9%	0.0%
Nutrient Guideline			450-500		540				<10.00	

Fri - 11/05/2021										
K-12 Breakfast	Total	2500								
Sausage 1 & Biscuit 2ENR M9165	1 Each	2000	329	35	806	14.89	28.0	16.91	7.47	0.00
Jelly, Assorted, PC M8145	1 packet	500	36	0	7	0.03	9.23	0.01	0.01	0.00
Cereal, Mini Spoon, 2 G M8715	1 bowl pack	500	200	0	10	5.0	46.0	1.0	0.00	0.00
Fresh Fruit Cup M6720	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assort, 4oz M6640	1 4-oz. cup	2500	69	0	3	0.0	16.3	0.0	0.00	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	800	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF White 1/2 pt. PF M100	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			491	30	702	16.70	74.47	13.90	6.01	0.00
% of Calories						13.6%	60.6%	25.5%	11.0%	0.0%
Nutrient Guideline			450-500		540				<10.00	

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

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Mon - 11/08/2021										
K-12 Breakfast	Total	2500								
Cheese, Variety, Plank M5095	1 plank	1250	100	25	360	6.0	1.0	8.0	6.00	0.00
Toaster Past, Strawb 1WG M8880	1 pastry	1250	170	0	180	2.0	36.0	2.5	1.00	0.00
Sausage Pancake on Stick M9255	1 stick	2500	200	20	380	6.0	19.0	11.0	3.00	0.00
Fresh Fruit Cup M6720	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assort, 4oz M6640	1 4-oz. cup	2500	69	0	3	0.0	16.3	0.0	0.00	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF White 1/2 pt. PF M100	1/2 pint	1800	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			552	37	767	17.94	82.81	16.42	6.54	0.00
% of Calories						13.0%	60.0%	26.8%	10.7%	0.0%
Nutrient Guideline			450-500		540				<10.00	

Tue - 11/09/2021										
K-12 Breakfast	Total	2500								
Sausage 1 & Biscuit 2ENR M9165	1 Each	500	329	35	806	14.89	28.0	16.91	7.47	0.00
Donuts, Powdered, WGR M8600	Package	2000	270	0	230	4.0	41.0	11.0	3.00	0.00
Fresh Fruit Cup M6720	1/2 cup	2300	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assort, 4oz M6640	1 4-oz. cup	2400	69	0	3	0.0	16.3	0.0	0.00	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	600	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF White 1/2 pt. PF M100	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			445	9	390	9.27	75.61	12.33	3.93	0.00
% of Calories						8.3%	68.0%	25.0%	8.0%	0.0%
Nutrient Guideline			450-500		540				<10.00	

Wed - 11/10/2021										
K-12 Breakfast	Total	2500								
Cinnamon Roll, 2WGR, MS1623	1 roll	2000	170	0	160	4.0	27.0	6.0	1.00	0.00
Cereals, Assorted, 1 Oz. M8665	1 bowl pack	500	111	0	172	1.49	22.98	1.64	0.12	0.00
Cereals, Assorted, 1 Oz. M8665	1 bowl pack	500	111	0	172	1.49	22.98	1.64	0.12	0.00
Fresh Fruit Cup M6720	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assort, 4oz M6640	1 4-oz. cup	2500	69	0	3	0.0	16.3	0.0	0.00	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	1500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF White 1/2 pt. PF M100	1/2 pint	800	80	5	120	8.0	11.0	0.0	0.00	0.00

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

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Base Menu Spreadsheet

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Weighted Daily Average			417	5	314	11.74	80.90	5.62	0.89	0.00
% of Calories						11.2%	77.5%	12.1%	1.9%	0.0%
Nutrient Guideline			450-500		540				<10.00	

Thu - 11/11/2021										
K-12 Breakfast	Total	2500								
French Toast Stix, WGR M8575	3 sticks	1250	270	10	290	7.0	43.0	8.0	1.00	0.00
Pancakes, Mini, 2 WGR M8815	1 pouch	1250	220	5	340	5.0	36.0	7.0	1.00	0.00
Syrup, Pancake, PC M8025	1 packet	500	119	0	29	0.02	30.2	0.0	0.00	0.00
Fresh Fruit Cup M6720	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assort, 4oz M6640	1 4-oz. cup	2500	69	0	3	0.0	16.3	0.0	0.00	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	1500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF White 1/2 pt. PF M100	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			486	11	409	12.02	93.01	7.67	1.04	0.00
% of Calories						9.9%	76.5%	14.2%	1.9%	0.0%
Nutrient Guideline			450-500		540				<10.00	

Fri - 11/12/2021										
K-12 Breakfast	Total	2500								
Sausage 1 & Biscuit 2ENR M9165	1 Each	2000	329	35	806	14.89	28.0	16.91	7.47	0.00
Jelly, Assorted, PC M8145	1 packet	500	36	0	7	0.03	9.23	0.01	0.01	0.00
Cereal, Mini Spoon, 2 G M8715	1 bowl pack	500	200	0	10	5.0	46.0	1.0	0.00	0.00
Fresh Fruit Cup M6720	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assort, 4oz M6640	1 4-oz. cup	2500	69	0	3	0.0	16.3	0.0	0.00	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	800	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF White 1/2 pt. PF M100	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			491	30	702	16.70	74.47	13.90	6.01	0.00
% of Calories						13.6%	60.6%	25.5%	11.0%	0.0%
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Mon - 11/15/2021										
K-12 Breakfast	Total	2500								
Cheese, Variety, Plank M5095	1 plank	1250	100	25	360	6.0	1.0	8.0	6.00	0.00
Toaster Past, Strawb 1WG M8880	1 pastry	1250	170	0	180	2.0	36.0	2.5	1.00	0.00
Sausage Pancake on Stick M9255	1 stick	2500	200	20	380	6.0	19.0	11.0	3.00	0.00
Fresh Fruit Cup M6720	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assort, 4oz M6640	1 4-oz. cup	2500	69	0	3	0.0	16.3	0.0	0.00	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF White 1/2 pt. PF M100	1/2 pint	1800	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			552	37	767	17.94	82.81	16.42	6.54	0.00
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Tue - 11/16/2021										
K-12 Breakfast	Total	2500								
Sausage 1 & Biscuit 2ENR M9165	1 Each	500	329	35	806	14.89	28.0	16.91	7.47	0.00
Donuts, Powdered, WGR M8600	Package	2000	270	0	230	4.0	41.0	11.0	3.00	0.00
Fresh Fruit Cup M6720	1/2 cup	2300	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assort, 4oz M6640	1 4-oz. cup	2400	69	0	3	0.0	16.3	0.0	0.00	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	600	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF White 1/2 pt. PF M100	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			445	9	390	9.27	75.61	12.33	3.93	0.00
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Wed - 11/17/2021										
K-12 Breakfast	Total	2500								
Cinnamon Roll, 2WGR, MS1623	1 roll	2000	170	0	160	4.0	27.0	6.0	1.00	0.00
Cereals, Assorted, 1 Oz. M8665	1 bowl pack	500	111	0	172	1.49	22.98	1.64	0.12	0.00
Cereals, Assorted, 1 Oz. M8665	1 bowl pack	500	111	0	172	1.49	22.98	1.64	0.12	0.00
Fresh Fruit Cup M6720	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assort, 4oz M6640	1 4-oz. cup	2500	69	0	3	0.0	16.3	0.0	0.00	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	1500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF White 1/2 pt. PF M100	1/2 pint	800	80	5	120	8.0	11.0	0.0	0.00	0.00

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Pancakes, Mini, 2 WGR M8815	1 pouch	1250	220	5	340	5.0	36.0	7.0	1.00	0.00
Syrup, Pancake, PC M8025	1 packet	500	119	0	29	0.02	30.2	0.0	0.00	0.00
Fresh Fruit Cup M6720	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assort, 4oz M6640	1 4-oz. cup	2500	69	0	3	0.0	16.3	0.0	0.00	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	1500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF White 1/2 pt. PF M100	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			486	11	409	12.02	93.01	7.67	1.04	0.00
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Fri - 11/19/2021										
K-12 Breakfast	Total	2500								
Sausage 1 & Biscuit 2ENR M9165	1 Each	2000	329	35	806	14.89	28.0	16.91	7.47	0.00
Jelly, Assorted, PC M8145	1 packet	500	36	0	7	0.03	9.23	0.01	0.01	0.00
Cereal, Mini Spoon, 2 G M8715	1 bowl pack	500	200	0	10	5.0	46.0	1.0	0.00	0.00
Fresh Fruit Cup M6720	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assort, 4oz M6640	1 4-oz. cup	2500	69	0	3	0.0	16.3	0.0	0.00	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	800	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF White 1/2 pt. PF M100	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			491	30	702	16.70	74.47	13.90	6.01	0.00
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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 11/29/2021										
K-12 Breakfast	Total	2500								
Cheese, Variety, Plank M5095	1 plank	1250	100	25	360	6.0	1.0	8.0	6.00	0.00
Toaster Past, Strawb 1WG M8880	1 pastry	1250	170	0	180	2.0	36.0	2.5	1.00	0.00
Sausage Pancake on Stick M9255	1 stick	2500	200	20	380	6.0	19.0	11.0	3.00	0.00
Fresh Fruit Cup M6720	1/2 cup	2500	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assort, 4oz M6640	1 4-oz. cup	2500	69	0	3	0.0	16.3	0.0	0.00	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	500	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF White 1/2 pt. PF M100	1/2 pint	1800	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			552	37	767	17.94	82.81	16.42	6.54	0.00
% of Calories						13.0%	60.0%	26.8%	10.7%	0.0%
Nutrient Guideline			450-500		540				<10.00	

Tue - 11/30/2021										
K-12 Breakfast	Total	2500								
Sausage 1 & Biscuit 2ENR M9165	1 Each	500	329	35	806	14.89	28.0	16.91	7.47	0.00
Donuts, Powdered, WGR M8600	Package	2000	270	0	230	4.0	41.0	11.0	3.00	0.00
Fresh Fruit Cup M6720	1/2 cup	2300	64	0	3	0.58	16.48	0.17	0.04	0.00
Fruit Juice, Assort, 4oz M6640	1 4-oz. cup	2400	69	0	3	0.0	16.3	0.0	0.00	0.00
Milk, FF Choc 1/2 pint PF M120	1/2 pint	600	130	5	120	8.0	23.0	0.0	0.00	0.00
Milk, FF White 1/2 pt. PF M100	1/2 pint	200	80	5	120	8.0	11.0	0.0	0.00	0.00
Weighted Daily Average			445	9	390	9.27	75.61	12.33	3.93	0.00
% of Calories						8.3%	68.0%	25.0%	8.0%	0.0%
Nutrient Guideline			450-500		540				<10.00	

Weighted Average			481	19	524	13.54	81.11	11.56	3.86	0.00
						11.3%	67.5%	21.7%	7.2%	0.0%

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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Jones County Schools

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

K-12 Breakfast

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Cholst (mg) Shortfall	Sodm (mg) Shortfall	Protn (g) Overage	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
Calories	481		450 - 500	100%									
Cholesterol (mg)	19												
Sodium 1 (mg)	524		540										
Sodium 2 (mg)	524		485						39				Correction Required - Sodium too High
Protein (g)	13.54	11.27%											
Carbohydrate (g)	81.11	67.50%											
Total Fat (g)	11.56	21.65%											
Saturated Fat (g)	3.86	7.24%	<10.00%										
Trans Fat <sup>1</sup> (g)	0.00	0.00%											

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