

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Hot Breakfast: Monday														
Racine Breakfast MS/HS	Total													
Waffles: 2	2 Waffles	200	0	490	3.00	3.60	100.0	20	0.0	5.0	32.0	6.0	1.00	0.00
Pancakes: 2	2 EACH	149	6	214	1.94	1.16	0.0	16	0.0	3.24	26.53	3.88	0.65	0.00
Blueberry Sauce: 2oz	1/4 cup	67	0	0	4.44	0.44	0.0	0	5.33	1.11	13.34	0.0	0.00	0.00
Syrup, Packet	packet	80	0	5	0.00	0.00	0.0	0	0.0	0.0	19.0	0.0	0.00	0.00
Weighted Daily Average		248	3	354	4.69	2.60	50.0	18	2.67	4.67	45.43	4.94	0.82	0.00
% of Calories										7.5%	73.4%	18.0%	3.0%	0.0%
Nutrient Guideline		450-600		640									<10.00	

Hot Breakfast: Tuesday														
Racine Breakfast MS/HS	Total													
Green Eggs & Ham Frittata	1 piece	226	205	968	1.69	2.08	78.9	3194	14.76	14.8	24.74	7.13	2.21	*0.00
Ham Egg Chz Bagel	1 EACH	340	141	997	4.00	0.50	115.0	250	0.0	18.25	36.0	14.25	4.75	0.00
Weighted Daily Average		283	173	983	2.84	1.29	96.9	1722	7.38	16.52	30.37	10.69	3.48	*0.00
% of Calories										23.3%	42.9%	34.0%	11.1%	*0.0%
Nutrient Guideline		450-600		640									<10.00	

Hot Breakfast: Wednesday														
Racine Breakfast MS/HS	Total													
Sausage egg & cheese biscuit	1 EA	421	170	1002	*3.00	*2.26	220.0	609	*0.5	19.2	32.2	25.1	10.50	*0.00
Turkey Sausage Pancake Wrap	1 EACH	200	25	310	3.00	1.80	20.0	20	0.0	7.0	17.0	10.0	2.50	0.00
Weighted Daily Average		311	98	656	*3.00	*2.03	120.0	315	*0.25	13.10	24.60	17.55	6.50	*0.00
% of Calories										16.9%	31.7%	50.9%	18.8%	*0.0%
Nutrient Guideline		450-600		640									<10.00	

Hot Breakfast: Thursday														
Racine Breakfast MS/HS	Total													
Breakfast Burrito, Egg&Cheese	2 EACH	389	290	448	3.00	2.78	321.8	665	0.14	19.59	32.47	19.6	10.41	0.00
Breakfast Burrito, Turk Saus	2 EACH	413	233	509	3.00	2.72	314.5	543	0.1	22.73	31.48	21.57	10.77	0.00
Weighted Daily Average		401	261	478	3.00	2.75	318.1	604	0.12	21.16	31.97	20.59	10.59	0.00
% of Calories										21.1%	31.9%	46.2%	23.8%	0.0%
Nutrient Guideline		450-600		640									<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Hot Breakfast: Friday														
Racine Breakfast MS/HS	Total													
Cinnamon Roll	1 EACH	180	0	240	3.00	1.80	40.0	40	0.0	5.0	31.0	4.5	1.00	0.00
Frudel, Cherry	1 EACH (2.29oz)	210	0	280	2.00	1.10	0.0	0	0.0	5.0	36.0	6.0	1.50	0.00
Weighted Daily Average		195	0	260	2.50	1.45	20.0	20	0.00	5.00	33.50	5.25	1.25	0.00
% of Calories										10.3%	68.7%	24.2%	5.8%	0.0%
Nutrient Guideline		450-600		640									<10.00	

Category 1: Whole Grain Snack														
Racine Breakfast MS/HS	Total													
Iced Cinnamon Square	1 EACH	170	5	170	2.00	1.10	0.0	0	0.0	2.0	31.0	4.5	1.50	0.00
Grahams, Strawb Waffle Snaps	1 PACK (1o	120	0	75	1.00	0.70	0.0	0	0.0	2.0	21.0	3.5	1.00	0.00
Grahams, MJM Bear Apple Cinn	1 POUCH (1oz)	104	0	95	2.00	2.70	20.0	284	3.6	2.0	19.0	3.0	1.00	0.00
Grahams, Sport Bites	1 PACK (1o	110	0	91	1.00	2.00	12.0	275	3.0	2.0	19.0	3.0	1.00	0.00
Weighted Daily Average		126	1	108	1.50	1.63	8.0	140	1.65	2.00	22.50	3.50	1.12	0.00
% of Calories										6.3%	71.4%	25.0%	8.0%	0.0%
Nutrient Guideline		450-600		640									<10.00	

Category 2: Fruit														
Racine Breakfast MS/HS	Total													
Apple, 163ct (1/2 cup) Fresh	1 EACH	60	0	1	2.79	0.14	7.0	63	5.35	0.3	16.05	0.2	0.03	*N/A*
Banana: Petite	1 EACH	110	0	0	4.00	0.40	0.0	105	9.0	1.0	29.0	0.0	0.00	0.00
Orange, Sliced	1 EACH	80	0	0	5.00	0.00	40.0	0	72.0	1.0	21.0	0.0	0.00	0.00
Pear, Fresh	1 EACH (1/2c)	100	0	0	4.00	0.00	13.0	0	6.0	1.0	25.0	0.0	0.00	0.00
Grapes	1/2 CUP	52	0	2	0.50	0.25	10.0	50	8.1	0.5	13.5	0.0	0.00	0.00
Juice Box, Variety	1 BOX (4.23oz)	60	0	5	0.00	0.00	100.0	0	60.0	0.0	15.0	0.0	0.00	0.00
Weighted Daily Average		140	0	6	3.26	0.16	114.0	44	80.09	0.76	35.91	0.04	0.01	*0.00
% of Calories										2.2%	102.2%	0.3%	0.0%	*0.0%
Nutrient Guideline		450-600		640									<10.00	

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Category 3: Cereal & Protein														
Racine Breakfast MS/HS	Total													
Cereal, Cinnamon Toasters WG	1 EACH	130	0	140	1.00	4.50	100.0	500	6.0	1.0	24.0	3.5	0.50	0.00
Cereal, Honey Graham WG	1 EACH	130	0	270	1.00	9.00	100.0	500	6.0	1.0	25.0	3.0	0.00	0.00
Cereal Bowl, MoM Marsh Mateys	1 EACH	120	0	200	1.00	9.00	100.0	500	6.0	2.0	26.0	1.0	0.00	0.00
Cereal Bowl, MoM Raisin Bran	1 EACH	130	0	210	4.00	2.70	0.0	400	3.6	3.0	28.0	1.0	0.00	*N/A*
Cereal, Rice Krispie Bowl, WGR	1 EACH	100	0	170	1.00	8.10	0.0	1000	12.0	2.0	23.0	0.0	0.00	0.00
Oatmeal, 1oz Quaker Reg. pkt	1 each	100	0	75	3.00	7.20	100.0	1250	0.0	4.0	19.0	2.0	0.00	0.00
Cheese Stick, Mozzarella	1 OZ	90	20	190	0.00	0.00	150.0	200	0.0	7.0	1.0	6.0	3.50	0.00
Cheese Stick, Cheddar	1 OZ	110	20	170	0.00	0.00	200.0	300	0.0	6.0	0.5	9.0	6.00	0.00
Yogurt Cup, Variety	1 EACH (4o	90	0	75	0.00	0.00	300.0	0	0.96	3.0	19.2	0.0	0.00	0.00
Weighted Daily Average % of Calories		111	4	167	1.22	4.50	116.7	517	3.84	3.22 11.6%	18.41 66.3%	2.83 23.0%	1.11 9.0%	*0.00 *0.0%
Nutrient Guideline		450-600		640									<10.00	

Category 4: Milk														
Racine Breakfast MS/HS	Total													
Milk, Skim	1 CARTON (1c)	80	5	128	0.00	0.18	300.0	1150	2.4	8.0	12.0	0.0	0.00	0.00
Milk 1%: PF	1 CARTON (1c)	100	15	120	0.00	0.40	300.0	500	1.2	8.0	11.0	2.5	1.50	0.00
Weighted Daily Average % of Calories		90	10	124	0.00	0.29	300.0	825	1.80	8.00 35.6%	11.50 51.1%	1.25 12.5%	0.75 7.5%	0.00 0.0%
Nutrient Guideline		450-600		640									<10.00	

Weighted Average		212	61	348	*2.45	*1.86	127.1	467	*10.87	8.27 15.6%	28.24 53.4%	7.40 31.5%	2.85 12.1%	*0.00 *0.0%
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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	212		450 - 600	47%			238									Correction Required - Calories are Low
Cholesterol (mg)	61															
Sodium (mg)	348		640													
Fiber (g)	2.45					Missing										
Iron (mg)	1.86					Missing										
Calcium (mg)	127.1															
Vitamin A (IU)	467															
Vitamin C (mg)	10.87					Missing										
Protein (g)	8.27	15.63%														
Carbohydrate (g)	28.24	53.38%														
Total Fat (g)	7.40	31.49%														
Saturated Fat (g)	2.85	12.11%	<10.00%													Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.00	0.00%				Missing										

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