

Cullman County CNP

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Aug 14, 2023 thru Aug 25, 2023

NURSE K-12 BREAKFAST

Generated on: 9/28/2023 9:27:22 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 08/14/2023										
NURSE K-12 BREAKFAST	Total	1								
B. BISCUIT, SOUTHERN 2.51 OZ	biscuits	1	210	0	420	1.00	3	5.0	28.0	9.0
BRK. SAUSAGE	1 each	1	190	30	320	0.00	0	7.0	0.0	18.0
BRK. CEREAL,VARIETY	SERVING	1	110	0	173	1.89	7	1.56	23.86	1.62
B. Cinnamon Toast, WG - Lite	1 each	1	96	0	140	2.60	*N/A*	3.04	18.93	1.04
BRK. YOGURT 4 OZ	4 oz	1	80	5	65	0.00	*N/A*	4.0	16.0	0.0
F. FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	0	0.00	*N/A*	0.0	15.2	0.0
F. FRUIT (FRESH)	1 EACH	1	83	0	1	3.67	14	0.87	21.67	0.25
MILK, 1% WHITE	1 cup	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 cup	1	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 cup	1	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average			1223	65	1534	9.16	*82	45.46	184.66	34.91
% of Calories							*26.8%	14.9%	60.4%	25.7%
Nutrient Guideline			450-500		540					

Tue - 08/15/2023										
NURSE K-12 BREAKFAST	Total	1								
B. BISCUIT, SOUTHERN 2.51 OZ	biscuits	1	210	0	420	1.00	3	5.0	28.0	9.0
BRK. GRAVY W/SAUSAGE	SERVINGS	1	22	2	73	0.00	*0	0.75	1.1	1.73
BRK. CEREAL,VARIETY	SERVING	1	110	0	173	1.89	7	1.56	23.86	1.62
BRK. POP TARTS	1 EACH	1	181	0	188	2.93	15	2.45	37.78	2.75
BRK. YOGURT 4 OZ	4 oz	1	80	5	65	0.00	*N/A*	4.0	16.0	0.0
F. FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	0	0.00	*N/A*	0.0	15.2	0.0
F. FRUIT (FRESH)	1 EACH	1	83	0	1	3.67	14	0.87	21.67	0.25
MILK, 1% WHITE	1 cup	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 cup	1	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 cup	1	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average			1140	37	1335	9.49	*97	38.62	204.61	20.35
% of Calories							*34.2%	13.6%	71.8%	16.1%
Nutrient Guideline			450-500		540					

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Cullman County CNP

Aug 14, 2023 thru Aug 25, 2023

Base Menu Spreadsheet

NURSE K-12 BREAKFAST

Portion Values - Detailed

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Generated on: 9/28/2023 9:27:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 08/16/2023										
NURSE K-12 BREAKFAST	Total	1								
BRK. PANCAKES, WG (COM)	2 PANCAKES	1	178	31	372	2.33	*N/A*	5.43	29.46	2.33
BRK. CEREAL,VARIETY	SERVING	1	110	0	173	1.89	7	1.56	23.86	1.62
BRK. TOAST,CHEESE	1 PC	1	160	25	730	1.00	*1	8.0	11.5	9.75
BRK. YOGURT 4 OZ	4 oz	1	80	5	65	0.00	*N/A*	4.0	16.0	0.0
F. FRUIT CHOICE	1/2 cup	1	70	0	3	2.30	*N/A*	0.57	18.24	0.17
F. FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	0	0.00	*N/A*	0.0	15.2	0.0
COND. SYRUP/DUNK CUP	1 each	1	119	0	40	0.00	*N/A*	0.0	30.66	0.0
MILK, 1% WHITE	1 cup	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 cup	1	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 cup	1	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average % of Calories			1171	91	1798	7.51	*66 *22.5%	43.55 14.9%	205.92 70.4%	18.87 14.5%
Nutrient Guideline			450-500		540					

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 08/17/2023										
NURSE K-12 BREAKFAST	Total	1								
BRK. PIZZA, BREAKFAST SAUSAGE	1 piece	1	220	15	480	3.00	*N/A*	10.0	27.0	8.0
BRK. CEREAL,VARIETY	SERVING	1	110	0	173	1.89	7	1.56	23.86	1.62
BRK. POP TARTS	1 EACH	1	181	0	188	2.93	15	2.45	37.78	2.75
B. TOAST WG	1 each	1	54	0	124	2.15	*N/A*	4.31	10.77	1.08
BRK. YOGURT 4 OZ	4 oz	1	80	5	65	0.00	*N/A*	4.0	16.0	0.0
F. FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	0	0.00	*N/A*	0.0	15.2	0.0
F. FRUIT (FRESH)	1 EACH	1	83	0	1	3.67	14	0.87	21.67	0.25
MILK, 1% WHITE	1 cup	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 cup	1	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 cup	1	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average % of Calories			1182	50	1445	13.64	*94 *32.0%	47.18 16.0%	213.29 72.2%	18.70 14.2%
Nutrient Guideline			450-500		540					

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Cullman County CNP

Base Menu Spreadsheet

Portion Values - Detailed

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NURSE K-12 BREAKFAST

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 08/18/2023										
NURSE K-12 BREAKFAST	Total	1								
BRK. CHICKEN PATTY	PATTY	1	89	33	225	1.30	0	6.0	6.5	4.4
B. BISCUIT, SOUTHERN 2.51 OZ	biscuits	1	210	0	420	1.00	3	5.0	28.0	9.0
B. Cinnamon Toast, WG - Lite	1 each	1	96	0	140	2.60	*N/A*	3.04	18.93	1.04
BRK. CEREAL,VARIETY	SERVING	1	110	0	173	1.89	7	1.56	23.86	1.62
CHEESE, STICK MOZ/SKM	1 EACH	1	80	15	190	0.00	*N/A*	7.0	*N/A*	5.0
BRK. YOGURT 4 OZ	4 oz	1	80	5	65	0.00	*N/A*	4.0	16.0	0.0
F. FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	0	0.00	*N/A*	0.0	15.2	0.0
F. FRUIT CHOICE	1/2 cup	1	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 cup	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 cup	1	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 cup	1	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average			1189	83	1631	9.09	*68	51.16	*187.73	26.23
% of Calories							*22.8%	17.2%	*63.1%	19.8%
Nutrient Guideline			450-500		540					

Mon - 08/21/2023										
NURSE K-12 BREAKFAST	Total	1								
B. BISCUIT, SOUTHERN 2.51 OZ	biscuits	1	210	0	420	1.00	3	5.0	28.0	9.0
BRK. SAUSAGE	1 each	1	190	30	320	0.00	0	7.0	0.0	18.0
BRK. CEREAL,VARIETY	SERVING	1	110	0	173	1.89	7	1.56	23.86	1.62
B. Cinnamon Toast, WG - Lite	1 each	1	96	0	140	2.60	*N/A*	3.04	18.93	1.04
BRK. YOGURT 4 OZ	4 oz	1	80	5	65	0.00	*N/A*	4.0	16.0	0.0
F. FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	0	0.00	*N/A*	0.0	15.2	0.0
F. FRUIT (FRESH)	1 EACH	1	83	0	1	3.67	14	0.87	21.67	0.25
MILK, 1% WHITE	1 cup	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 cup	1	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 cup	1	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average			1223	65	1534	9.16	*82	45.46	184.66	34.91
% of Calories							*26.8%	14.9%	60.4%	25.7%
Nutrient Guideline			450-500		540					

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Base Menu Spreadsheet

Portion Values - Detailed

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Aug 14, 2023 thru Aug 25, 2023

NURSE K-12 BREAKFAST

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 08/22/2023										
NURSE K-12 BREAKFAST	Total	1								
B. BISCUIT, SOUTHERN 2.51 OZ	biscuits	1	210	0	420	1.00	3	5.0	28.0	9.0
BRK. GRAVY W/SAUSAGE	SERVINGS	1	22	2	73	0.00	*0	0.75	1.1	1.73
BRK. CEREAL,VARIETY	SERVING	1	110	0	173	1.89	7	1.56	23.86	1.62
BRK. POP TARTS	1 EACH	1	181	0	188	2.93	15	2.45	37.78	2.75
B. TOAST WG	1 each	1	54	0	124	2.15	*N/A*	4.31	10.77	1.08
BRK. YOGURT 4 OZ	4 oz	1	80	5	65	0.00	*N/A*	4.0	16.0	0.0
F. FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	0	0.00	*N/A*	0.0	15.2	0.0
F. FRUIT (FRESH)	1 EACH	1	83	0	1	3.67	14	0.87	21.67	0.25
MILK, 1% WHITE	1 cup	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 cup	1	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 cup	1	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average			1194	37	1459	11.64	*97	42.93	215.38	21.43
% of Calories							*32.7%	14.4%	72.2%	16.2%
Nutrient Guideline			450-500		540					

Wed - 08/23/2023										
NURSE K-12 BREAKFAST	Total	1								
BRK. FRENCH TOAST STICKS	4 pc	1	280	0	400	1.00	*N/A*	5.0	43.0	10.0
BRK. CEREAL,VARIETY	SERVING	1	110	0	173	1.89	7	1.56	23.86	1.62
B. TOAST WG	1 each	1	54	0	124	2.15	*N/A*	4.31	10.77	1.08
BRK. YOGURT 4 OZ	4 oz	1	80	5	65	0.00	*N/A*	4.0	16.0	0.0
F. FRUIT CHOICE	1/2 cup	1	70	0	3	2.30	*N/A*	0.57	18.24	0.17
F. FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	0	0.00	*N/A*	0.0	15.2	0.0
COND. SYRUP/DUNK CUP	1 each	1	119	0	40	0.00	*N/A*	0.0	30.66	0.0
MILK, 1% WHITE	1 cup	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 cup	1	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 cup	1	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average			1167	35	1219	7.34	*65	39.43	218.73	17.87
% of Calories							*22.2%	13.5%	75.0%	13.8%
Nutrient Guideline			450-500		540					

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NURSE K-12 BREAKFAST

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 08/24/2023										
NURSE K-12 BREAKFAST	Total	1								
BRK. PIZZA, BREAKFAST SAUSAGE	1 piece	1	220	15	480	3.00	*N/A*	10.0	27.0	8.0
BRK. CEREAL,VARIETY	SERVING	1	110	0	173	1.89	7	1.56	23.86	1.62
BRK. POP TARTS	1 EACH	1	181	0	188	2.93	15	2.45	37.78	2.75
B. TOAST WG	1 each	1	54	0	124	2.15	*N/A*	4.31	10.77	1.08
BRK. YOGURT 4 OZ	4 oz	1	80	5	65	0.00	*N/A*	4.0	16.0	0.0
F. FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	0	0.00	*N/A*	0.0	15.2	0.0
F. FRUIT (FRESH)	1 EACH	1	83	0	1	3.67	14	0.87	21.67	0.25
MILK, 1% WHITE	1 cup	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 cup	1	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 cup	1	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average			1182	50	1445	13.64	*94	47.18	213.29	18.70
% of Calories							*32.0%	16.0%	72.2%	14.2%
Nutrient Guideline			450-500		540					

Fri - 08/25/2023										
NURSE K-12 BREAKFAST	Total	1								
BRK. CHICKEN PATTY	PATTY	1	89	33	225	1.30	0	6.0	6.5	4.4
B. BISCUIT, SOUTHERN 2.51 OZ	biscuits	1	210	0	420	1.00	3	5.0	28.0	9.0
B. Cinnamon Toast, WG - Lite	1 each	1	96	0	140	2.60	*N/A*	3.04	18.93	1.04
BRK. CEREAL,VARIETY	SERVING	1	110	0	173	1.89	7	1.56	23.86	1.62
CHEESE, STICK MOZ/SKM	1 EACH	1	80	15	190	0.00	*N/A*	7.0	*N/A*	5.0
BRK. YOGURT 4 OZ	4 oz	1	80	5	65	0.00	*N/A*	4.0	16.0	0.0
F. FRUIT JUICE,ASSORTED	4 fl.oz.	1	64	0	0	0.00	*N/A*	0.0	15.2	0.0
F. FRUIT CHOICE	1/2 cup	1	70	0	3	2.30	*N/A*	0.57	18.24	0.17
MILK, 1% WHITE	1 cup	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK, FF STRAWBERRY	1 cup	1	110	5	100	0.00	21	8.0	19.0	0.0
MILK, 1% CHOCOLATE	1 cup	1	180	15	190	0.00	25	8.0	30.0	2.5
Weighted Daily Average			1189	83	1631	9.09	*68	51.16	*187.73	26.23
% of Calories							*22.8%	17.2%	*63.1%	19.8%
Nutrient Guideline			450-500		540					

Weighted Average			1186	60	1503	9.98	*81	45.21	*201.60	23.82
							*61.8%	15.2%	*68.0%	18.1%

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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	Fiber (g) Overage	Sugars (g) Overage	Protn (g)	Carb (g)	T-Fat (g)	Error Messages (if any)
Calories	1186		450 - 500	237%					686				Correction Required - Calories too High
Cholesterol (mg)	60												
Sodium 1 (mg)	1503		540						963				Correction Required - Sodium too High
Sodium 1a (mg)	1503								1503				
Fiber (g)	9.98												
Sugars (g)	81	27.45%											
Protein (g)	45.21	15.25%			Missing								
Carbohydrate (g)	201.60	67.99%			Missing								
Total Fat (g)	23.82	18.08%											

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