

# Mehlville

## Base Menu Spreadsheet Portion Values - Detailed

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Apr 3, 2024 thru Apr 30, 2024

Elementary Breakfast

Generated on: 3/27/2024 11:22:18 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/03/2024									
Elementary Breakfast	Total	100							
MSD-Cereal Bar, Mega assorted	1 each	100	270	180	5.00	4.33	51.33	5.67	0.50
MSD-MILK Variety-PF(choice)	1 each	80	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	85	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Raisins	1 each	50	113	4	1.00	1.0	30.0	0.0	0.00
Weighted Daily Average			494	338	5.50	11.42	96.73	7.57	1.74
% of Calories						9.2%	78.4%	13.8%	3.2%
Nutrient Guideline			350-500	540					<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/04/2024									
Elementary Breakfast	Total	100							
MSD-Cinnamon Roll, Hadley IW	1 each	100	239	239	2.98	4.97	37.8	6.96	1.49
MSD-MILK Variety-PF(choice)	1 each	95	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	85	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Raisins	1 each	40	113	4	1.00	1.0	30.0	0.0	0.00
Weighted Daily Average			473	423	3.38	13.16	83.62	9.22	2.97
% of Calories						11.1%	70.7%	17.6%	5.7%
Nutrient Guideline			350-500	540					<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/05/2024									
Elementary Breakfast	Total	100							
MSD-French Toast, IW Bakecraft	1 each	100	240	260	2.00	6.0	38.0	7.0	1.00
MSD-MILK Variety-PF(choice)	1 each	95	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	85	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Raisins	1 each	40	113	4	1.00	1.0	30.0	0.0	0.00
Weighted Daily Average			474	444	2.40	14.19	83.82	9.26	2.48
% of Calories						12.0%	70.7%	17.6%	4.7%
Nutrient Guideline			350-500	540					<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/08/2024									
Elementary Breakfast	Total	100							
MSD-Mini Pancakes	1 each	100	230	150	3.00	4.0	41.0	7.0	0.50
MSD-MILK Variety-PF(choice)	1 each	95	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	85	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Raisins	1 each	40	113	4	1.00	1.0	30.0	0.0	0.00
Weighted Daily Average			464	334	3.40	12.19	86.82	9.26	1.98
% of Calories						10.5%	74.8%	18.0%	3.8%
Nutrient Guideline			350-500	540					<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/09/2024									
Elementary Breakfast	Total	100							
MSD-Cinnamon Texas Toast, IW	1 each	100	261	292	2.01	8.04	45.24	6.03	1.01
MSD-MILK Variety-PF(choice)	1 each	95	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	85	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Raisins	1 each	40	113	4	1.00	1.0	30.0	0.0	0.00
Weighted Daily Average			496	476	2.41	16.23	91.06	8.29	2.48
% of Calories						13.1%	73.5%	15.1%	4.5%
Nutrient Guideline			350-500	540					<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/11/2024									
Elementary Breakfast	Total	100							
MSD-Muffin, 3.6 oz, assorted	1 muffin	100	293	228	2.25	4.5	49.02	9.0	1.25
MSD-MILK Variety-PF(choice)	1 each	80	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	85	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Raisins	1 each	50	113	4	1.00	1.0	30.0	0.0	0.00
Weighted Daily Average			516	385	2.75	11.59	94.42	10.91	2.49
% of Calories						9.0%	73.1%	19.0%	4.3%
Nutrient Guideline			350-500	540					<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/12/2024									
Elementary Breakfast	Total	100							
MSD-Glazed Flower	1 each	100	241	302	2.01	4.02	31.19	11.07	4.53
MSD-MILK Variety-PF(choice)	1 each	95	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	85	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Raisins	1 each	40	113	4	1.00	1.0	30.0	0.0	0.00
Weighted Daily Average			476	486	2.41	12.21	77.01	13.33	6.00
% of Calories						10.3%	64.8%	25.2%	11.4%
Nutrient Guideline			350-500	540					<10.00

Mon - 04/15/2024									
Elementary Breakfast	Total	100							
MSD-Apple Frudel	1 each	100	212	252	2.02	4.03	36.29	6.05	1.01
MSD-MILK Variety-PF(choice)	1 each	95	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	85	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Raisins	1 each	40	113	4	1.00	1.0	30.0	0.0	0.00
Weighted Daily Average			446	436	2.42	12.22	82.11	8.31	2.48
% of Calories						11.0%	73.7%	16.8%	5.0%
Nutrient Guideline			350-500	540					<10.00

Tue - 04/16/2024									
Elementary Breakfast	Total	100							
MSD-Ultra Bread	1 each	100	271	191	2.01	6.02	44.18	10.04	2.01
MSD-MILK Variety-PF(choice)	1 each	95	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	85	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Raisins	1 each	35	113	4	1.00	1.0	30.0	0.0	0.00
Weighted Daily Average			500	375	2.36	14.16	88.50	12.30	3.48
% of Calories						11.3%	70.9%	22.2%	6.3%
Nutrient Guideline			350-500	540					<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/17/2024									
Elementary Breakfast	Total	100							
MSD-Goody Ring	1 each	100	230	260	2.00	5.0	29.0	11.0	4.00
MSD-MILK Variety-PF(choice)	1 each	95	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	85	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Raisins	1 each	40	113	4	1.00	1.0	30.0	0.0	0.00
Weighted Daily Average			464	444	2.40	13.19	74.82	13.26	5.48
% of Calories						11.4%	64.5%	25.7%	10.6%
Nutrient Guideline			350-500	540					<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/18/2024									
Elementary Breakfast	Total	100							
MSD-Pancake Bites IW	1 each	100	252	293	2.02	4.04	37.36	12.12	1.01
MSD-MILK Variety-PF(choice)	1 each	95	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	85	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Raisins	1 each	40	113	4	1.00	1.0	30.0	0.0	0.00
Weighted Daily Average			487	477	2.42	12.22	83.18	14.38	2.49
% of Calories						10.0%	68.4%	26.6%	4.6%
Nutrient Guideline			350-500	540					<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/19/2024									
Elementary Breakfast	Total	100							
MSD-Bageliscious	1 each	100	240	180	2.00	6.0	41.0	6.0	2.50
MSD-MILK Variety-PF(choice)	1 each	95	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	85	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Raisins	1 each	40	113	4	1.00	1.0	30.0	0.0	0.00
Weighted Daily Average			474	364	2.40	14.19	86.82	8.26	3.98
% of Calories						12.0%	73.2%	15.7%	7.5%
Nutrient Guideline			350-500	540					<10.00

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Mon - 04/22/2024									
Elementary Breakfast	Total	100							
MSD-Mini Cinnis	1 each	100	240	300	2.00	5.0	40.0	7.0	2.00
MSD-MILK Variety-PF(choice)	1 each	95	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	85	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Raisins	1 each	40	113	4	1.00	1.0	30.0	0.0	0.00
Weighted Daily Average			474	484	2.40	13.19	85.82	9.26	3.48
% of Calories						11.1%	72.4%	17.6%	6.6%
Nutrient Guideline			350-500	540					<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/23/2024									
Elementary Breakfast	Total	100							
MSD-Apple filled Magic Ring	1 each	100	260	350	3.00	5.0	31.98	12.99	5.00
MSD-MILK Variety-PF(choice)	1 each	95	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	85	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Raisins	1 each	35	113	4	1.00	1.0	30.0	0.0	0.00
Weighted Daily Average			488	534	3.35	13.13	76.31	15.25	6.47
% of Calories						10.8%	62.5%	28.1%	11.9%
Nutrient Guideline			350-500	540					<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/24/2024									
Elementary Breakfast	Total	100							
MSD-Breakfast Bun, Bakecrafter	1 each	100	270	220	3.00	6.0	40.0	10.0	4.50
MSD-MILK Variety-PF(choice)	1 each	95	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	85	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Raisins	1 each	40	113	4	1.00	1.0	30.0	0.0	0.00
Weighted Daily Average			504	404	3.40	14.19	85.82	12.26	5.98
% of Calories						11.3%	68.1%	21.9%	10.7%
Nutrient Guideline			350-500	540					<10.00

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Thu - 04/25/2024									
Elementary Breakfast	Total	100							
MSD-Mini Caramel	1 each	100	212	282	2.02	5.04	35.28	6.05	1.01
MSD-MILK Variety-PF(choice)	1 each	95	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	85	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Raisins	1 each	40	113	4	1.00	1.0	30.0	0.0	0.00
Weighted Daily Average			446	467	2.42	13.23	81.10	8.31	2.48
% of Calories						11.9%	72.8%	16.8%	5.0%
Nutrient Guideline			350-500	540					<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/26/2024									
Elementary Breakfast	Total	100							
MSD-Donut Cluster IW	1 each	100	260	290	1.00	4.01	43.07	8.01	4.01
MSD-MILK Variety-PF(choice)	1 each	95	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	85	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Raisins	1 each	40	113	4	1.00	1.0	30.0	0.0	0.00
Weighted Daily Average			495	475	1.40	12.19	88.89	10.27	5.48
% of Calories						9.9%	71.9%	18.7%	10.0%
Nutrient Guideline			350-500	540					<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/29/2024									
Elementary Breakfast	Total	100							
MSD-Poptart (2 each)	2 each	100	340	350	5.00	4.0	73.0	5.0	1.50
MSD-MILK Variety-PF(choice)	1 each	95	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	85	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Raisins	1 each	40	113	4	1.00	1.0	30.0	0.0	0.00
Weighted Daily Average			574	534	5.40	12.19	118.82	7.26	2.98
% of Calories						8.5%	82.8%	11.4%	4.7%
Nutrient Guideline			350-500	540					<10.00

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Tue - 04/30/2024									
Elementary Breakfast	Total	100							
MSD-Chocolate Donut Holes	1 each	100	271	261	4.02	5.02	38.19	12.06	5.02
MSD-MILK Variety-PF(choice)	1 each	80	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	85	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Raisins	1 each	40	113	4	1.00	1.0	30.0	0.0	0.00
Weighted Daily Average			484	419	4.42	12.01	80.59	13.96	6.27
% of Calories						9.9%	66.6%	26.0%	11.7%
Nutrient Guideline			350-500	540					<10.00

Weighted Average			486	437	3.00	13.00	86.65	10.58	3.75
						10.7%	71.4%	19.6%	6.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	486		350 - 500	100%				
Sodium 1 (mg)	437		540	81%				
Fiber (g)	3.00							
Protein (g)	13.00	10.71%						
Carbohydrate (g)	86.65	71.36%						
Total Fat (g)	10.58	19.60%						
Saturated Fat (g)	3.75	6.94%	<10.00%					

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