

Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

HS breakfast

Portion Values - Detailed

Page 1

Generated on: 3/18/2021 7:42:49 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/01/2021															
HS breakfast	Total														
Sausage biscuit w/egg	1 Each	460	160	1150	*0.60	1.80	40.0	100	0.0	*0	12.0	25.0	34.0	10.00	*0.00
Bacon Scramble Breakfast Pizza	1 Each	210	55	320	2.00	1.44	100.0	0	0.0	5	10.0	25.0	8.0	3.50	0.00
Honey bun, WG	1 Each	240	0	250	3.00	1.80	40.0	0	0.0	*N/A*	5.0	34.0	10.0	3.50	0.00
Biscuit and Gravy	Each	236	0	754	0.60	1.44	20.0	0	0.0	*N/A*	4.0	28.14	12.06	3.53	0.00
Cereal bar variety	1 Each	150	0	95	3.00	1.80	200.0	100	0.0	*N/A*	2.0	30.0	3.0	0.50	0.00
Cereal Variety (HS)	2 each	214	0	321	3.16	8.30	176.4	882	11.06	*N/A*	3.16	44.82	2.93	0.16	0.00
Nutri-Grain bar, variety	1 Each	153	0	142	3.04	2.16	237.8	892	0.0	*N/A*	2.07	28.64	3.85	0.70	0.04
String cheese	1 each	80	15	170	0.00	0.00	207.0	147	0.0	*N/A*	7.0	0.5	6.0	3.50	0.00
Pop-Tart, WG variety	Package	325	0	345	5.30	3.24	180.0	900	0.0	*20	4.33	68.13	5.09	1.75	0.03
Mini breakfast bites	1 Each	260	0	190	3.00	1.44	80.0	0	1.2	14	5.0	37.98	10.0	4.50	0.00
Mini Donuts, variety	Package	135	0	115	1.00	0.36	30.0	0	0.0	11	2.0	20.5	5.5	1.50	0.00
Granola Bar (WW), Oats & Honey	1 Each	190	0	160	2.00	0.72	0.0	0	0.0	*N/A*	4.0	29.0	6.0	0.50	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 6 oz.	6 fl oz	90	0	0	*N/A*	*N/A*	*N/A*	*N/A*	54.0	*N/A*	1.5	19.5	0.0	0.00	0.00
Milk, Breakfast - Variety	HALF PINT	118	7	159	0.00	0.00	300.0	500	0.6	*N/A*	8.42	19.0	1.05	0.63	0.00
Weighted Daily Average		436	27	500	*3.54	*2.28	*380.8	*744	52.14	*9	14.05	71.64	10.64	3.61	*0.01
% of Calories										*8.4%	12.9%	65.7%	21.9%	7.4%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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

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Base Menu Spreadsheet

HS breakfast

Portion Values - Detailed

Page 2

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/02/2021															
HS breakfast															
	Total														
Egg, ham & cheese Eng muffin	1 Each	183	124	547	2.00	1.44	100.5	201	0.0	*N/A*	10.73	25.91	4.98	1.17	0.01
Mini breakfast bites	1 Each	260	0	190	3.00	1.44	80.0	0	1.2	14	5.0	37.98	10.0	4.50	0.00
Muffin, chocolate chip, WG	3.1 oz.	270	35	140	2.00	1.80	20.0	0	0.0	22	5.0	45.0	8.0	1.50	0.00
Mini Donuts, variety	Package	135	0	115	1.00	0.36	30.0	0	0.0	11	2.0	20.5	5.5	1.50	0.00
Biscuit and Gravy	Each	236	0	754	0.60	1.44	20.0	0	0.0	*N/A*	4.0	28.14	12.06	3.53	0.00
Cereal bar variety	1 Each	150	0	95	3.00	1.80	200.0	100	0.0	*N/A*	2.0	30.0	3.0	0.50	0.00
Cereal Variety (HS)	2 each	214	0	321	3.16	8.30	176.4	882	11.06	*N/A*	3.16	44.82	2.93	0.16	0.00
Yogurt, Strawberry/S Banana	1 Each	110	5	60	0.00	0.00	150.5	502	0.0	*N/A*	3.01	22.08	1.0	0.50	0.00
Graham Crackers	Package	90	0	95	1.00	0.72	100.0	500	0.0	5	2.0	17.0	2.5	0.00	0.00
Pop-Tart, WG variety	Package	325	0	345	5.30	3.24	180.0	900	0.0	*20	4.33	68.13	5.09	1.75	0.03
Granola Bar (WW), Oats & Honey	1 Each	190	0	160	2.00	0.72	0.0	0	0.0	*N/A*	4.0	29.0	6.0	0.50	0.00
Nutri-Grain bar, variety	1 Each	153	0	142	3.04	2.16	237.8	892	0.0	*N/A*	2.07	28.64	3.85	0.70	0.04
String cheese	1 each	80	15	170	0.00	0.00	207.0	147	0.0	*N/A*	7.0	0.5	6.0	3.50	0.00
Applesauce	1/2 cup	84	0	15	1.02	1.84	0.0	0	2.45	*N/A*	0.0	21.44	0.0	0.00	0.00
Juice, Orange 6 oz.	6 fl oz	90	0	0	*N/A*	*N/A*	*N/A*	*N/A*	54.0	*N/A*	1.5	19.5	0.0	0.00	0.00
Milk, Breakfast - Variety	HALF PINT	118	7	159	0.00	0.00	300.0	500	0.6	*N/A*	8.42	19.0	1.05	0.63	0.00
Weighted Daily Average		420	22	427	*2.72	*2.76	*395.7	*807	45.42	*6	13.40	75.38	7.35	2.35	0.01
% of Calories										*6.2%	12.8%	71.8%	15.8%	5.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

HS breakfast

Portion Values - Detailed

Page 3

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/05/2021															
HS breakfast	Total														
Sausage biscuit	1 Each	390	35	1040	*0.60	1.80	40.0	100	0.0	*N/A*	9.0	24.0	28.0	8.50	*0.00
French toast sticks WG w/syrup	Serving	419	0	440	3.00	1.44	60.0	0	0.0	*N/A*	6.0	73.66	13.0	3.00	0.00
Super Donut	1 Each	150	0	190	1.00	6.30	200.0	2500	30.0	12	4.0	23.0	5.0	1.50	0.00
String cheese	1 each	80	15	170	0.00	0.00	207.0	147	0.0	*N/A*	7.0	0.5	6.0	3.50	0.00
Biscuit and Gravy	Each	236	0	754	0.60	1.44	20.0	0	0.0	*N/A*	4.0	28.14	12.06	3.53	0.00
Cereal bar variety	1 Each	150	0	95	3.00	1.80	200.0	100	0.0	*N/A*	2.0	30.0	3.0	0.50	0.00
Cereal Variety (HS)	2 each	214	0	321	3.16	8.30	176.4	882	11.06	*N/A*	3.16	44.82	2.93	0.16	0.00
Yogurt, Strawberry/S Banana	1 Each	110	5	60	0.00	0.00	150.5	502	0.0	*N/A*	3.01	22.08	1.0	0.50	0.00
Graham Crackers	Package	90	0	95	1.00	0.72	100.0	500	0.0	5	2.0	17.0	2.5	0.00	0.00
Mini Donuts, variety	Package	135	0	115	1.00	0.36	30.0	0	0.0	11	2.0	20.5	5.5	1.50	0.00
Pop-Tart, WG variety	Package	325	0	345	5.30	3.24	180.0	900	0.0	*20	4.33	68.13	5.09	1.75	0.03
Nutri-Grain bar, variety	1 Each	153	0	142	3.04	2.16	237.8	892	0.0	*N/A*	2.07	28.64	3.85	0.70	0.04
String cheese	1 each	80	15	170	0.00	0.00	207.0	147	0.0	*N/A*	7.0	0.5	6.0	3.50	0.00
Mini breakfast bites	1 Each	260	0	190	3.00	1.44	80.0	0	1.2	14	5.0	37.98	10.0	4.50	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 6 oz.	6 fl oz	90	0	0	*N/A*	*N/A*	*N/A*	*N/A*	54.0	*N/A*	1.5	19.5	0.0	0.00	0.00
Milk, Breakfast - Variety	HALF PINT	118	7	159	0.00	0.00	300.0	500	0.6	*N/A*	8.42	19.0	1.05	0.63	0.00
Weighted Daily Average		430	12	499	*3.36	*2.69	*411.5	*1039	48.69	*10	13.27	72.33	10.34	3.51	*0.01
% of Calories										*9.6%	12.3%	67.2%	21.6%	7.3%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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Base Menu Spreadsheet

HS breakfast

Portion Values - Detailed

Page 4

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/06/2021															
HS breakfast	Total														
Chicken biscuit	1 Each	296	13	827	2.11	2.35	40.2	0	0.0	*0	11.06	29.05	14.54	3.51	0.00
Mini Cinnis	1 each	240	0	300	2.00	1.44	20.0	0	0.0	*N/A*	5.0	40.0	7.0	2.00	0.00
Biscuit and Gravy	Each	236	0	754	0.60	1.44	20.0	0	0.0	*N/A*	4.0	28.14	12.06	3.53	0.00
Cereal bar variety	1 Each	150	0	95	3.00	1.80	200.0	100	0.0	*N/A*	2.0	30.0	3.0	0.50	0.00
Cereal Variety (HS)	2 each	214	0	321	3.16	8.30	176.4	882	11.06	*N/A*	3.16	44.82	2.93	0.16	0.00
Nutri-Grain bar, variety	1 Each	153	0	142	3.04	2.16	237.8	892	0.0	*N/A*	2.07	28.64	3.85	0.70	0.04
String cheese	1 each	80	15	170	0.00	0.00	207.0	147	0.0	*N/A*	7.0	0.5	6.0	3.50	0.00
Pop-Tart, WG variety	Package	325	0	345	5.30	3.24	180.0	900	0.0	*20	4.33	68.13	5.09	1.75	0.03
Mini Donuts, variety	Package	135	0	115	1.00	0.36	30.0	0	0.0	11	2.0	20.5	5.5	1.50	0.00
Mini breakfast bites	1 Each	260	0	190	3.00	1.44	80.0	0	1.2	14	5.0	37.98	10.0	4.50	0.00
Granola Bar (WW), Oats & Honey	1 Each	190	0	160	2.00	0.72	0.0	0	0.0	*N/A*	4.0	29.0	6.0	0.50	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 6 oz.	6 fl oz	90	0	0	*N/A*	*N/A*	*N/A*	*N/A*	54.0	*N/A*	1.5	19.5	0.0	0.00	0.00
Milk, Breakfast - Variety	HALF PINT	118	7	159	0.00	0.00	300.0	500	0.6	*N/A*	8.42	19.0	1.05	0.63	0.00
Weighted Daily Average		434	10	494	*3.75	*2.38	*412.9	*818	50.62	*10	14.34	75.25	8.68	2.83	0.01
% of Calories										*8.9%	13.2%	69.4%	18.0%	5.9%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 04/07/2021															
HS breakfast	Total														
Biscuit	Each	200	0	610	0.60	1.44	20.0	0	0.0	*N/A*	4.0	23.0	10.0	2.50	0.00
Gravy, peppered lo-sodium	1/2 cup	69	0	280	0.00	0.00	2.6	0	0.0	*0	0.0	9.89	3.96	1.98	0.00
Egg, ham & cheese Eng muffin	1 Each	183	124	547	2.00	1.44	100.5	201	0.0	*N/A*	10.73	25.91	4.98	1.17	0.01
Muffin, chocolate chip, WG	3.1 oz.	270	35	140	2.00	1.80	20.0	0	0.0	22	5.0	45.0	8.0	1.50	0.00
Cereal bar variety	1 Each	150	0	95	3.00	1.80	200.0	100	0.0	*N/A*	2.0	30.0	3.0	0.50	0.00
Cereal Variety (HS)	2 each	214	0	321	3.16	8.30	176.4	882	11.06	*N/A*	3.16	44.82	2.93	0.16	0.00
Granola Bar (WW), Oats & Honey	1 Each	190	0	160	2.00	0.72	0.0	0	0.0	*N/A*	4.0	29.0	6.0	0.50	0.00
Bagel w/ cream cheese	Servings	211	20	276	4.00	1.80	80.5	304	0.0	5	7.01	29.01	8.09	4.05	0.00
Mini breakfast bites	1 Each	260	0	190	3.00	1.44	80.0	0	1.2	14	5.0	37.98	10.0	4.50	0.00
Pop-Tart, WG variety	Package	325	0	345	5.30	3.24	180.0	900	0.0	*20	4.33	68.13	5.09	1.75	0.03
Smoothie (Shiver Shock)	8 oz. svgs.	154	3	64	0.61	0.25	107.5	500	27.43	27	3.34	34.39	0.67	0.67	0.00
Alphabet Mini Treats WG	Serving	129	0	124	0.99	0.72	0.0	0	0.0	*N/A*	1.99	21.87	3.98	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 6 oz.	6 fl oz	90	0	0	*N/A*	*N/A*	*N/A*	*N/A*	54.0	*N/A*	1.5	19.5	0.0	0.00	0.00
Milk, Breakfast - Variety	HALF PINT	118	7	159	0.00	0.00	300.0	500	0.6	*N/A*	8.42	19.0	1.05	0.63	0.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		419	23	435	*3.54	*2.14	*374.1	*773	54.68	*13	13.83	75.67	7.11	2.35	0.00
% of Calories										*12.2%	13.2%	72.2%	15.3%	5.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Thu - 04/08/2021															
HS breakfast	Total														
Sausage biscuit w/egg	1 Each	460	160	1150	*0.60	1.80	40.0	100	0.0	*0	12.0	25.0	34.0	10.00	*0.00
Bacon Scramble Breakfast Pizza	1 Each	210	55	320	2.00	1.44	100.0	0	0.0	5	10.0	25.0	8.0	3.50	0.00
Honey bun, WG	1 Each	240	0	250	3.00	1.80	40.0	0	0.0	*N/A*	5.0	34.0	10.0	3.50	0.00
Biscuit and Gravy	Each	236	0	754	0.60	1.44	20.0	0	0.0	*N/A*	4.0	28.14	12.06	3.53	0.00
Cereal bar variety	1 Each	150	0	95	3.00	1.80	200.0	100	0.0	*N/A*	2.0	30.0	3.0	0.50	0.00
Cereal Variety (HS)	2 each	214	0	321	3.16	8.30	176.4	882	11.06	*N/A*	3.16	44.82	2.93	0.16	0.00
Nutri-Grain bar, variety	1 Each	153	0	142	3.04	2.16	237.8	892	0.0	*N/A*	2.07	28.64	3.85	0.70	0.04
String cheese	1 each	80	15	170	0.00	0.00	207.0	147	0.0	*N/A*	7.0	0.5	6.0	3.50	0.00
Pop-Tart, WG variety	Package	325	0	345	5.30	3.24	180.0	900	0.0	*20	4.33	68.13	5.09	1.75	0.03
Mini breakfast bites	1 Each	260	0	190	3.00	1.44	80.0	0	1.2	14	5.0	37.98	10.0	4.50	0.00
Mini Donuts, variety	Package	135	0	115	1.00	0.36	30.0	0	0.0	11	2.0	20.5	5.5	1.50	0.00
Granola Bar (WW), Oats & Honey	1 Each	190	0	160	2.00	0.72	0.0	0	0.0	*N/A*	4.0	29.0	6.0	0.50	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 6 oz.	6 fl oz	90	0	0	*N/A*	*N/A*	*N/A*	*N/A*	54.0	*N/A*	1.5	19.5	0.0	0.00	0.00
Milk, Breakfast - Variety	HALF PINT	118	7	159	0.00	0.00	300.0	500	0.6	*N/A*	8.42	19.0	1.05	0.63	0.00
Weighted Daily Average		436	27	500	*3.54	*2.28	*380.8	*744	52.14	*9	14.05	71.64	10.64	3.61	*0.01
% of Calories										*8.4%	12.9%	65.7%	21.9%	7.4%	*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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/09/2021															
HS breakfast															
	Total														
Egg, ham & cheese Eng muffin	1 Each	183	124	547	2.00	1.44	100.5	201	0.0	*N/A*	10.73	25.91	4.98	1.17	0.01
Mini breakfast bites	1 Each	260	0	190	3.00	1.44	80.0	0	1.2	14	5.0	37.98	10.0	4.50	0.00
Muffin, chocolate chip, WG	3.1 oz.	270	35	140	2.00	1.80	20.0	0	0.0	22	5.0	45.0	8.0	1.50	0.00
Mini Donuts, variety	Package	135	0	115	1.00	0.36	30.0	0	0.0	11	2.0	20.5	5.5	1.50	0.00
Biscuit and Gravy	Each	236	0	754	0.60	1.44	20.0	0	0.0	*N/A*	4.0	28.14	12.06	3.53	0.00
Cereal bar variety	1 Each	150	0	95	3.00	1.80	200.0	100	0.0	*N/A*	2.0	30.0	3.0	0.50	0.00
Cereal Variety (HS)	2 each	214	0	321	3.16	8.30	176.4	882	11.06	*N/A*	3.16	44.82	2.93	0.16	0.00
Yogurt, Strawberry/S Banana	1 Each	110	5	60	0.00	0.00	150.5	502	0.0	*N/A*	3.01	22.08	1.0	0.50	0.00
Graham Crackers	Package	90	0	95	1.00	0.72	100.0	500	0.0	5	2.0	17.0	2.5	0.00	0.00
Pop-Tart, WG variety	Package	325	0	345	5.30	3.24	180.0	900	0.0	*20	4.33	68.13	5.09	1.75	0.03
Granola Bar (WW), Oats & Honey	1 Each	190	0	160	2.00	0.72	0.0	0	0.0	*N/A*	4.0	29.0	6.0	0.50	0.00
Nutri-Grain bar, variety	1 Each	153	0	142	3.04	2.16	237.8	892	0.0	*N/A*	2.07	28.64	3.85	0.70	0.04
String cheese	1 each	80	15	170	0.00	0.00	207.0	147	0.0	*N/A*	7.0	0.5	6.0	3.50	0.00
Applesauce	1/2 cup	84	0	15	1.02	1.84	0.0	0	2.45	*N/A*	0.0	21.44	0.0	0.00	0.00
Juice, Orange 6 oz.	6 fl oz	90	0	0	*N/A*	*N/A*	*N/A*	*N/A*	54.0	*N/A*	1.5	19.5	0.0	0.00	0.00
Milk, Breakfast - Variety	HALF PINT	118	7	159	0.00	0.00	300.0	500	0.6	*N/A*	8.42	19.0	1.05	0.63	0.00
Weighted Daily Average		420	22	427	*2.72	*2.76	*395.7	*807	45.42	*6	13.40	75.38	7.35	2.35	0.01
% of Calories										*6.2%	12.8%	71.8%	15.8%	5.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

HS breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/12/2021															
HS breakfast	Total														
Sausage biscuit	1 Each	390	35	1040	*0.60	1.80	40.0	100	0.0	*N/A*	9.0	24.0	28.0	8.50	*0.00
French toast sticks WG w/syrup	Serving	419	0	440	3.00	1.44	60.0	0	0.0	*N/A*	6.0	73.66	13.0	3.00	0.00
Super Donut	1 Each	150	0	190	1.00	6.30	200.0	2500	30.0	12	4.0	23.0	5.0	1.50	0.00
String cheese	1 each	80	15	170	0.00	0.00	207.0	147	0.0	*N/A*	7.0	0.5	6.0	3.50	0.00
Biscuit and Gravy	Each	236	0	754	0.60	1.44	20.0	0	0.0	*N/A*	4.0	28.14	12.06	3.53	0.00
Cereal bar variety	1 Each	150	0	95	3.00	1.80	200.0	100	0.0	*N/A*	2.0	30.0	3.0	0.50	0.00
Cereal Variety (HS)	2 each	214	0	321	3.16	8.30	176.4	882	11.06	*N/A*	3.16	44.82	2.93	0.16	0.00
Yogurt, Strawberry/S Banana	1 Each	110	5	60	0.00	0.00	150.5	502	0.0	*N/A*	3.01	22.08	1.0	0.50	0.00
Graham Crackers	Package	90	0	95	1.00	0.72	100.0	500	0.0	5	2.0	17.0	2.5	0.00	0.00
Mini Donuts, variety	Package	135	0	115	1.00	0.36	30.0	0	0.0	11	2.0	20.5	5.5	1.50	0.00
Pop-Tart, WG variety	Package	325	0	345	5.30	3.24	180.0	900	0.0	*20	4.33	68.13	5.09	1.75	0.03
Nutri-Grain bar, variety	1 Each	153	0	142	3.04	2.16	237.8	892	0.0	*N/A*	2.07	28.64	3.85	0.70	0.04
String cheese	1 each	80	15	170	0.00	0.00	207.0	147	0.0	*N/A*	7.0	0.5	6.0	3.50	0.00
Mini breakfast bites	1 Each	260	0	190	3.00	1.44	80.0	0	1.2	14	5.0	37.98	10.0	4.50	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 6 oz.	6 fl oz	90	0	0	*N/A*	*N/A*	*N/A*	*N/A*	54.0	*N/A*	1.5	19.5	0.0	0.00	0.00
Milk, Breakfast - Variety	HALF PINT	118	7	159	0.00	0.00	300.0	500	0.6	*N/A*	8.42	19.0	1.05	0.63	0.00
Weighted Daily Average		430	12	499	*3.36	*2.69	*411.5	*1039	48.69	*10	13.27	72.33	10.34	3.51	*0.01
% of Calories										*9.6%	12.3%	67.2%	21.6%	7.3%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

HS breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/13/2021															
HS breakfast	Total														
Chicken biscuit	1 Each	296	13	827	2.11	2.35	40.2	0	0.0	*0	11.06	29.05	14.54	3.51	0.00
Mini Cinnis	1 each	240	0	300	2.00	1.44	20.0	0	0.0	*N/A*	5.0	40.0	7.0	2.00	0.00
Biscuit and Gravy	Each	236	0	754	0.60	1.44	20.0	0	0.0	*N/A*	4.0	28.14	12.06	3.53	0.00
Cereal bar variety	1 Each	150	0	95	3.00	1.80	200.0	100	0.0	*N/A*	2.0	30.0	3.0	0.50	0.00
Cereal Variety (HS)	2 each	214	0	321	3.16	8.30	176.4	882	11.06	*N/A*	3.16	44.82	2.93	0.16	0.00
Nutri-Grain bar, variety	1 Each	153	0	142	3.04	2.16	237.8	892	0.0	*N/A*	2.07	28.64	3.85	0.70	0.04
String cheese	1 each	80	15	170	0.00	0.00	207.0	147	0.0	*N/A*	7.0	0.5	6.0	3.50	0.00
Pop-Tart, WG variety	Package	325	0	345	5.30	3.24	180.0	900	0.0	*20	4.33	68.13	5.09	1.75	0.03
Mini Donuts, variety	Package	135	0	115	1.00	0.36	30.0	0	0.0	11	2.0	20.5	5.5	1.50	0.00
Mini breakfast bites	1 Each	260	0	190	3.00	1.44	80.0	0	1.2	14	5.0	37.98	10.0	4.50	0.00
Granola Bar (WW), Oats & Honey	1 Each	190	0	160	2.00	0.72	0.0	0	0.0	*N/A*	4.0	29.0	6.0	0.50	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 6 oz.	6 fl oz	90	0	0	*N/A*	*N/A*	*N/A*	*N/A*	54.0	*N/A*	1.5	19.5	0.0	0.00	0.00
Milk, Breakfast - Variety	HALF PINT	118	7	159	0.00	0.00	300.0	500	0.6	*N/A*	8.42	19.0	1.05	0.63	0.00
Weighted Daily Average		434	10	494	*3.75	*2.38	*412.9	*818	50.62	*10	14.34	75.25	8.68	2.83	0.01
% of Calories										*8.9%	13.2%	69.4%	18.0%	5.9%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 04/14/2021															
HS breakfast	Total														
Biscuit	Each	200	0	610	0.60	1.44	20.0	0	0.0	*N/A*	4.0	23.0	10.0	2.50	0.00
Gravy, peppered lo-sodium	1/2 cup	69	0	280	0.00	0.00	2.6	0	0.0	*0	0.0	9.89	3.96	1.98	0.00
Egg, ham & cheese Eng muffin	1 Each	183	124	547	2.00	1.44	100.5	201	0.0	*N/A*	10.73	25.91	4.98	1.17	0.01
Muffin, chocolate chip, WG	3.1 oz.	270	35	140	2.00	1.80	20.0	0	0.0	22	5.0	45.0	8.0	1.50	0.00
Cereal bar variety	1 Each	150	0	95	3.00	1.80	200.0	100	0.0	*N/A*	2.0	30.0	3.0	0.50	0.00
Cereal Variety (HS)	2 each	214	0	321	3.16	8.30	176.4	882	11.06	*N/A*	3.16	44.82	2.93	0.16	0.00
Granola Bar (WW), Oats & Honey	1 Each	190	0	160	2.00	0.72	0.0	0	0.0	*N/A*	4.0	29.0	6.0	0.50	0.00
Bagel w/ cream cheese	Servings	211	20	276	4.00	1.80	80.5	304	0.0	5	7.01	29.01	8.09	4.05	0.00
Mini breakfast bites	1 Each	260	0	190	3.00	1.44	80.0	0	1.2	14	5.0	37.98	10.0	4.50	0.00
Pop-Tart, WG variety	Package	325	0	345	5.30	3.24	180.0	900	0.0	*20	4.33	68.13	5.09	1.75	0.03
Smoothie (Shiver Shock)	8 oz. svgs.	154	3	64	0.61	0.25	107.5	500	27.43	27	3.34	34.39	0.67	0.67	0.00
Alphabet Mini Treats WG	Serving	129	0	124	0.99	0.72	0.0	0	0.0	*N/A*	1.99	21.87	3.98	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 6 oz.	6 fl oz	90	0	0	*N/A*	*N/A*	*N/A*	*N/A*	54.0	*N/A*	1.5	19.5	0.0	0.00	0.00
Milk, Breakfast - Variety	HALF PINT	118	7	159	0.00	0.00	300.0	500	0.6	*N/A*	8.42	19.0	1.05	0.63	0.00

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

HS breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		419	23	435	*3.54	*2.14	*374.1	*773	54.68	*13	13.83	75.67	7.11	2.35	0.00
% of Calories										*12.2%	13.2%	72.2%	15.3%	5.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Thu - 04/15/2021															
HS breakfast	Total														
Sausage biscuit w/egg	1 Each	460	160	1150	*0.60	1.80	40.0	100	0.0	*0	12.0	25.0	34.0	10.00	*0.00
Bacon Scramble Breakfast Pizza	1 Each	210	55	320	2.00	1.44	100.0	0	0.0	5	10.0	25.0	8.0	3.50	0.00
Honey bun, WG	1 Each	240	0	250	3.00	1.80	40.0	0	0.0	*N/A*	5.0	34.0	10.0	3.50	0.00
Biscuit and Gravy	Each	236	0	754	0.60	1.44	20.0	0	0.0	*N/A*	4.0	28.14	12.06	3.53	0.00
Cereal bar variety	1 Each	150	0	95	3.00	1.80	200.0	100	0.0	*N/A*	2.0	30.0	3.0	0.50	0.00
Cereal Variety (HS)	2 each	214	0	321	3.16	8.30	176.4	882	11.06	*N/A*	3.16	44.82	2.93	0.16	0.00
Nutri-Grain bar, variety	1 Each	153	0	142	3.04	2.16	237.8	892	0.0	*N/A*	2.07	28.64	3.85	0.70	0.04
String cheese	1 each	80	15	170	0.00	0.00	207.0	147	0.0	*N/A*	7.0	0.5	6.0	3.50	0.00
Pop-Tart, WG variety	Package	325	0	345	5.30	3.24	180.0	900	0.0	*20	4.33	68.13	5.09	1.75	0.03
Mini breakfast bites	1 Each	260	0	190	3.00	1.44	80.0	0	1.2	14	5.0	37.98	10.0	4.50	0.00
Mini Donuts, variety	Package	135	0	115	1.00	0.36	30.0	0	0.0	11	2.0	20.5	5.5	1.50	0.00
Granola Bar (WW), Oats & Honey	1 Each	190	0	160	2.00	0.72	0.0	0	0.0	*N/A*	4.0	29.0	6.0	0.50	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 6 oz.	6 fl oz	90	0	0	*N/A*	*N/A*	*N/A*	*N/A*	54.0	*N/A*	1.5	19.5	0.0	0.00	0.00
Milk, Breakfast - Variety	HALF PINT	118	7	159	0.00	0.00	300.0	500	0.6	*N/A*	8.42	19.0	1.05	0.63	0.00
Weighted Daily Average		436	27	500	*3.54	*2.28	*380.8	*744	52.14	*9	14.05	71.64	10.64	3.61	*0.01
% of Calories										*8.4%	12.9%	65.7%	21.9%	7.4%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

HS breakfast

Portion Values - Detailed

Page 10

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/16/2021															
HS breakfast															
	Total														
Egg, ham & cheese Eng muffin	1 Each	183	124	547	2.00	1.44	100.5	201	0.0	*N/A*	10.73	25.91	4.98	1.17	0.01
Mini breakfast bites	1 Each	260	0	190	3.00	1.44	80.0	0	1.2	14	5.0	37.98	10.0	4.50	0.00
Muffin, chocolate chip, WG	3.1 oz.	270	35	140	2.00	1.80	20.0	0	0.0	22	5.0	45.0	8.0	1.50	0.00
Mini Donuts, variety	Package	135	0	115	1.00	0.36	30.0	0	0.0	11	2.0	20.5	5.5	1.50	0.00
Biscuit and Gravy	Each	236	0	754	0.60	1.44	20.0	0	0.0	*N/A*	4.0	28.14	12.06	3.53	0.00
Cereal bar variety	1 Each	150	0	95	3.00	1.80	200.0	100	0.0	*N/A*	2.0	30.0	3.0	0.50	0.00
Cereal Variety (HS)	2 each	214	0	321	3.16	8.30	176.4	882	11.06	*N/A*	3.16	44.82	2.93	0.16	0.00
Yogurt, Strawberry/S Banana	1 Each	110	5	60	0.00	0.00	150.5	502	0.0	*N/A*	3.01	22.08	1.0	0.50	0.00
Graham Crackers	Package	90	0	95	1.00	0.72	100.0	500	0.0	5	2.0	17.0	2.5	0.00	0.00
Pop-Tart, WG variety	Package	325	0	345	5.30	3.24	180.0	900	0.0	*20	4.33	68.13	5.09	1.75	0.03
Granola Bar (WW), Oats & Honey	1 Each	190	0	160	2.00	0.72	0.0	0	0.0	*N/A*	4.0	29.0	6.0	0.50	0.00
Nutri-Grain bar, variety	1 Each	153	0	142	3.04	2.16	237.8	892	0.0	*N/A*	2.07	28.64	3.85	0.70	0.04
String cheese	1 each	80	15	170	0.00	0.00	207.0	147	0.0	*N/A*	7.0	0.5	6.0	3.50	0.00
Applesauce	1/2 cup	84	0	15	1.02	1.84	0.0	0	2.45	*N/A*	0.0	21.44	0.0	0.00	0.00
Juice, Orange 6 oz.	6 fl oz	90	0	0	*N/A*	*N/A*	*N/A*	*N/A*	54.0	*N/A*	1.5	19.5	0.0	0.00	0.00
Milk, Breakfast - Variety	HALF PINT	118	7	159	0.00	0.00	300.0	500	0.6	*N/A*	8.42	19.0	1.05	0.63	0.00
Weighted Daily Average		420	22	427	*2.72	*2.76	*395.7	*807	45.42	*6	13.40	75.38	7.35	2.35	0.01
% of Calories										*6.2%	12.8%	71.8%	15.8%	5.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

HS breakfast

Portion Values - Detailed

Page 11

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/19/2021															
HS breakfast	Total														
Sausage biscuit	1 Each	390	35	1040	*0.60	1.80	40.0	100	0.0	*N/A*	9.0	24.0	28.0	8.50	*0.00
French toast sticks WG w/syrup	Serving	419	0	440	3.00	1.44	60.0	0	0.0	*N/A*	6.0	73.66	13.0	3.00	0.00
Super Donut	1 Each	150	0	190	1.00	6.30	200.0	2500	30.0	12	4.0	23.0	5.0	1.50	0.00
String cheese	1 each	80	15	170	0.00	0.00	207.0	147	0.0	*N/A*	7.0	0.5	6.0	3.50	0.00
Biscuit and Gravy	Each	236	0	754	0.60	1.44	20.0	0	0.0	*N/A*	4.0	28.14	12.06	3.53	0.00
Cereal bar variety	1 Each	150	0	95	3.00	1.80	200.0	100	0.0	*N/A*	2.0	30.0	3.0	0.50	0.00
Cereal Variety (HS)	2 each	214	0	321	3.16	8.30	176.4	882	11.06	*N/A*	3.16	44.82	2.93	0.16	0.00
Yogurt, Strawberry/S Banana	1 Each	110	5	60	0.00	0.00	150.5	502	0.0	*N/A*	3.01	22.08	1.0	0.50	0.00
Graham Crackers	Package	90	0	95	1.00	0.72	100.0	500	0.0	5	2.0	17.0	2.5	0.00	0.00
Mini Donuts, variety	Package	135	0	115	1.00	0.36	30.0	0	0.0	11	2.0	20.5	5.5	1.50	0.00
Pop-Tart, WG variety	Package	325	0	345	5.30	3.24	180.0	900	0.0	*20	4.33	68.13	5.09	1.75	0.03
Nutri-Grain bar, variety	1 Each	153	0	142	3.04	2.16	237.8	892	0.0	*N/A*	2.07	28.64	3.85	0.70	0.04
String cheese	1 each	80	15	170	0.00	0.00	207.0	147	0.0	*N/A*	7.0	0.5	6.0	3.50	0.00
Mini breakfast bites	1 Each	260	0	190	3.00	1.44	80.0	0	1.2	14	5.0	37.98	10.0	4.50	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 6 oz.	6 fl oz	90	0	0	*N/A*	*N/A*	*N/A*	*N/A*	54.0	*N/A*	1.5	19.5	0.0	0.00	0.00
Milk, Breakfast - Variety	HALF PINT	118	7	159	0.00	0.00	300.0	500	0.6	*N/A*	8.42	19.0	1.05	0.63	0.00
Weighted Daily Average		430	12	499	*3.36	*2.69	*411.5	*1039	48.69	*10	13.27	72.33	10.34	3.51	*0.01
% of Calories										*9.6%	12.3%	67.2%	21.6%	7.3%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

HS breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/20/2021															
HS breakfast	Total														
Chicken biscuit	1 Each	296	13	827	2.11	2.35	40.2	0	0.0	*0	11.06	29.05	14.54	3.51	0.00
Mini Cinnis	1 each	240	0	300	2.00	1.44	20.0	0	0.0	*N/A*	5.0	40.0	7.0	2.00	0.00
Biscuit and Gravy	Each	236	0	754	0.60	1.44	20.0	0	0.0	*N/A*	4.0	28.14	12.06	3.53	0.00
Cereal bar variety	1 Each	150	0	95	3.00	1.80	200.0	100	0.0	*N/A*	2.0	30.0	3.0	0.50	0.00
Cereal Variety (HS)	2 each	214	0	321	3.16	8.30	176.4	882	11.06	*N/A*	3.16	44.82	2.93	0.16	0.00
Nutri-Grain bar, variety	1 Each	153	0	142	3.04	2.16	237.8	892	0.0	*N/A*	2.07	28.64	3.85	0.70	0.04
String cheese	1 each	80	15	170	0.00	0.00	207.0	147	0.0	*N/A*	7.0	0.5	6.0	3.50	0.00
Pop-Tart, WG variety	Package	325	0	345	5.30	3.24	180.0	900	0.0	*20	4.33	68.13	5.09	1.75	0.03
Mini Donuts, variety	Package	135	0	115	1.00	0.36	30.0	0	0.0	11	2.0	20.5	5.5	1.50	0.00
Mini breakfast bites	1 Each	260	0	190	3.00	1.44	80.0	0	1.2	14	5.0	37.98	10.0	4.50	0.00
Granola Bar (WW), Oats & Honey	1 Each	190	0	160	2.00	0.72	0.0	0	0.0	*N/A*	4.0	29.0	6.0	0.50	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 6 oz.	6 fl oz	90	0	0	*N/A*	*N/A*	*N/A*	*N/A*	54.0	*N/A*	1.5	19.5	0.0	0.00	0.00
Milk, Breakfast - Variety	HALF PINT	118	7	159	0.00	0.00	300.0	500	0.6	*N/A*	8.42	19.0	1.05	0.63	0.00
Weighted Daily Average		434	10	494	*3.75	*2.38	*412.9	*818	50.62	*10	14.34	75.25	8.68	2.83	0.01
% of Calories										*8.9%	13.2%	69.4%	18.0%	5.9%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 04/21/2021															
HS breakfast	Total														
Biscuit	Each	200	0	610	0.60	1.44	20.0	0	0.0	*N/A*	4.0	23.0	10.0	2.50	0.00
Gravy, peppered lo-sodium	1/2 cup	69	0	280	0.00	0.00	2.6	0	0.0	*0	0.0	9.89	3.96	1.98	0.00
Egg, ham & cheese Eng muffin	1 Each	183	124	547	2.00	1.44	100.5	201	0.0	*N/A*	10.73	25.91	4.98	1.17	0.01
Muffin, chocolate chip, WG	3.1 oz.	270	35	140	2.00	1.80	20.0	0	0.0	22	5.0	45.0	8.0	1.50	0.00
Cereal bar variety	1 Each	150	0	95	3.00	1.80	200.0	100	0.0	*N/A*	2.0	30.0	3.0	0.50	0.00
Cereal Variety (HS)	2 each	214	0	321	3.16	8.30	176.4	882	11.06	*N/A*	3.16	44.82	2.93	0.16	0.00
Granola Bar (WW), Oats & Honey	1 Each	190	0	160	2.00	0.72	0.0	0	0.0	*N/A*	4.0	29.0	6.0	0.50	0.00
Bagel w/ cream cheese	Servings	211	20	276	4.00	1.80	80.5	304	0.0	5	7.01	29.01	8.09	4.05	0.00
Mini breakfast bites	1 Each	260	0	190	3.00	1.44	80.0	0	1.2	14	5.0	37.98	10.0	4.50	0.00
Pop-Tart, WG variety	Package	325	0	345	5.30	3.24	180.0	900	0.0	*20	4.33	68.13	5.09	1.75	0.03
Smoothie (Shiver Shock)	8 oz. svgs.	154	3	64	0.61	0.25	107.5	500	27.43	27	3.34	34.39	0.67	0.67	0.00
Alphabet Mini Treats WG	Serving	129	0	124	0.99	0.72	0.0	0	0.0	*N/A*	1.99	21.87	3.98	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 6 oz.	6 fl oz	90	0	0	*N/A*	*N/A*	*N/A*	*N/A*	54.0	*N/A*	1.5	19.5	0.0	0.00	0.00
Milk, Breakfast - Variety	HALF PINT	118	7	159	0.00	0.00	300.0	500	0.6	*N/A*	8.42	19.0	1.05	0.63	0.00

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

HS breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		419	23	435	*3.54	*2.14	*374.1	*773	54.68	*13	13.83	75.67	7.11	2.35	0.00
% of Calories										*12.2%	13.2%	72.2%	15.3%	5.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Thu - 04/22/2021															
HS breakfast	Total														
Sausage biscuit w/egg	1 Each	460	160	1150	*0.60	1.80	40.0	100	0.0	*0	12.0	25.0	34.0	10.00	*0.00
Bacon Scramble Breakfast Pizza	1 Each	210	55	320	2.00	1.44	100.0	0	0.0	5	10.0	25.0	8.0	3.50	0.00
Honey bun, WG	1 Each	240	0	250	3.00	1.80	40.0	0	0.0	*N/A*	5.0	34.0	10.0	3.50	0.00
Biscuit and Gravy	Each	236	0	754	0.60	1.44	20.0	0	0.0	*N/A*	4.0	28.14	12.06	3.53	0.00
Cereal bar variety	1 Each	150	0	95	3.00	1.80	200.0	100	0.0	*N/A*	2.0	30.0	3.0	0.50	0.00
Cereal Variety (HS)	2 each	214	0	321	3.16	8.30	176.4	882	11.06	*N/A*	3.16	44.82	2.93	0.16	0.00
Nutri-Grain bar, variety	1 Each	153	0	142	3.04	2.16	237.8	892	0.0	*N/A*	2.07	28.64	3.85	0.70	0.04
String cheese	1 each	80	15	170	0.00	0.00	207.0	147	0.0	*N/A*	7.0	0.5	6.0	3.50	0.00
Pop-Tart, WG variety	Package	325	0	345	5.30	3.24	180.0	900	0.0	*20	4.33	68.13	5.09	1.75	0.03
Mini breakfast bites	1 Each	260	0	190	3.00	1.44	80.0	0	1.2	14	5.0	37.98	10.0	4.50	0.00
Mini Donuts, variety	Package	135	0	115	1.00	0.36	30.0	0	0.0	11	2.0	20.5	5.5	1.50	0.00
Granola Bar (WW), Oats & Honey	1 Each	190	0	160	2.00	0.72	0.0	0	0.0	*N/A*	4.0	29.0	6.0	0.50	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 6 oz.	6 fl oz	90	0	0	*N/A*	*N/A*	*N/A*	*N/A*	54.0	*N/A*	1.5	19.5	0.0	0.00	0.00
Milk, Breakfast - Variety	HALF PINT	118	7	159	0.00	0.00	300.0	500	0.6	*N/A*	8.42	19.0	1.05	0.63	0.00
Weighted Daily Average		436	27	500	*3.54	*2.28	*380.8	*744	52.14	*9	14.05	71.64	10.64	3.61	*0.01
% of Calories										*8.4%	12.9%	65.7%	21.9%	7.4%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

HS breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/26/2021															
HS breakfast	Total														
Sausage biscuit	1 Each	390	35	1040	*0.60	1.80	40.0	100	0.0	*N/A*	9.0	24.0	28.0	8.50	*0.00
French toast sticks WG w/syrup	Serving	419	0	440	3.00	1.44	60.0	0	0.0	*N/A*	6.0	73.66	13.0	3.00	0.00
Super Donut	1 Each	150	0	190	1.00	6.30	200.0	2500	30.0	12	4.0	23.0	5.0	1.50	0.00
String cheese	1 each	80	15	170	0.00	0.00	207.0	147	0.0	*N/A*	7.0	0.5	6.0	3.50	0.00
Biscuit and Gravy	Each	236	0	754	0.60	1.44	20.0	0	0.0	*N/A*	4.0	28.14	12.06	3.53	0.00
Cereal bar variety	1 Each	150	0	95	3.00	1.80	200.0	100	0.0	*N/A*	2.0	30.0	3.0	0.50	0.00
Cereal Variety (HS)	2 each	214	0	321	3.16	8.30	176.4	882	11.06	*N/A*	3.16	44.82	2.93	0.16	0.00
Yogurt, Strawberry/S Banana	1 Each	110	5	60	0.00	0.00	150.5	502	0.0	*N/A*	3.01	22.08	1.0	0.50	0.00
Graham Crackers	Package	90	0	95	1.00	0.72	100.0	500	0.0	5	2.0	17.0	2.5	0.00	0.00
Mini Donuts, variety	Package	135	0	115	1.00	0.36	30.0	0	0.0	11	2.0	20.5	5.5	1.50	0.00
Pop-Tart, WG variety	Package	325	0	345	5.30	3.24	180.0	900	0.0	*20	4.33	68.13	5.09	1.75	0.03
Nutri-Grain bar, variety	1 Each	153	0	142	3.04	2.16	237.8	892	0.0	*N/A*	2.07	28.64	3.85	0.70	0.04
String cheese	1 each	80	15	170	0.00	0.00	207.0	147	0.0	*N/A*	7.0	0.5	6.0	3.50	0.00
Mini breakfast bites	1 Each	260	0	190	3.00	1.44	80.0	0	1.2	14	5.0	37.98	10.0	4.50	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 6 oz.	6 fl oz	90	0	0	*N/A*	*N/A*	*N/A*	*N/A*	54.0	*N/A*	1.5	19.5	0.0	0.00	0.00
Milk, Breakfast - Variety	HALF PINT	118	7	159	0.00	0.00	300.0	500	0.6	*N/A*	8.42	19.0	1.05	0.63	0.00
Weighted Daily Average		430	12	499	*3.36	*2.69	*411.5	*1039	48.69	*10	13.27	72.33	10.34	3.51	*0.01
% of Calories										*9.6%	12.3%	67.2%	21.6%	7.3%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

HS breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/27/2021															
HS breakfast	Total														
Chicken biscuit	1 Each	296	13	827	2.11	2.35	40.2	0	0.0	*0	11.06	29.05	14.54	3.51	0.00
Mini Cinnis	1 each	240	0	300	2.00	1.44	20.0	0	0.0	*N/A*	5.0	40.0	7.0	2.00	0.00
Biscuit and Gravy	Each	236	0	754	0.60	1.44	20.0	0	0.0	*N/A*	4.0	28.14	12.06	3.53	0.00
Cereal bar variety	1 Each	150	0	95	3.00	1.80	200.0	100	0.0	*N/A*	2.0	30.0	3.0	0.50	0.00
Cereal Variety (HS)	2 each	214	0	321	3.16	8.30	176.4	882	11.06	*N/A*	3.16	44.82	2.93	0.16	0.00
Nutri-Grain bar, variety	1 Each	153	0	142	3.04	2.16	237.8	892	0.0	*N/A*	2.07	28.64	3.85	0.70	0.04
String cheese	1 each	80	15	170	0.00	0.00	207.0	147	0.0	*N/A*	7.0	0.5	6.0	3.50	0.00
Pop-Tart, WG variety	Package	325	0	345	5.30	3.24	180.0	900	0.0	*20	4.33	68.13	5.09	1.75	0.03
Mini Donuts, variety	Package	135	0	115	1.00	0.36	30.0	0	0.0	11	2.0	20.5	5.5	1.50	0.00
Mini breakfast bites	1 Each	260	0	190	3.00	1.44	80.0	0	1.2	14	5.0	37.98	10.0	4.50	0.00
Granola Bar (WW), Oats & Honey	1 Each	190	0	160	2.00	0.72	0.0	0	0.0	*N/A*	4.0	29.0	6.0	0.50	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 6 oz.	6 fl oz	90	0	0	*N/A*	*N/A*	*N/A*	*N/A*	54.0	*N/A*	1.5	19.5	0.0	0.00	0.00
Milk, Breakfast - Variety	HALF PINT	118	7	159	0.00	0.00	300.0	500	0.6	*N/A*	8.42	19.0	1.05	0.63	0.00
Weighted Daily Average		434	10	494	*3.75	*2.38	*412.9	*818	50.62	*10	14.34	75.25	8.68	2.83	0.01
% of Calories										*8.9%	13.2%	69.4%	18.0%	5.9%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 04/28/2021															
HS breakfast	Total														
Biscuit	Each	200	0	610	0.60	1.44	20.0	0	0.0	*N/A*	4.0	23.0	10.0	2.50	0.00
Gravy, peppered lo-sodium	1/2 cup	69	0	280	0.00	0.00	2.6	0	0.0	*0	0.0	9.89	3.96	1.98	0.00
Egg, ham & cheese Eng muffin	1 Each	183	124	547	2.00	1.44	100.5	201	0.0	*N/A*	10.73	25.91	4.98	1.17	0.01
Muffin, chocolate chip, WG	3.1 oz.	270	35	140	2.00	1.80	20.0	0	0.0	22	5.0	45.0	8.0	1.50	0.00
Cereal bar variety	1 Each	150	0	95	3.00	1.80	200.0	100	0.0	*N/A*	2.0	30.0	3.0	0.50	0.00
Cereal Variety (HS)	2 each	214	0	321	3.16	8.30	176.4	882	11.06	*N/A*	3.16	44.82	2.93	0.16	0.00
Granola Bar (WW), Oats & Honey	1 Each	190	0	160	2.00	0.72	0.0	0	0.0	*N/A*	4.0	29.0	6.0	0.50	0.00
Bagel w/ cream cheese	Servings	211	20	276	4.00	1.80	80.5	304	0.0	5	7.01	29.01	8.09	4.05	0.00
Mini breakfast bites	1 Each	260	0	190	3.00	1.44	80.0	0	1.2	14	5.0	37.98	10.0	4.50	0.00
Pop-Tart, WG variety	Package	325	0	345	5.30	3.24	180.0	900	0.0	*20	4.33	68.13	5.09	1.75	0.03
Smoothie (Shiver Shock)	8 oz. svgs.	154	3	64	0.61	0.25	107.5	500	27.43	27	3.34	34.39	0.67	0.67	0.00
Alphabet Mini Treats WG	Serving	129	0	124	0.99	0.72	0.0	0	0.0	*N/A*	1.99	21.87	3.98	0.00	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 6 oz.	6 fl oz	90	0	0	*N/A*	*N/A*	*N/A*	*N/A*	54.0	*N/A*	1.5	19.5	0.0	0.00	0.00
Milk, Breakfast - Variety	HALF PINT	118	7	159	0.00	0.00	300.0	500	0.6	*N/A*	8.42	19.0	1.05	0.63	0.00

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

HS breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories		419	23	435	*3.54	*2.14	*374.1	*773	54.68	*13 *12.2%	13.83 13.2%	75.67 72.2%	7.11 15.3%	2.35 5.0%	0.00 0.0%
Nutrient Guideline		450-600		640										<10.00	

Thu - 04/29/2021															
HS breakfast	Total														
Sausage biscuit w/egg	1 Each	460	160	1150	*0.60	1.80	40.0	100	0.0	*0	12.0	25.0	34.0	10.00	*0.00
Bacon Scramble Breakfast Pizza	1 Each	210	55	320	2.00	1.44	100.0	0	0.0	5	10.0	25.0	8.0	3.50	0.00
Honey bun, WG	1 Each	240	0	250	3.00	1.80	40.0	0	0.0	*N/A*	5.0	34.0	10.0	3.50	0.00
Biscuit and Gravy	Each	236	0	754	0.60	1.44	20.0	0	0.0	*N/A*	4.0	28.14	12.06	3.53	0.00
Cereal bar variety	1 Each	150	0	95	3.00	1.80	200.0	100	0.0	*N/A*	2.0	30.0	3.0	0.50	0.00
Cereal Variety (HS)	2 each	214	0	321	3.16	8.30	176.4	882	11.06	*N/A*	3.16	44.82	2.93	0.16	0.00
Nutri-Grain bar, variety	1 Each	153	0	142	3.04	2.16	237.8	892	0.0	*N/A*	2.07	28.64	3.85	0.70	0.04
String cheese	1 each	80	15	170	0.00	0.00	207.0	147	0.0	*N/A*	7.0	0.5	6.0	3.50	0.00
Pop-Tart, WG variety	Package	325	0	345	5.30	3.24	180.0	900	0.0	*20	4.33	68.13	5.09	1.75	0.03
Mini breakfast bites	1 Each	260	0	190	3.00	1.44	80.0	0	1.2	14	5.0	37.98	10.0	4.50	0.00
Mini Donuts, variety	Package	135	0	115	1.00	0.36	30.0	0	0.0	11	2.0	20.5	5.5	1.50	0.00
Granola Bar (WW), Oats & Honey	1 Each	190	0	160	2.00	0.72	0.0	0	0.0	*N/A*	4.0	29.0	6.0	0.50	0.00
FRUIT,FRESH ASSORTED	1 EACH	69	0	1	3.27	0.16	19.3	130	22.18	14	0.58	18.14	0.22	0.03	0.00
Juice, Orange 6 oz.	6 fl oz	90	0	0	*N/A*	*N/A*	*N/A*	*N/A*	54.0	*N/A*	1.5	19.5	0.0	0.00	0.00
Milk, Breakfast - Variety	HALF PINT	118	7	159	0.00	0.00	300.0	500	0.6	*N/A*	8.42	19.0	1.05	0.63	0.00
Weighted Daily Average % of Calories		436	27	500	*3.54	*2.28	*380.8	*744	52.14	*9 *8.4%	14.05 12.9%	71.64 65.7%	10.64 21.9%	3.61 7.4%	*0.01 *0.0%
Nutrient Guideline		450-600		640										<10.00	

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

HS breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/30/2021															
HS breakfast															
	Total														
Egg, ham & cheese Eng muffin	1 Each	183	124	547	2.00	1.44	100.5	201	0.0	*N/A*	10.73	25.91	4.98	1.17	0.01
Mini breakfast bites	1 Each	260	0	190	3.00	1.44	80.0	0	1.2	14	5.0	37.98	10.0	4.50	0.00
Muffin, chocolate chip, WG	3.1 oz.	270	35	140	2.00	1.80	20.0	0	0.0	22	5.0	45.0	8.0	1.50	0.00
Mini Donuts, variety	Package	135	0	115	1.00	0.36	30.0	0	0.0	11	2.0	20.5	5.5	1.50	0.00
Biscuit and Gravy	Each	236	0	754	0.60	1.44	20.0	0	0.0	*N/A*	4.0	28.14	12.06	3.53	0.00
Cereal bar variety	1 Each	150	0	95	3.00	1.80	200.0	100	0.0	*N/A*	2.0	30.0	3.0	0.50	0.00
Cereal Variety (HS)	2 each	214	0	321	3.16	8.30	176.4	882	11.06	*N/A*	3.16	44.82	2.93	0.16	0.00
Yogurt, Strawberry/S Banana	1 Each	110	5	60	0.00	0.00	150.5	502	0.0	*N/A*	3.01	22.08	1.0	0.50	0.00
Graham Crackers	Package	90	0	95	1.00	0.72	100.0	500	0.0	5	2.0	17.0	2.5	0.00	0.00
Pop-Tart, WG variety	Package	325	0	345	5.30	3.24	180.0	900	0.0	*20	4.33	68.13	5.09	1.75	0.03
Granola Bar (WW), Oats & Honey	1 Each	190	0	160	2.00	0.72	0.0	0	0.0	*N/A*	4.0	29.0	6.0	0.50	0.00
Nutri-Grain bar, variety	1 Each	153	0	142	3.04	2.16	237.8	892	0.0	*N/A*	2.07	28.64	3.85	0.70	0.04
String cheese	1 each	80	15	170	0.00	0.00	207.0	147	0.0	*N/A*	7.0	0.5	6.0	3.50	0.00
Applesauce	1/2 cup	84	0	15	1.02	1.84	0.0	0	2.45	*N/A*	0.0	21.44	0.0	0.00	0.00
Juice, Orange 6 oz.	6 fl oz	90	0	0	*N/A*	*N/A*	*N/A*	*N/A*	54.0	*N/A*	1.5	19.5	0.0	0.00	0.00
Milk, Breakfast - Variety	HALF PINT	118	7	159	0.00	0.00	300.0	500	0.6	*N/A*	8.42	19.0	1.05	0.63	0.00
Weighted Daily Average		420	22	427	*2.72	*2.76	*395.7	*807	45.42	*6	13.40	75.38	7.35	2.35	0.01
% of Calories										*6.2%	12.8%	71.8%	15.8%	5.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	
Weighted Average		428	19	472	*3.39	*2.44	*394.3	*832	50.40	*10 *20.3%	13.79 12.9%	73.94 69.1%	8.91 18.7%	2.96 6.2%	*0.01 *0.0%

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

HS breakfast

Portion Values - Detailed

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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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	428		450 - 600		95%			22									Correction Required - Calories are Low
Cholesterol (mg)	19																
Sodium 1 (mg)	472			640													
Sodium 2 (mg)	472			570													
Fiber (g)	3.39					Missing											
Iron (mg)	2.44					Missing											
Calcium (mg)	394.3					Missing											
Vitamin A (IU)	832					Missing											
Sugars (g)	10	9.00%				Missing											
Vitamin C (mg)	50.40																
Protein (g)	13.79	12.88%															
Carbohydrate (g)	73.94	69.06%															
Total Fat (g)	8.91	18.73%															
Saturated Fat (g)	2.96	6.22%		<10.00%													
Trans Fat ¹ (g)	0.01	0.01%				Missing											

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