

Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

K-4 Breakfast

Portion Values - Detailed

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Generated on: 3/18/2021 7:38:02 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															
K-4 Breakfast	Total														
Biscuit and Gravy	1 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
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Variety & Grahams	Each	197	0	253	2.61	5.33	193.5	972	7.05	*5	3.64	39.51	4.02	0.07	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
Breakfast fruit, variety	1/2 cup	73	0	9	1.46	0.75	4.4	71	2.17	*4	0.32	19.25	0.04	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
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
Juice (milk allergies only)	2 cartons	59	0	4	*0.06	*0.16	*3.6	*23	18.36	*N/A*	0.55	13.56	0.06	0.01	*0.00
Weighted Daily Average		435	7	687	*3.96	*3.54	*398.4	*1028	7.06	*12	12.45	78.42	9.38	2.83	*0.01
% of Calories										*10.9%	11.5%	72.2%	19.4%	5.9%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Fri - 04/02/2021															
K-4 Breakfast	Total														
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
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Variety & Grahams	Each	197	0	253	2.61	5.33	193.5	972	7.05	*5	3.64	39.51	4.02	0.07	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
Juice, variety (4 oz.)	4 oz. carto	59	0	4	*0.05	*0.14	*3.2	*20	20.12	*N/A*	0.6	13.5	0.05	0.01	*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
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
Juice (milk allergies only)	2 cartons	59	0	4	*0.06	*0.16	*3.6	*23	18.36	*N/A*	0.55	13.56	0.06	0.01	*0.00
Weighted Daily Average		372	7	363	*2.93	*2.46	*402.4	*983	22.77	*13	11.69	69.56	6.11	1.83	*0.01
% of Calories										*14.2%	12.6%	74.9%	14.8%	4.4%	*0.0%
Nutrient Guideline		350-500		540										<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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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

K-4 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 - 04/05/2021															
K-4 Breakfast	Total														
Mini Pancakes, variety	Package	170	5	200	2.00	0.72	40.0	0	0.0	*N/A*	4.0	29.5	5.0	0.50	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Variety & Grahams	Each	197	0	253	2.61	5.33	193.5	972	7.05	*5	3.64	39.51	4.02	0.07	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
Juice, variety (4 oz.)	4 oz. carto	59	0	4	*0.05	*0.14	*3.2	*20	20.12	*N/A*	0.6	13.5	0.05	0.01	*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
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
Juice (milk allergies only)	2 cartons	59	0	4	*0.06	*0.16	*3.6	*23	18.36	*N/A*	0.55	13.56	0.06	0.01	*0.00
Weighted Daily Average		389	9	406	*3.43	*2.64	*407.4	*983	22.77	*8	12.69	74.06	5.86	1.33	*0.01
% of Calories										*8.2%	13.0%	76.1%	13.6%	3.1%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Tue - 04/06/2021															
K-4 Breakfast	Total														
Biscuit	1 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
Sausage patty	1 Each	190	35	430	*N/A*	0.36	20.0	100	0.0	*N/A*	5.0	1.0	18.0	6.00	*N/A*
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Variety & Grahams	Each	197	0	253	2.61	5.33	193.5	972	7.05	*5	3.64	39.51	4.02	0.07	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
Breakfast fruit, variety	1/2 cup	73	0	9	1.46	0.75	4.4	71	2.17	*4	0.32	19.25	0.04	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
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
Juice (milk allergies only)	2 cartons	59	0	4	*0.06	*0.16	*3.6	*23	18.36	*N/A*	0.55	13.56	0.06	0.01	*0.00
Weighted Daily Average		464	16	723	*3.96	*3.63	*403.4	*1053	7.06	*12	13.70	76.10	12.85	3.82	*0.01
% of Calories										*10.2%	11.8%	65.6%	24.9%	7.4%	*0.0%
Nutrient Guideline		350-500		540										<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

K-4 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)
Wed - 04/07/2021															
K-4 Breakfast	Total														
Egg & cheese b-fast sandwich	Each	400	150	645	4.00	*1.44	*80.0	*0	*0.0	*1	16.06	35.02	23.59	9.80	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Variety & Grahams	Each	197	0	253	2.61	5.33	193.5	972	7.05	*5	3.64	39.51	4.02	0.07	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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
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
Juice, variety (4 oz.)	4 oz. carto	59	0	4	*0.05	*0.14	*3.2	*20	20.12	*N/A*	0.6	13.5	0.05	0.01	*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
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
Juice (milk allergies only)	2 cartons	59	0	4	*0.06	*0.16	*3.6	*23	18.36	*N/A*	0.55	13.56	0.06	0.01	*0.00
Weighted Daily Average		462	64	532	*4.54	*2.93	*454.5	*1171	*31.28	*17	17.41	74.94	12.29	4.50	*0.00
% of Calories										*15.0%	15.1%	64.8%	23.9%	8.8%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Thu - 04/08/2021															
K-4 Breakfast	Total														
Biscuit and Gravy	1 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
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Variety & Grahams	Each	197	0	253	2.61	5.33	193.5	972	7.05	*5	3.64	39.51	4.02	0.07	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
Breakfast fruit, variety	1/2 cup	73	0	9	1.46	0.75	4.4	71	2.17	*4	0.32	19.25	0.04	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
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
Juice (milk allergies only)	2 cartons	59	0	4	*0.06	*0.16	*3.6	*23	18.36	*N/A*	0.55	13.56	0.06	0.01	*0.00
Weighted Daily Average		435	7	687	*3.96	*3.54	*398.4	*1028	7.06	*12	12.45	78.42	9.38	2.83	*0.01
% of Calories										*10.9%	11.5%	72.2%	19.4%	5.9%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

K-4 Breakfast

Portion Values - Detailed

	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)
Fri - 04/09/2021															
K-4 Breakfast	Total														
BeneFIT bar, CC	1 Each	289	20	240	2.99	1.80	20.0	0	0.0	22	4.99	46.92	8.98	2.99	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Variety & Grahams	Each	197	0	253	2.61	5.33	193.5	972	7.05	*5	3.64	39.51	4.02	0.07	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
Juice, variety (4 oz.)	4 oz. carto	59	0	4	*0.05	*0.14	*3.2	*20	20.12	*N/A*	0.6	13.5	0.05	0.01	*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
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
Juice (milk allergies only)	2 cartons	59	0	4	*0.06	*0.16	*3.6	*23	18.36	*N/A*	0.55	13.56	0.06	0.01	*0.00
Weighted Daily Average		449	17	426	*3.93	*3.18	*397.4	*983	22.77	*19	13.19	82.77	7.86	2.57	*0.01
% of Calories										*16.9%	11.8%	73.7%	15.7%	5.2%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

	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															
K-4 Breakfast	Total														
Waffles, WG	servings	80	5	105	1.00	0.72	20.0	0	0.0	2	2.0	12.0	3.0	0.00	0.00
Syrup cup	PC cup	81	0	20	0.00	0.00	0.0	0	0.0	0	0.0	21.26	0.0	0.00	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Variety & Grahams	Each	197	0	253	2.61	5.33	193.5	972	7.05	*5	3.64	39.51	4.02	0.07	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
Juice, variety (4 oz.)	4 oz. carto	59	0	4	*0.05	*0.14	*3.2	*20	20.12	*N/A*	0.6	13.5	0.05	0.01	*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
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
Juice (milk allergies only)	2 cartons	59	0	4	*0.06	*0.16	*3.6	*23	18.36	*N/A*	0.55	13.56	0.06	0.01	*0.00
Weighted Daily Average		388	9	368	*4.14	*2.65	*403.4	*1024	23.54	*14	11.68	77.68	4.92	1.08	*0.01
% of Calories										*14.6%	12.0%	80.0%	11.4%	2.5%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

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K-4 Breakfast

Portion Values - Detailed

	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)
Tue - 04/13/2021															
K-4 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
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Variety & Grahams	Each	197	0	253	2.61	5.33	193.5	972	7.05	*5	3.64	39.51	4.02	0.07	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
Breakfast fruit, variety	1/2 cup	73	0	9	1.46	0.75	4.4	71	2.17	*4	0.32	19.25	0.04	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
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
Juice (milk allergies only)	2 cartons	59	0	4	*0.06	*0.16	*3.6	*23	18.36	*N/A*	0.55	13.56	0.06	0.01	*0.00
Weighted Daily Average		456	13	723	*4.31	*3.97	*406.0	*1011	4.29	*10	15.91	76.60	10.59	2.82	*0.01
% of Calories										*8.8%	14.0%	67.2%	20.9%	5.6%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

	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)
Wed - 04/14/2021															
K-4 Breakfast	Total														
Pancake pups	1 Each	181	25	281	3.01	1.81	20.1	0	0.0	4	6.02	15.06	9.04	2.51	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Variety & Grahams	Each	197	0	253	2.61	5.33	193.5	972	7.05	*5	3.64	39.51	4.02	0.07	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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
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
Juice, variety (4 oz.)	4 oz. carto	59	0	4	*0.05	*0.14	*3.2	*20	20.12	*N/A*	0.6	13.5	0.05	0.01	*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
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
Juice (milk allergies only)	2 cartons	59	0	4	*0.06	*0.16	*3.6	*23	18.36	*N/A*	0.55	13.56	0.06	0.01	*0.00
Weighted Daily Average		361	20	399	*3.41	*2.59	*405.5	*1017	24.85	*15	13.80	59.86	7.41	2.06	*0.00
% of Calories										*16.5%	15.3%	66.3%	18.5%	5.1%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

K-4 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)
Thu - 04/15/2021															
K-4 Breakfast	Total														
Biscuit and Gravy	1 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
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Variety & Grahams	Each	197	0	253	2.61	5.33	193.5	972	7.05	*5	3.64	39.51	4.02	0.07	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
Breakfast fruit, variety	1/2 cup	73	0	9	1.46	0.75	4.4	71	2.17	*4	0.32	19.25	0.04	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
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
Juice (milk allergies only)	2 cartons	59	0	4	*0.06	*0.16	*3.6	*23	18.36	*N/A*	0.55	13.56	0.06	0.01	*0.00
Weighted Daily Average		433	7	684	*4.64	*3.31	*404.0	*1050	14.56	*15	12.55	78.00	9.45	2.85	*0.01
% of Calories										*14.2%	11.6%	72.0%	19.6%	5.9%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Fri - 04/16/2021															
K-4 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
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Variety & Grahams	Each	197	0	253	2.61	5.33	193.5	972	7.05	*5	3.64	39.51	4.02	0.07	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
Juice, variety (4 oz.)	4 oz. carto	59	0	4	*0.05	*0.14	*3.2	*20	20.12	*N/A*	0.6	13.5	0.05	0.01	*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
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
Juice (milk allergies only)	2 cartons	59	0	4	*0.06	*0.16	*3.6	*23	18.36	*N/A*	0.55	13.56	0.06	0.01	*0.00
Weighted Daily Average		396	69	580	*3.43	*3.00	*437.6	*1084	22.77	*8	16.06	72.26	5.85	1.66	*0.01
% of Calories										*8.1%	16.2%	73.0%	13.3%	3.8%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

K-4 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 - 04/19/2021															
K-4 Breakfast	Total														
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
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Variety & Grahams	Each	197	0	253	2.61	5.33	193.5	972	7.05	*5	3.64	39.51	4.02	0.07	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
Juice, variety (4 oz.)	4 oz. carto	59	0	4	*0.05	*0.14	*3.2	*20	20.12	*N/A*	0.6	13.5	0.05	0.01	*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
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
Juice (milk allergies only)	2 cartons	59	0	4	*0.06	*0.16	*3.6	*23	18.36	*N/A*	0.55	13.56	0.06	0.01	*0.00
Weighted Daily Average		375	7	362	*4.14	*2.47	*408.4	*1024	23.54	*18	11.68	71.30	6.17	1.83	*0.01
% of Calories										*19.6%	12.4%	76.0%	14.8%	4.4%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Tue - 04/20/2021															
K-4 Breakfast	Total														
Biscuit	1 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
Sausage patty	1 Each	190	35	430	*N/A*	0.36	20.0	100	0.0	*N/A*	5.0	1.0	18.0	6.00	*N/A*
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Variety & Grahams	Each	197	0	253	2.61	5.33	193.5	972	7.05	*5	3.64	39.51	4.02	0.07	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
Breakfast fruit, variety	1/2 cup	73	0	9	1.46	0.75	4.4	71	2.17	*4	0.32	19.25	0.04	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
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
Juice (milk allergies only)	2 cartons	59	0	4	*0.06	*0.16	*3.6	*23	18.36	*N/A*	0.55	13.56	0.06	0.01	*0.00
Weighted Daily Average		464	16	723	*3.96	*3.63	*403.4	*1053	7.06	*12	13.70	76.10	12.85	3.82	*0.01
% of Calories										*10.2%	11.8%	65.6%	24.9%	7.4%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

K-4 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)
Wed - 04/21/2021															
K-4 Breakfast	Total														
Cinnamon Toast	2 each	327	0	433	3.06	2.09	42.6	44	0.25	*6	5.59	40.89	16.07	7.22	*0.00
Jelly cup, assorted flavors	2 each	50	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	12.0	0.0	0.00	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Variety & Grahams	Each	197	0	253	2.61	5.33	193.5	972	7.05	*5	3.64	39.51	4.02	0.07	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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
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
Juice, variety (4 oz.)	4 oz. carto	59	0	4	*0.05	*0.14	*3.2	*20	20.12	*N/A*	0.6	13.5	0.05	0.01	*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
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
Juice (milk allergies only)	2 cartons	59	0	4	*0.06	*0.16	*3.6	*23	18.36	*N/A*	0.55	13.56	0.06	0.01	*0.00
Weighted Daily Average		447	8	475	*3.43	*2.73	*416.7	*1039	24.97	*16	13.59	75.78	10.92	4.42	*0.00
% of Calories										*14.2%	12.2%	67.9%	22.0%	8.9%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Thu - 04/22/2021															
K-4 Breakfast	Total														
Biscuit and Gravy	1 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
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Variety & Grahams	Each	197	0	253	2.61	5.33	193.5	972	7.05	*5	3.64	39.51	4.02	0.07	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
Breakfast fruit, variety	1/2 cup	73	0	9	1.46	0.75	4.4	71	2.17	*4	0.32	19.25	0.04	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
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
Juice (milk allergies only)	2 cartons	59	0	4	*0.06	*0.16	*3.6	*23	18.36	*N/A*	0.55	13.56	0.06	0.01	*0.00
Weighted Daily Average		433	7	684	*4.64	*3.31	*404.0	*1050	14.56	*15	12.55	78.00	9.45	2.85	*0.01
% of Calories										*14.2%	11.6%	72.0%	19.6%	5.9%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

K-4 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)
Mon - 04/26/2021															
K-4 Breakfast	Total														
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
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Variety & Grahams	Each	197	0	253	2.61	5.33	193.5	972	7.05	*5	3.64	39.51	4.02	0.07	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
Juice, variety (4 oz.)	4 oz. carto	59	0	4	*0.14	*0.14	*3.2	*20	20.12	*N/A*	0.6	13.5	0.05	0.01	*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
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
Juice (milk allergies only)	2 cartons	59	0	4	*0.06	*0.16	*3.6	*23	18.36	*N/A*	0.55	13.56	0.06	0.01	*0.00
Weighted Daily Average		409	34	466	*3.43	*3.00	*437.4	*983	22.77	*10	15.69	71.81	7.36	2.83	*0.01
% of Calories										*10.2%	15.3%	70.2%	16.2%	6.2%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Tue - 04/27/2021															
K-4 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
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Variety & Grahams	Each	197	0	253	2.61	5.33	193.5	972	7.05	*5	3.64	39.51	4.02	0.07	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
Breakfast fruit, variety	1/2 cup	73	0	9	1.46	0.75	4.4	71	2.17	*4	0.32	19.25	0.04	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
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
Juice (milk allergies only)	2 cartons	59	0	4	*0.06	*0.16	*3.6	*23	18.36	*N/A*	0.55	13.56	0.06	0.01	*0.00
Weighted Daily Average		465	13	724	*4.72	*3.99	*408.4	*1028	7.06	*12	15.98	78.87	10.62	2.82	*0.01
% of Calories										*10.2%	13.8%	67.9%	20.6%	5.5%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

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Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

K-4 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)
Wed - 04/28/2021															
K-4 Breakfast	Total														
Egg & cheese b-fast sandwich	1 Each	400	150	645	4.00	*1.44	*80.0	*0	*0.0	*1	16.06	35.02	23.59	9.80	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Variety & Grahams	Each	197	0	253	2.61	5.33	193.5	972	7.05	*5	3.64	39.51	4.02	0.07	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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
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
Juice, variety (4 oz.)	4 oz. carto	59	0	4	*0.05	*0.14	*3.2	*20	20.12	*N/A*	0.6	13.5	0.05	0.01	*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
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
Juice (milk allergies only)	2 cartons	59	0	4	*0.06	*0.16	*3.6	*23	18.36	*N/A*	0.55	13.56	0.06	0.01	*0.00
Weighted Daily Average		486	83	579	*4.72	*2.44	*436.5	*1043	*30.39	*17	18.86	74.14	14.73	5.71	*0.00
% of Calories										*13.8%	15.5%	61.0%	27.3%	10.6%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Thu - 04/29/2021															
K-4 Breakfast	Total														
Biscuit and Gravy	1 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
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Variety & Grahams	Each	197	0	253	2.61	5.33	193.5	972	7.05	*5	3.64	39.51	4.02	0.07	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
Breakfast fruit, variety	1/2 cup	73	0	9	1.46	0.75	4.4	71	2.17	*4	0.32	19.25	0.04	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
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
Juice (milk allergies only)	2 cartons	59	0	4	*0.06	*0.16	*3.6	*23	18.36	*N/A*	0.55	13.56	0.06	0.01	*0.00
Weighted Daily Average		433	7	685	*3.96	*3.54	*394.6	*1021	7.05	*12	12.35	78.18	9.37	2.83	*0.01
% of Calories										*10.9%	11.4%	72.2%	19.5%	5.9%	*0.0%
Nutrient Guideline		350-500		540										<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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Beebe Public Schools

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

K-4 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															
K-4 Breakfast	Total														
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
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal Variety & Grahams	Each	197	0	253	2.61	5.33	193.5	972	7.05	*5	3.64	39.51	4.02	0.07	0.00
OR	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
Juice, variety (4 oz.)	4 oz. carto	59	0	4	*0.05	*0.14	*3.2	*20	20.12	*N/A*	0.6	13.5	0.05	0.01	*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
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
Juice (milk allergies only)	2 cartons	59	0	4	*0.06	*0.16	*3.6	*23	18.36	*N/A*	0.55	13.56	0.06	0.01	*0.00
Weighted Daily Average		424	7	456	*3.43	*3.00	*397.4	*983	22.77	*8	13.19	79.31	6.86	2.08	*0.01
% of Calories										*7.5%	12.4%	74.8%	14.6%	4.4%	*0.0%
Nutrient Guideline		350-500		540										<10.00	

Weighted Average		427	20	559	*3.96	*3.12	*410.7	*1030	*17.66	*13 *27.6%	13.87 13.0%	75.34 70.5%	9.06 19.1%	2.83 6.0%	*0.01 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	427		350 - 500	100%				
Cholesterol (mg)	20							
Sodium 1 (mg)	559		540				19	Correction Required - Sodium too High Correction Required - Sodium too High
Sodium 2 (mg)	559		485				74	
Fiber (g)	3.96				Missing			
Iron (mg)	3.12				Missing			
Calcium (mg)	410.7				Missing			
Vitamin A (IU)	1030				Missing			
Sugars (g)	13	12.28%			Missing			
Vitamin C (mg)	17.66				Missing			
Protein (g)	13.87	12.97%						
Carbohydrate (g)	75.34	70.50%						
Total Fat (g)	9.06	19.08%						
Saturated Fat (g)	2.83	5.95%	<10.00%					
Trans Fat ¹ (g)	0.01	0.01%			Missing			

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 1 - 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.