

Northfield Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 1, 2017 thru Nov 30, 2017

NORTHFIELD BREAKFAST

Generated on: 8/18/2017 9:34:47 AM

	Portion Size	Reimb Qty	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 - 09/04/2017																
NORTHFIELD BREAKFAST	Total	1														
No School	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Tue - 09/05/2017																
NORTHFIELD BREAKFAST	Total	1														
Mini Cinnis Pillsbury	Pkg	1	240	0	300	2.00	1.44	20.0	0	0.0	*N/A*	5.0	40.0	7.0	2.00	0.00
EGG,HARD-BOILED	1 EACH	1	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			748	193	836	7.28	8.48	488.7	1486	9.87	*35	25.97	128.12	15.50	4.73	*0.26
% of Calories											*18.6%	13.9%	68.5%	18.6%	5.7%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Wed - 09/06/2017																
NORTHFIELD BREAKFAST	Total	1														
smoothie, blenderless	8 oz	1	154	2	61	*13.14	1.41	128.7	516	*3.65	*N/A*	3.95	33.89	0.78	0.51	0.00
Nature Valley Thin Crisps	pkg	1	150	0	140	2.00	0.72	0.0	45	0.0	9	3.0	25.0	5.0	0.50	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			735	9	675	*20.42	8.58	572.4	1787	*13.52	*43	21.63	146.45	8.97	2.11	*0.26
% of Calories											*23.5%	11.8%	79.7%	11.0%	2.6%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<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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Northfield Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2017 thru Nov 30, 2017

NORTHFIELD BREAKFAST

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	Portion Size	Reimb Qty	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)
Thu - 09/07/2017																
NORTHFIELD BREAKFAST	Total	1														
Mini Pancake Wrap WG Fost Farm	1portion(3 each)	1	210	*N/A*	600	*N/A*	1.80	0.0	*N/A*	*N/A*	*N/A*	11.0	*N/A*	7.0	2.00	0.00
Breakfast sandwich	sandwich	1	232	185	489	0.99	2.09	177.5	289	0.0	*N/A*	13.97	28.11	7.49	3.37	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average % of Calories			873	*192	1563	*6.28	10.34	621.2	*1515	*9.87	*34 *15.7%	39.65 18.2%	*115.67 *53.0%	17.69 18.2%	6.47 6.7%	*0.26 *0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Fri - 09/08/2017																
NORTHFIELD BREAKFAST	Total	1														
Breakfast Bar	Servings	1	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average % of Calories			721	27	714	8.28	8.25	463.7	1226	9.87	*34 *19.0%	19.68 10.9%	134.56 74.7%	12.19 15.2%	4.09 5.1%	*0.26 *0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Mon - 09/11/2017																
NORTHFIELD BREAKFAST	Total	1														
Mini pancakes, WG maple	serving	1	170	5	200	2.00	0.72	40.0	0	0.0	*N/A*	4.0	30.0	5.0	0.50	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			584	15	630	7.28	7.17	480.5	1175	9.62	*28 *19.2%	17.86 12.2%	110.17 75.5%	9.73 15.0%	2.41 3.7%	*0.26 *0.4%
Nutrient Guideline			400-500		540									<=30.0	<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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Northfield Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2017 thru Nov 30, 2017

NORTHFIELD BREAKFAST

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	Portion Size	Reimb Qty	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 - 09/12/2017																
NORTHFIELD BREAKFAST	Total	100														
Pizza Brkfst Sausage 3x4 w/o E	Serving 3.2 oz	85	219	10	568	1.00	1.79	149.5	299	0.0	*N/A*	8.97	23.92	9.97	3.99	0.00
Cold breakfast, K-12	serving	15	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	100	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	100	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			428	15	713	3.38	2.67	456.3	1048	5.64	*21	17.53	68.10	9.84	4.14	*0.04
% of Calories											*19.5%	16.4%	63.6%	20.7%	8.7%	*0.1%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Wed - 09/13/2017																
NORTHFIELD BREAKFAST	Total	1														
Yogurt Parfait	serving	1	178	6	78	2.55	0.67	206.0	77	3.16	*8	7.43	32.41	2.72	1.08	*0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
JUICE FRUIT ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			656	16	512	8.11	7.37	659.7	1311	37.24	*49	21.76	128.20	7.62	3.01	*0.26
% of Calories											*29.9%	13.3%	78.2%	10.5%	4.1%	*0.4%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Thu - 09/14/2017																
NORTHFIELD BREAKFAST	Total	1														
WG French Toast Sticks	serving(3)	1	160	110	280	2.00	1.40	20.0	200	0.0	*N/A*	7.0	23.0	4.0	1.00	0.00
EGG,HARD-BOILED	1 EACH	1	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			429	306	485	4.05	2.21	350.9	1126	4.65	*13	21.53	56.91	11.88	4.14	*0.00
% of Calories											*12.0%	20.1%	53.0%	24.9%	8.7%	*0.0%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

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	Portion Size	Reimb Qty	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 - 09/15/2017																
NORTHFIELD BREAKFAST	Total	1														
Muffin Variety 2 oz	2 oz	1	155	35	185	2.00	3.60	200.0	1000	0.6	*N/A*	3.0	25.5	5.0	1.00	*0.00
Cheese Stick	1 oz stick	1	80	15	210	0.00	0.00	200.0	*N/A*	*N/A*	*N/A*	7.0	1.0	6.0	3.50	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			666	57	869	7.28	10.05	843.7	*2226	*10.47	*34	24.68	114.06	14.20	5.59	*0.26
% of Calories											*20.5%	14.8%	68.5%	19.2%	7.6%	*0.3%
Nutrient Guideline														<=30.0	<10.00	

Mon - 09/18/2017																
NORTHFIELD BREAKFAST	Total	1														
UBR Ultimate Breakfast Round 2	Bar(67g)	1	270	0	240	6.00	2.70	40.0	0	0.0	*N/A*	4.0	44.0	8.0	3.00	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
JUICE FRUIT ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			748	10	675	11.56	9.39	493.7	1233	34.08	*41	18.33	139.79	12.90	4.93	*0.26
% of Calories											*22.1%	9.8%	74.7%	15.5%	5.9%	*0.3%
Nutrient Guideline														<=30.0	<10.00	

Tue - 09/19/2017																
NORTHFIELD BREAKFAST	Total	1														
Mini Cinnis Pillsbury	Pkg	1	240	0	300	2.00	1.44	20.0	0	0.0	*N/A*	5.0	40.0	7.0	2.00	0.00
EGG,HARD-BOILED	1 EACH	1	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			748	193	836	7.28	8.48	488.7	1486	9.87	*35	25.97	128.12	15.50	4.73	*0.26
% of Calories											*18.6%	13.9%	68.5%	18.6%	5.7%	*0.3%
Nutrient Guideline														<=30.0	<10.00	

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Wed - 09/20/2017																
NORTHFIELD BREAKFAST	Total	1														
smoothie, blenderless	8 oz	1	154	2	61	*13.14	1.41	128.7	516	*3.65	*N/A*	3.95	33.89	0.78	0.51	0.00
Nature Valley Thin Crisps	pkg	1	150	0	140	2.00	0.72	0.0	45	0.0	9	3.0	25.0	5.0	0.50	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			735	9	675	*20.42	8.58	572.4	1787	*13.52	*43	21.63	146.45	8.97	2.11	*0.26
% of Calories											*23.5%	11.8%	79.7%	11.0%	2.6%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Thu - 09/21/2017																
NORTHFIELD BREAKFAST	Total	1														
Mini Pancake Wrap WG Fost Farm	1portion(3 each)	1	210	*N/A*	600	*N/A*	1.80	0.0	*N/A*	*N/A*	*N/A*	11.0	*N/A*	7.0	2.00	0.00
Breakfast sandwich	sandwich	1	232	185	489	0.99	2.09	177.5	289	0.0	*N/A*	13.97	28.11	7.49	3.37	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			873	*192	1563	*6.28	10.34	621.2	*1515	*9.87	*34	39.65	*115.67	17.69	6.47	*0.26
% of Calories											*15.7%	18.2%	*53.0%	18.2%	6.7%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Fri - 09/22/2017																
NORTHFIELD BREAKFAST	Total	1														
Breakfast Bar	Servings	1	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			721	27	714	8.28	8.25	463.7	1226	9.87	*34	19.68	134.56	12.19	4.09	*0.26
% of Calories											*19.0%	10.9%	74.7%	15.2%	5.1%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

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NORTHFIELD BREAKFAST

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Mon - 09/25/2017																
NORTHFIELD BREAKFAST	Total	1														
Mini pancakes, WG maple	serving	1	170	5	200	2.00	0.72	40.0	0	0.0	*N/A*	4.0	30.0	5.0	0.50	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			584	15	630	7.28	7.17	480.5	1175	9.62	*28	17.86	110.17	9.73	2.41	*0.26
% of Calories											*19.2%	12.2%	75.5%	15.0%	3.7%	*0.4%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Tue - 09/26/2017																
NORTHFIELD BREAKFAST	Total	100														
Pizza Brkfst Sausage 3x4 w/o E	Serving 3.2 oz	85	219	10	568	1.00	1.79	149.5	299	0.0	*N/A*	8.97	23.92	9.97	3.99	0.00
Cold breakfast, K-12	serving	15	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	100	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	100	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			428	15	713	3.38	2.67	456.3	1048	5.64	*21	17.53	68.10	9.84	4.14	*0.04
% of Calories											*19.5%	16.4%	63.6%	20.7%	8.7%	*0.1%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Wed - 09/27/2017																
NORTHFIELD BREAKFAST	Total	1														
Yogurt Parfait	serving	1	178	6	78	2.55	0.67	206.0	77	3.16	*8	7.43	32.41	2.72	1.08	*0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
JUICE FRUIT ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			656	16	512	8.11	7.37	659.7	1311	37.24	*49	21.76	128.20	7.62	3.01	*0.26
% of Calories											*29.9%	13.3%	78.2%	10.5%	4.1%	*0.4%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

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

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Northfield Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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NORTHFIELD BREAKFAST

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	Portion Size	Reimb Qty	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)
Thu - 09/28/2017																
NORTHFIELD BREAKFAST	Total	1														
WG French Toast Sticks	1 serving(3)	1	160	110	280	2.00	1.40	20.0	200	0.0	*N/A*	7.0	23.0	4.0	1.00	0.00
EGG,HARD-BOILED	1 EACH	1	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			429	306	485	4.05	2.21	350.9	1126	4.65	*13	21.53	56.91	11.88	4.14	*0.00
% of Calories											*12.0%	20.1%	53.0%	24.9%	8.7%	*0.0%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Fri - 09/29/2017																
NORTHFIELD BREAKFAST	Total	1														
Muffin Variety 2 oz	2 oz	1	155	35	185	2.00	3.60	200.0	1000	0.6	*N/A*	3.0	25.5	5.0	1.00	*0.00
Cheese Stick	1 oz stick	1	80	15	210	0.00	0.00	200.0	*N/A*	*N/A*	*N/A*	7.0	1.0	6.0	3.50	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			666	57	869	7.28	10.05	843.7	*2226	*10.47	*34	24.68	114.06	14.20	5.59	*0.26
% of Calories											*20.5%	14.8%	68.5%	19.2%	7.6%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Mon - 10/02/2017																
NORTHFIELD BREAKFAST	Total	1														
UBR Ultimate Breakfast Round 2	Bar(67g)	1	270	0	240	6.00	2.70	40.0	0	0.0	*N/A*	4.0	44.0	8.0	3.00	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
JUICE FRUIT ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			748	10	675	11.56	9.39	493.7	1233	34.08	*41	18.33	139.79	12.90	4.93	*0.26
% of Calories											*22.1%	9.8%	74.7%	15.5%	5.9%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

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Northfield Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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NORTHFIELD BREAKFAST

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	Portion Size	Reimb Qty	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 - 10/03/2017																
NORTHFIELD BREAKFAST	Total	1														
Mini Cinnis Pillsbury	Pkg	1	240	0	300	2.00	1.44	20.0	0	0.0	*N/A*	5.0	40.0	7.0	2.00	0.00
EGG,HARD-BOILED	1 EACH	1	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			748	193	836	7.28	8.48	488.7	1486	9.87	*35	25.97	128.12	15.50	4.73	*0.26
% of Calories											*18.6%	13.9%	68.5%	18.6%	5.7%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Wed - 10/04/2017																
NORTHFIELD BREAKFAST	Total	1														
smoothie, blenderless	8 oz	1	154	2	61	*13.14	1.41	128.7	516	*3.65	*N/A*	3.95	33.89	0.78	0.51	0.00
Nature Valley Thin Crisps	pkg	1	150	0	140	2.00	0.72	0.0	45	0.0	9	3.0	25.0	5.0	0.50	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			735	9	675	*20.42	8.58	572.4	1787	*13.52	*43	21.63	146.45	8.97	2.11	*0.26
% of Calories											*23.5%	11.8%	79.7%	11.0%	2.6%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Thu - 10/05/2017																
NORTHFIELD BREAKFAST	Total	1														
Mini Pancake Wrap WG Fost Farm	1portion(3 each)	1	210	*N/A*	600	*N/A*	1.80	0.0	*N/A*	*N/A*	*N/A*	11.0	*N/A*	7.0	2.00	0.00
Breakfast sandwich	sandwich	1	232	185	489	0.99	2.09	177.5	289	0.0	*N/A*	13.97	28.11	7.49	3.37	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			873	*192	1563	*6.28	10.34	621.2	*1515	*9.87	*34	39.65	*115.67	17.69	6.47	*0.26
% of Calories											*15.7%	18.2%	*53.0%	18.2%	6.7%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

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Northfield Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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NORTHFIELD BREAKFAST

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	Portion Size	Reimb Qty	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 - 10/06/2017																
NORTHFIELD BREAKFAST	Total	1														
Breakfast Bar	Servings	1	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			721	27	714	8.28	8.25	463.7	1226	9.87	*34	19.68	134.56	12.19	4.09	*0.26
% of Calories											*19.0%	10.9%	74.7%	15.2%	5.1%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Mon - 10/09/2017																
NORTHFIELD BREAKFAST	Total	1														
Mini pancakes, WG maple	serving	1	170	5	200	2.00	0.72	40.0	0	0.0	*N/A*	4.0	30.0	5.0	0.50	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			584	15	630	7.28	7.17	480.5	1175	9.62	*28	17.86	110.17	9.73	2.41	*0.26
% of Calories											*19.2%	12.2%	75.5%	15.0%	3.7%	*0.4%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Tue - 10/10/2017																
NORTHFIELD BREAKFAST	Total	100														
Pizza Brkfst Sausage 3x4 w/o E	Serving 3.2 oz	85	219	10	568	1.00	1.79	149.5	299	0.0	*N/A*	8.97	23.92	9.97	3.99	0.00
Cold breakfast, K-12	serving	15	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	100	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	100	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			428	15	713	3.38	2.67	456.3	1048	5.64	*21	17.53	68.10	9.84	4.14	*0.04
% of Calories											*19.5%	16.4%	63.6%	20.7%	8.7%	*0.1%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

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Northfield Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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NORTHFIELD BREAKFAST

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	Portion Size	Reimb Qty	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 - 10/11/2017																
NORTHFIELD BREAKFAST	Total	1														
Yogurt Parfait	serving	1	178	6	78	2.55	0.67	206.0	77	3.16	*8	7.43	32.41	2.72	1.08	*0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
JUICE FRUIT ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			656	16	512	8.11	7.37	659.7	1311	37.24	*49	21.76	128.20	7.62	3.01	*0.26
% of Calories											*29.9%	13.3%	78.2%	10.5%	4.1%	*0.4%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Thu - 10/12/2017																
NORTHFIELD BREAKFAST	Total	1														
WG French Toast Sticks	serving(3)	1	160	110	280	2.00	1.40	20.0	200	0.0	*N/A*	7.0	23.0	4.0	1.00	0.00
EGG,HARD-BOILED	1 EACH	1	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			429	306	485	4.05	2.21	350.9	1126	4.65	*13	21.53	56.91	11.88	4.14	*0.00
% of Calories											*12.0%	20.1%	53.0%	24.9%	8.7%	*0.0%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Fri - 10/13/2017																
NORTHFIELD BREAKFAST	Total	1														
Muffin Variety 2 oz	2 oz	1	155	35	185	2.00	3.60	200.0	1000	0.6	*N/A*	3.0	25.5	5.0	1.00	*0.00
Cheese Stick	1 oz stick	1	80	15	210	0.00	0.00	200.0	*N/A*	*N/A*	*N/A*	7.0	1.0	6.0	3.50	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			666	57	869	7.28	10.05	843.7	*2226	*10.47	*34	24.68	114.06	14.20	5.59	*0.26
% of Calories											*20.5%	14.8%	68.5%	19.2%	7.6%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

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Northfield Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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NORTHFIELD BREAKFAST

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	Portion Size	Reimb Qty	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 - 10/16/2017																
NORTHFIELD BREAKFAST	Total	1														
UBR Ultimate Breakfast Round 2	Bar(67g)	1	270	0	240	6.00	2.70	40.0	0	0.0	*N/A*	4.0	44.0	8.0	3.00	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
JUICE FRUIT ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			748	10	675	11.56	9.39	493.7	1233	34.08	*41	18.33	139.79	12.90	4.93	*0.26
% of Calories											*22.1%	9.8%	74.7%	15.5%	5.9%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Tue - 10/17/2017																
NORTHFIELD BREAKFAST	Total	1														
Mini Cinnis Pillsbury	Pkg	1	240	0	300	2.00	1.44	20.0	0	0.0	*N/A*	5.0	40.0	7.0	2.00	0.00
EGG,HARD-BOILED	1 EACH	1	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			748	193	836	7.28	8.48	488.7	1486	9.87	*35	25.97	128.12	15.50	4.73	*0.26
% of Calories											*18.6%	13.9%	68.5%	18.6%	5.7%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Wed - 10/18/2017																
NORTHFIELD BREAKFAST	Total	1														
smoothie, blenderless	8 oz	1	154	2	61	*13.14	1.41	128.7	516	*3.65	*N/A*	3.95	33.89	0.78	0.51	0.00
Nature Valley Thin Crisps	pkg	1	150	0	140	2.00	0.72	0.0	45	0.0	9	3.0	25.0	5.0	0.50	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			735	9	675	*20.42	8.58	572.4	1787	*13.52	*43	21.63	146.45	8.97	2.11	*0.26
% of Calories											*23.5%	11.8%	79.7%	11.0%	2.6%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

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Northfield Public Schools

Sep 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

NORTHFIELD BREAKFAST

Portion Values - Detailed

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	Portion Size	Reimb Qty	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)
Thu - 10/19/2017																
NORTHFIELD BREAKFAST No School	Total SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Fri - 10/20/2017																
NORTHFIELD BREAKFAST No School	Total SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Mon - 10/23/2017																
NORTHFIELD BREAKFAST Mini pancakes, WG maple	Total serving	1	170	5	200	2.00	0.72	40.0	0	0.0	*N/A*	4.0	30.0	5.0	0.50	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			584	15	630	7.28	7.17	480.5	1175	9.62	*28 *19.2%	17.86 12.2%	110.17 75.5%	9.73 15.0%	2.41 3.7%	*0.26 *0.4%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Tue - 10/24/2017																
NORTHFIELD BREAKFAST Pizza Brkfst Sausage 3x4 w/o E	Total Serving 3. 2 oz	100 85	219	10	568	1.00	1.79	149.5	299	0.0	*N/A*	8.97	23.92	9.97	3.99	0.00
Cold breakfast, K-12	serving	15	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	100	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	100	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average % of Calories			428	15	713	3.38	2.67	456.3	1048	5.64	*21 *19.5%	17.53 16.4%	68.10 63.6%	9.84 20.7%	4.14 8.7%	*0.04 *0.1%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

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Northfield Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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NORTHFIELD BREAKFAST

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcmm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/25/2017																
NORTHFIELD BREAKFAST	Total	1														
Yogurt Parfait	serving	1	178	6	78	2.55	0.67	206.0	77	3.16	*8	7.43	32.41	2.72	1.08	*0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
JUICE FRUIT ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			656	16	512	8.11	7.37	659.7	1311	37.24	*49	21.76	128.20	7.62	3.01	*0.26
% of Calories											*29.9%	13.3%	78.2%	10.5%	4.1%	*0.4%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Thu - 10/26/2017																
NORTHFIELD BREAKFAST	Total	1														
WG French Toast Sticks	serving(3)	1	160	110	280	2.00	1.40	20.0	200	0.0	*N/A*	7.0	23.0	4.0	1.00	0.00
EGG,HARD-BOILED	1 EACH	1	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			429	306	485	4.05	2.21	350.9	1126	4.65	*13	21.53	56.91	11.88	4.14	*0.00
% of Calories											*12.0%	20.1%	53.0%	24.9%	8.7%	*0.0%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Fri - 10/27/2017																
NORTHFIELD BREAKFAST	Total	1														
Muffin Variety 2 oz	2 oz	1	155	35	185	2.00	3.60	200.0	1000	0.6	*N/A*	3.0	25.5	5.0	1.00	*0.00
Cheese Stick	1 oz stick	1	80	15	210	0.00	0.00	200.0	*N/A*	*N/A*	*N/A*	7.0	1.0	6.0	3.50	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			666	57	869	7.28	10.05	843.7	*2226	*10.47	*34	24.68	114.06	14.20	5.59	*0.26
% of Calories											*20.5%	14.8%	68.5%	19.2%	7.6%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

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Northfield Public Schools

Base Menu Spreadsheet

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NORTHFIELD BREAKFAST

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	Portion Size	Reimb Qty	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 - 10/30/2017																
NORTHFIELD BREAKFAST	Total	1														
UBR Ultimate Breakfast Round 2	Bar(67g)	1	270	0	240	6.00	2.70	40.0	0	0.0	*N/A*	4.0	44.0	8.0	3.00	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
JUICE FRUIT ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			748	10	675	11.56	9.39	493.7	1233	34.08	*41	18.33	139.79	12.90	4.93	*0.26
% of Calories											*22.1%	9.8%	74.7%	15.5%	5.9%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Tue - 10/31/2017																
NORTHFIELD BREAKFAST	Total	1														
Mini Cinnis Pillsbury	Pkg	1	240	0	300	2.00	1.44	20.0	0	0.0	*N/A*	5.0	40.0	7.0	2.00	0.00
EGG,HARD-BOILED	1 EACH	1	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			748	193	836	7.28	8.48	488.7	1486	9.87	*35	25.97	128.12	15.50	4.73	*0.26
% of Calories											*18.6%	13.9%	68.5%	18.6%	5.7%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Wed - 11/01/2017																
NORTHFIELD BREAKFAST	Total	1														
smoothie, blenderless	8 oz	1	154	2	61	*13.14	1.41	128.7	516	*3.65	*N/A*	3.95	33.89	0.78	0.51	0.00
Nature Valley Thin Crisps	pkg	1	150	0	140	2.00	0.72	0.0	45	0.0	9	3.0	25.0	5.0	0.50	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			735	9	675	*20.42	8.58	572.4	1787	*13.52	*43	21.63	146.45	8.97	2.11	*0.26
% of Calories											*23.5%	11.8%	79.7%	11.0%	2.6%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

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Northfield Public Schools

Base Menu Spreadsheet

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NORTHFIELD BREAKFAST

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcmm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/02/2017																
NORTHFIELD BREAKFAST	Total	1														
Mini Pancake Wrap WG Fost Farm	1portion(3 each)	1	210	*N/A*	600	*N/A*	1.80	0.0	*N/A*	*N/A*	*N/A*	11.0	*N/A*	7.0	2.00	0.00
Breakfast sandwich	sandwich	1	232	185	489	0.99	2.09	177.5	289	0.0	*N/A*	13.97	28.11	7.49	3.37	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average % of Calories			873	*192	1563	*6.28	10.34	621.2	*1515	*9.87	*34 *15.7%	39.65 18.2%	*115.67 *53.0%	17.69 18.2%	6.47 6.7%	*0.26 *0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	
Fri - 11/03/2017																
NORTHFIELD BREAKFAST	Total	1														
Breakfast Bar	Servings	1	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average % of Calories			721	27	714	8.28	8.25	463.7	1226	9.87	*34 *19.0%	19.68 10.9%	134.56 74.7%	12.19 15.2%	4.09 5.1%	*0.26 *0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	
Mon - 11/06/2017																
NORTHFIELD BREAKFAST	Total	1														
No School	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			400-500		540									<=30.0	<10.00	

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Northfield Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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NORTHFIELD BREAKFAST

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	Portion Size	Reimb Qty	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 - 11/07/2017																
NORTHFIELD BREAKFAST	Total	100														
Pizza Brkfst Sausage 3x4 w/o E	Serving 3.2 oz	85	219	10	568	1.00	1.79	149.5	299	0.0	*N/A*	8.97	23.92	9.97	3.99	0.00
Cold breakfast, K-12	serving	15	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	100	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	100	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			428	15	713	3.38	2.67	456.3	1048	5.64	*21	17.53	68.10	9.84	4.14	*0.04
% of Calories											*19.5%	16.4%	63.6%	20.7%	8.7%	*0.1%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Wed - 11/08/2017																
NORTHFIELD BREAKFAST	Total	1														
Yogurt Parfait	serving	1	178	6	78	2.55	0.67	206.0	77	3.16	*8	7.43	32.41	2.72	1.08	*0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
JUICE FRUIT ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			656	16	512	8.11	7.37	659.7	1311	37.24	*49	21.76	128.20	7.62	3.01	*0.26
% of Calories											*29.9%	13.3%	78.2%	10.5%	4.1%	*0.4%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Thu - 11/09/2017																
NORTHFIELD BREAKFAST	Total	1														
WG French Toast Sticks	serving(3)	1	160	110	280	2.00	1.40	20.0	200	0.0	*N/A*	7.0	23.0	4.0	1.00	0.00
EGG,HARD-BOILED	1 EACH	1	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			429	306	485	4.05	2.21	350.9	1126	4.65	*13	21.53	56.91	11.88	4.14	*0.00
% of Calories											*12.0%	20.1%	53.0%	24.9%	8.7%	*0.0%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

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Northfield Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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NORTHFIELD BREAKFAST

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	Portion Size	Reimb Qty	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 - 11/10/2017																
NORTHFIELD BREAKFAST	Total	1														
Muffin Variety 2 oz	2 oz	1	155	35	185	2.00	3.60	200.0	1000	0.6	*N/A*	3.0	25.5	5.0	1.00	*0.00
Cheese Stick	1 oz stick	1	80	15	210	0.00	0.00	200.0	*N/A*	*N/A*	*N/A*	7.0	1.0	6.0	3.50	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			666	57	869	7.28	10.05	843.7	*2226	*10.47	*34	24.68	114.06	14.20	5.59	*0.26
% of Calories											*20.5%	14.8%	68.5%	19.2%	7.6%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Mon - 11/13/2017																
NORTHFIELD BREAKFAST	Total	1														
UBR Ultimate Breakfast Round 2	Bar(67g)	1	270	0	240	6.00	2.70	40.0	0	0.0	*N/A*	4.0	44.0	8.0	3.00	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
JUICE FRUIT ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			748	10	675	11.56	9.39	493.7	1233	34.08	*41	18.33	139.79	12.90	4.93	*0.26
% of Calories											*22.1%	9.8%	74.7%	15.5%	5.9%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Tue - 11/14/2017																
NORTHFIELD BREAKFAST	Total	1														
Mini Cinnis Pillsbury	Pkg	1	240	0	300	2.00	1.44	20.0	0	0.0	*N/A*	5.0	40.0	7.0	2.00	0.00
EGG,HARD-BOILED	1 EACH	1	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			748	193	836	7.28	8.48	488.7	1486	9.87	*35	25.97	128.12	15.50	4.73	*0.26
% of Calories											*18.6%	13.9%	68.5%	18.6%	5.7%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

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Northfield Public Schools

Base Menu Spreadsheet

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NORTHFIELD BREAKFAST

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	Portion Size	Reimb Qty	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 - 11/15/2017																
NORTHFIELD BREAKFAST	Total	1														
smoothie, blenderless	8 oz	1	154	2	61	*13.14	1.41	128.7	516	*3.65	*N/A*	3.95	33.89	0.78	0.51	0.00
Nature Valley Thin Crisps	pkg	1	150	0	140	2.00	0.72	0.0	45	0.0	9	3.0	25.0	5.0	0.50	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			735	9	675	*20.42	8.58	572.4	1787	*13.52	*43	21.63	146.45	8.97	2.11	*0.26
% of Calories											*23.5%	11.8%	79.7%	11.0%	2.6%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Thu - 11/16/2017																
NORTHFIELD BREAKFAST	Total	1														
Mini Pancake Wrap WG Fost Farm	1portion(3 each)	1	210	*N/A*	600	*N/A*	1.80	0.0	*N/A*	*N/A*	*N/A*	11.0	*N/A*	7.0	2.00	0.00
Breakfast sandwich	sandwich	1	232	185	489	0.99	2.09	177.5	289	0.0	*N/A*	13.97	28.11	7.49	3.37	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			873	*192	1563	*6.28	10.34	621.2	*1515	*9.87	*34	39.65	*115.67	17.69	6.47	*0.26
% of Calories											*15.7%	18.2%	*53.0%	18.2%	6.7%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Fri - 11/17/2017																
NORTHFIELD BREAKFAST	Total	1														
Breakfast Bar	Servings	1	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			721	27	714	8.28	8.25	463.7	1226	9.87	*34	19.68	134.56	12.19	4.09	*0.26
% of Calories											*19.0%	10.9%	74.7%	15.2%	5.1%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

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Northfield Public Schools

Base Menu Spreadsheet

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NORTHFIELD BREAKFAST

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	Portion Size	Reimb Qty	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 - 11/20/2017																
NORTHFIELD BREAKFAST	Total	1														
Mini pancakes, WG maple	serving	1	170	5	200	2.00	0.72	40.0	0	0.0	*N/A*	4.0	30.0	5.0	0.50	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			584	15	630	7.28	7.17	480.5	1175	9.62	*28	17.86	110.17	9.73	2.41	*0.26
% of Calories											*19.2%	12.2%	75.5%	15.0%	3.7%	*0.4%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Tue - 11/21/2017																
NORTHFIELD BREAKFAST	Total	100														
Pizza Brkfst Sausage 3x4 w/o E	Serving 3.	85	219	10	568	1.00	1.79	149.5	299	0.0	*N/A*	8.97	23.92	9.97	3.99	0.00
Cold breakfast, K-12	2 oz serving	15	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	100	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	100	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			428	15	713	3.38	2.67	456.3	1048	5.64	*21	17.53	68.10	9.84	4.14	*0.04
% of Calories											*19.5%	16.4%	63.6%	20.7%	8.7%	*0.1%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Wed - 11/22/2017																
NORTHFIELD BREAKFAST	Total	1														
No School	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Thu - 11/23/2017																
NORTHFIELD BREAKFAST	Total	1														
No School	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

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Northfield Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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NORTHFIELD BREAKFAST

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcmm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/24/2017																
NORTHFIELD BREAKFAST	Total	1														
No School	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			400-500		540									<=30.0	<10.00	
Mon - 11/27/2017																
NORTHFIELD BREAKFAST	Total	1														
UBR Ultimate Breakfast Round 2	Bar(67g)	1	270	0	240	6.00	2.70	40.0	0	0.0	*N/A*	4.0	44.0	8.0	3.00	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
JUICE FRUIT ASSORTED	4 fl.oz.	1	64	0	5	0.28	0.24	13.1	59	24.46	13	0.47	15.62	0.17	0.02	0.00
MILK LOWFAT	8 oz	1	110	10	135	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			748	10	675	11.56	9.39	493.7	1233	34.08	*41	18.33	139.79	12.90	4.93	*0.26
% of Calories											*22.1%	9.8%	74.7%	15.5%	5.9%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	
Tue - 11/28/2017																
NORTHFIELD BREAKFAST	Total	1														
Mini Cinnis Pillsbury	Pkg	1	240	0	300	2.00	1.44	20.0	0	0.0	*N/A*	5.0	40.0	7.0	2.00	0.00
EGG,HARD-BOILED	1 EACH	1	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			748	193	836	7.28	8.48	488.7	1486	9.87	*35	25.97	128.12	15.50	4.73	*0.26
% of Calories											*18.6%	13.9%	68.5%	18.6%	5.7%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

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Northfield Public Schools

Base Menu Spreadsheet

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NORTHFIELD BREAKFAST

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	Portion Size	Reimb Qty	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 - 11/29/2017																
NORTHFIELD BREAKFAST	Total	1														
smoothie, blenderless	8 oz	1	154	2	61	*13.14	1.41	128.7	516	*3.65	*N/A*	3.95	33.89	0.78	0.51	0.00
Nature Valley Thin Crisps	pkg	1	150	0	140	2.00	0.72	0.0	45	0.0	9	3.0	25.0	5.0	0.50	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			735	9	675	*20.42	8.58	572.4	1787	*13.52	*43	21.63	146.45	8.97	2.11	*0.26
% of Calories											*23.5%	11.8%	79.7%	11.0%	2.6%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Thu - 11/30/2017																
NORTHFIELD BREAKFAST	Total	1														
Mini Pancake Wrap WG Fost Farm	1portion(3 each)	1	210	*N/A*	600	*N/A*	1.80	0.0	*N/A*	*N/A*	*N/A*	11.0	*N/A*	7.0	2.00	0.00
Breakfast sandwich	sandwich	1	232	185	489	0.99	2.09	177.5	289	0.0	*N/A*	13.97	28.11	7.49	3.37	0.00
Cold breakfast, K-12	serving	1	222	0	286	3.23	6.24	134.7	508	4.97	16	5.62	46.82	2.15	0.40	*0.26
Fruit Choice	1 cup	1	82	0	8	2.05	0.21	5.9	166	2.25	*0	0.24	20.35	0.08	0.00	*0.00
Milk	1 CUP	1	127	7	179	0.00	0.00	303.1	551	2.65	18	8.82	20.39	0.96	0.69	0.00
Weighted Daily Average			873	*192	1563	*6.28	10.34	621.2	*1515	*9.87	*34	39.65	*115.67	17.69	6.47	*0.26
% of Calories											*15.7%	18.2%	*53.0%	18.2%	6.7%	*0.3%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Weighted Average			666	*85	778	*8.71	7.53	541.2	*1421	*14.39	*34	23.05	*115.49	12.14	4.16	*0.21
											*45.4%	13.8%	*69.4%	16.4%	5.6%	*0.3%

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Northfield Public Schools

Base Menu Spreadsheet

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NORTHFIELD BREAKFAST

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Nutrient	Menu AVG	Portion Size % of Cals	Reimb Qty Weekly Target	Cals (kcal) % of Target	Cholst (mg)	Sodm (mg) Miss Data	Fiber (g) Shortfall	Iron (mg)	Calcm (mg) Overage	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	666		400 - 500	133%					166								
Cholesterol (mg)	85					Missing											
Sodium (mg)	778		540						238								
Fiber (g)	8.71					Missing											
Iron (mg)	7.53																
Calcium (mg)	541.2																
Vitamin A (IU)	1421					Missing											
Sugars (g)	34	20.18%				Missing											
Vitamin C (mg)	14.39					Missing											
Protein (g)	23.05	13.85%															
Carbohydrate (g)	115.49	69.38%				Missing											
Total Fat (g)	12.14	16.41%	<=30.00%														
Saturated Fat (g)	4.16	5.63%	<10.00%														
Trans Fat ¹ (g)	0.21	0.29%				Missing											

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.

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.